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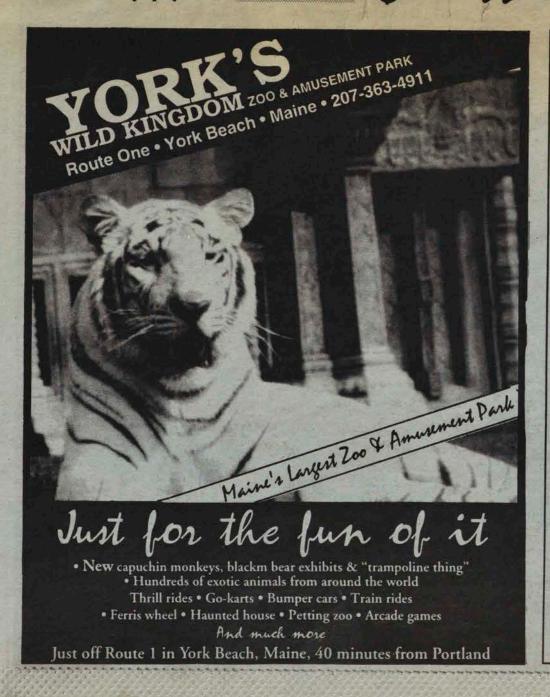
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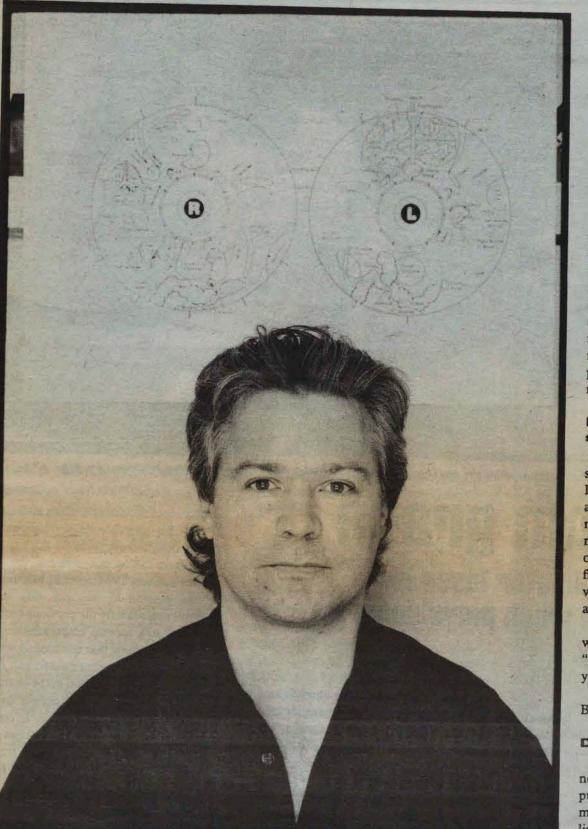
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A CONVERSATION WITH MARK RICHARDSON



"I DON'T LOVE THE TERM 'SCLEROLOGY." NO ONE KNOWS WHAT IT MEANS. MOST PEOPLE THINK IT HAS SOMETHING TO DO WITH SKIN."

Mark Richardson is a sclerologist. He studies the red lines in the whites of peoples' eyes to diagnose illness and ailments. Richardson used to play the trumpet, touring with the likes of Dionne Warwick and Sammy Davis Jr. But he gave up music to start a health business. Richardson works for New Market, a marketing firm that deals in natural and herbal health-related products. In his spare time, he reads eyes - for \$25.

How did you discover sclerology?

I was in college at the University of Bridgeport in Connecticut. I was studying music and writing a paper on the healing effect of music. It's the vibration of the music that affects us and changes our health. I was telling this to a friend of mine. He said that his wife worked with herbs, vibrationally. I asked him what he meant.

"She reads the lines in the whites of your eyes," he said. "She can tell what's wrong with .

It sounded pretty far-fetched. But I decided to give it a shot.

Did it work?

I went to her and told her nothing about my health. She pulled out a chart and looked at my eyes. She drew a bunch of lines on the chart. Then she says, "You have asthma, don't you?

Allergies too, don't you? Did you fall and hit your head on the left side when you were a boy?" "Yeah," I said. "I had a concussion when I was 9 years old." [I also

had allergies and asthma.] She even told me that I didn't like getting up in the morning and that I didn't like cold weather. And that food got stuck in my esophagus. All this is true. She listed off. in order, the biggest problems with my health... five minutes of just looking at my eyes and she knew everything about me. She told me what herbs I should take to get rid of my problems. She knew more than most doctors.

What do the lines in the eyes mean?

They show where health problems start. For example, if you get blood sugar swings, a line comes through here (pointing a little to the left of the pupil on an eye chart). That's the pancreas... The spleen is right here (pointing the right of the pupil). I saw a guy with a big brown spot, no lines, on the spleen. "What happened to your spleen?" I asked him. Turns out he'd been in a fight and someone punched him in the side... Everything that happens to you shows up in your eyes.

By Christopher Barry; photo by Colin Malakie



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come up with transportation solutions for * clients of methadone clinics. As reported in & CBW ("No horse, no bus," 8.10.95) statefunded rides to methadone clinics for heroin addicts ceased July 26.

Bob Potter, operations director for Habit Management Institute, a South Portland methadone clinic, fears some clients might return to heroin if the ride program isn't reinstituted. "[The state] said they'd get back to us in a week or so," Potter said. "That's too long to wait. We need to solve the problem & now. It's just one stonewall after another, instituted by Maine's powers that be - namely * the Office of Substance Abuse." Officials from OSA did not return CBW's calls.

■ None of Maine's daily newspapers were willing to publish the list of 2,400 *

news-o-

deadbeat parents. But callers to the * Department of Human * Services (DHS) will be of being a deadbeat is on 💥 the list. DHS workers

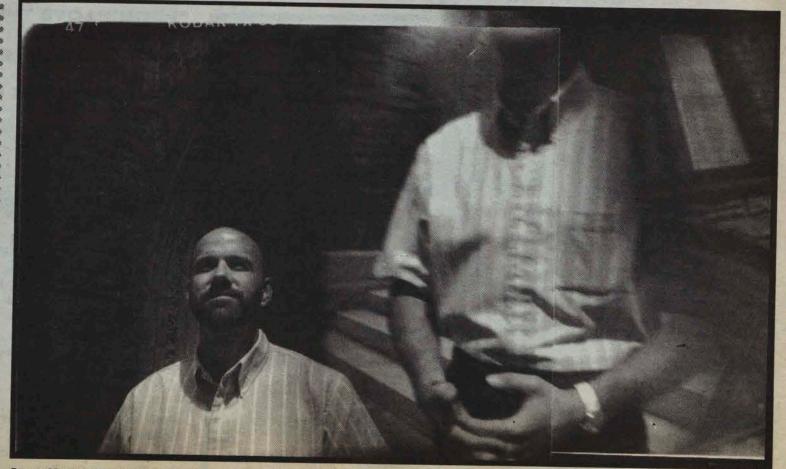
will be able to confirm whether a name is on the list and their last known address. DHS Commissioner Kevin Concannon decided Aug. 11 that the information would be made public since it had already been released to newspapers. But the state will not tell callers how much deadbeat parents owe, though that information was supplied to the media.

■Portland-based department store Levinsky's filed for Chapter II bankruptcy Aug. 14. The store has been a fixture in the city since 1919 when Philip and Jacob Levinsky opened a shop on Munjoy Hill. The chain grew, and at one time boasted six stores. Today, only the Portland, Freeport and Windham stores remain.

Court documents showed debts of \$5.8 million, with only \$2 million in assets. Levinsky's owes its largest creditor, People's Heritage Bank, \$2 million. The other \$3.8 million is owed to almost 400 other creditors.

In July, Levinsky's announced the building ** housing its Freeport store and the famous giant Indian statue were for sale. Company president Eric Levinsky said there are no plans to close any stores.

■ The Portland City Council will decide by Sept. 6 whether to ask voters to approve an extra \$1.2 million in bonds to pay for overruns in the city's middle school renovation project. The school department had asked the City Council's Finance * Committee to approve a \$1.7-million bond question. The committee instead decided to ask the council to approve the lesser bond, saying the school department should be able to find \$500,000 in savings within the current » budget.



Darren Morgan: "So many people say someone who's gay can't be a person of faith. I think that's wrong." PHOTO/SHOSHANNAH WHITE

Fall from grace

An aspiring minister loses his church's faith when parishioners learn he's gay.

WAYNE CURTIS

Darren Morgan said that changing careers from policeman to minister was easy. The tough part was coming out of the

Morgan, an aspiring minister who's lived in Portland for the past two years, learned on Aug. 2 that the church he grew up in and has long been involved with as an adult has turned its back on him and withdrawn its support in his quest to become a minister. His transgression? Admitting to his parishioners in a sermon that he is gay.

Morgan, 35, grew up in York Beach, the son of the town police chief. His family moved to nearby Berwick when he was eight years old. Morgan moved away to serve a five-year stint in the U.S. Army, then moved back to York Beach in 1985, where he found work as a police officer.

Upon returning to his hometown, Morgan got involved with the Union Congregational Church. He volunteered as Sunday school supervisor and pulpit coordinator, and lent a hand where he was needed. Church parishioners, impressed with his commitment, urged him to enter

the ministry. After thinking about it long and hard, he left the police department and moved to Bangor to matriculate at the Bangor Theological Seminary.

Morgan said the shift from law enforcement to the ministry was a "natural progression," noting that much of his time as a police officer was spent counseling local residents. "I always viewed my life as a form of ministry," he said. "I saw myself in a helping, teaching and healing mode."

During his studies, Morgan had the full support of his church. The church provided him with spiritual and financial help while he was at the seminary, and he often received notes of encouragement from parishioners, some of whom enclosed personal checks to help him along. The church also asked him to preach during his trips home and to help out as a lay leader

Most importantly, the church served as his official sponsor in his calling to the ministry. To become a minister, candidates need a formal recommendation from their home church, as well as support from a larger association of clergymen - in this case, the York Association of the Maine Conference of the United Church of Christ. Without his church's recommendation, Morgan can't be ordained.

Morgan's falling out with his church started in January 1994, when he informed the congregation he was gay. (He had come out to his family the previous October.) Morgan's sermon elaborated on a passage in Matthew that questioned who was welcome in the church. Morgan referred to past discrimination in the church

- against blacks, women, people with disabilities and gays and lesbians. In concluding, he asked parishioners a series of questions: Would you hold me back from entering the ministry if I were black? If I were a woman? If I had disabilities?

Finally, he asked, "And will you hold me back when you find out that I am gay?"

"That's all people remember from the sermon," he said. But what followed wasn't outrage, only silence. "At first I thought this was pretty good," he said. "But it wasn't."

Morgan said that after the sermon, the church's support evaporated abruptly Checks from the church and parishioners stopped. He wasn't asked to assist at the church when in York Beach on vacation. "The support was there until I came out, then - boom! - it didn't exist," he said.

Morgan put his ecclesiastic studies on hold and took a position as an administrator with the Bangor Seminary's Portland office. But he still wanted to resolve the issue of support from his home church. He asked for a meeting with the church's governing board — called the Diaconate — to clarify his status.

The Diaconate met Aug. 2. "After an hour of discussion, the vote was taken on the motion to continue support," wrote Diaconate chairman Fred Hilton in a letter to Morgan. "The vote failed to achieve a majority."

The letter went on to wish Morgan all the best: "Our vote does not in any way diminish your contributions to our church over the years nor does it indicate any ill will toward you personally."

And, then, silence again from the church. When contacted to ask about the vote, Hilton would say only, "That's church business and I have no comment."

"I was very hurt — it was as if I were a complete stranger," Morgan said. "It reeks of hypocrisy."

And that hypocrisy prompted Morgan to go public with his story. He doesn't consider himself a political activist of any sort ("I'm taking my activism into the church"), but he wanted to draw attention to what he sees as a subtle yet pervasive discrimination against gays in Maine especially in light of the Concerned Maine Families referendum this November.

"I find it morally objectionable to preach love and practice hate. And that's what so many people do in the name of Christ."

- Darren Morgan

"The unfortunate part is that so many gay people are closeted and remain so," Morgan said. "The greater misfortune is that when we do come out of the closet, it's to find that we're blatantly discriminated against."

Morgan also went public hoping to encourage a broader theological debate. While the Congregational Church at the regional and national level support greater diversity and acceptance of homosexuality, Morgan is frustrated that some churches such as the one in York Beach - won't engage in an open discussion about gays in the church. "So many people say someone who's gay can't be a person of faith," Morgan says. "I think that's wrong."

Morgan adds that many opponents are quick to cite the "seven or eight" passages in the Bible about homosexuality, but are quick to overlook the far more extensive passages about love and forgiveness. "I find it morally objectionable to preach love and practice hate. And that's what so many people do in the name of Christ."

Morgan must now decide whether to seek another home church and pursue ordination - or give up his aim of becoming a minister. "I'm just taking a breather now," Morgan said. "I don't know where I'm going to land."

"I've known these people all my life and I still love them," Morgan added. "I think they've done a wrong thing. They just don't know how wrong it is." CBW

Arena argot

What's in a name?

The Cumberland County Civic Center is looking to change it's name. And they'll do it for

Does "Fleet Center" sound better than Cumberland County Civic Center (CCCC)? Or how about the Liberty Mutual Lyceum? Auto Europe Emporium? UNUM Arena?

If the CCCC's Board of Trustees have their way, a corporate sponsor will be able to rename the Civic Center.

"The board is looking at all the possibilities to enhance the Civic Center's financial position," said Steve Crane, the Civic Center's general manager.

While the Civic Center is doing better now than it was in the early 90s, Crane said he's still not sure if the books will end up in the red or the black for 1995. "We're in our low revenue months now. Hopefully, we'll break even at the end of the year or have a small surplus," Crane said. "Corporate sponsorship is a trend around the country. We're researching it as an option to help out the Civic Center."

The Civic Center's board will discuss their ideas for corporate sponsorship with county commissioners Aug. 28. Then, if the Civic Center gets permission, they'll start soliciting corporate bids for the name

Crane doesn't know how much the sponsorship will be worth. But when Fleet Bank bought naming rights to call the new Boston Garden "FleetCenter" - which will open Sept. 30 - they paid \$30 million for

15 years. All Fleet gets for the cash is signage on state-of-the art \$160 million arena and a monopoly on ATMs within the building. It's unlikely the 18-year old CCCC will be able to score that much money for naming rights.

A spokesperson for Fleet Bank in Portland said she hadn't heard about the possible name change or corporate spon-

CHRISTOPHER BARRY

A dispute erupted in Gastrip, Denmark, when four kindergarten teachers announced that they would no longer peel the oranges that the 19 pupils bring with them for their snack. Explaining that peeling oranges wasn't their job and was taking time away from their teaching, the teachers told the children who wanted to eat oranges to bring them from home already peeled. A compromise was reached when the teachers agreed to cut the unpeeled oranges into wedges.

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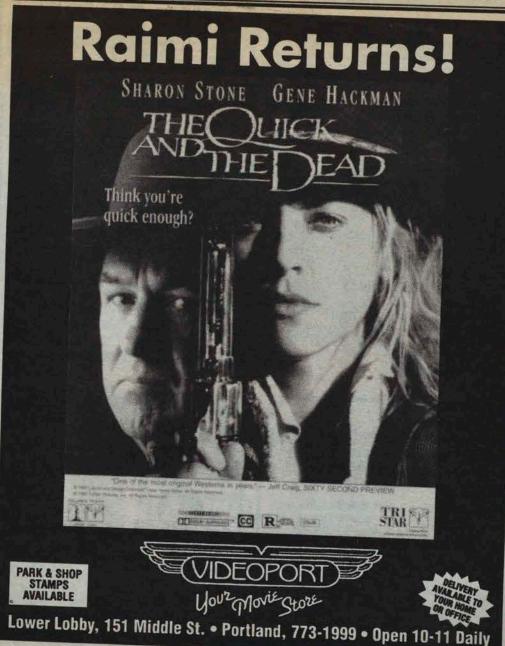
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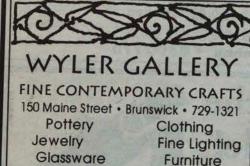
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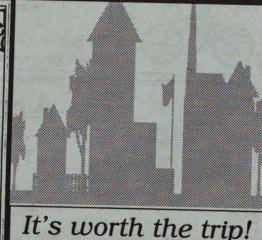
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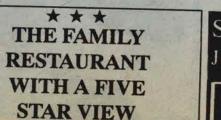
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Some of what the Production Department listened to while getting this week's paper out: M People, "Bizarre Fruit" Björk, "Post" WCYY, 94 FM The Brand New Heavies, "Brother Sister" Crystal Waters, "Storyteller"

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> ASSOCIATION OF ALTERNATIVE NEWSPAPERS VERIFIED AUDIT GREGULATION AUDIT PENDING

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If I were a carpenter

In 1987, Dale McCormick wrote a book McCormick bill would have bankrupted called "Housemending," in which she explained how to do lots of common carpentry projects. The key to success for the manually challenged was to follow what she called McCormick's Law.

"McCormick's Law states that whenever anyone tries to do something mechanical for the first time, she or he will have no luck, and almost everything that can go wrong will go wrong. In order to survive and grow from the experience you must plan for the frustration. Allow twice as much time as you think the job will take. If you provide for this in your planning, you will not get frustrated."

It'll be interesting to see if the author makes use of her law in preparing for

her latest

project

Democratic

nomina-

tion for the

1st District

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sional seat

Olitics and other mistakes



AL DIAMON

too early.

Jim Longley. Applying the McCormick's Law dictate to allow double the required time, this campaign hasn't started any

The frustrations awaiting McCormick go well beyond having to pay close attention to whatever Longley says (a considerable aggravation all by itself). She'd also better be ready for a stressful examination of her voting record.

McCormick is a Democratic state senator from Hallowell, where she moved last month from her old base in Monmouth. That gives her one thing in common with Longley: they both jumped from the 2nd to the 1st District to run for Congress. Other than that, nobody is likely to mix up their positions. While Longley has been busy backing most of the provisions in the Contract With America, McCormick has built a political career taking liberal positions that might charitably be described as "risky." A less kindly commentator (not me, some other less kindly commentator) would probably term them "suicidal."

In 1992, she called for repealing \$33 million in state tax breaks for corporations. "The issue isn't whether taxes are going to be raised," McCormick said. "The issue is whose taxes are going to be raised."

In 1993, she sponsored a universal health care bill for Maine, a measure she claimed would save \$200 million a year in administrative expenses. In 1995, a legislative panel studying the issue concluded the the state. She now favors a national universal health care law.

Also in 1993, she sponsored a measure to require the membership of all state boards and commissions to be equally divided between men and women. Even with an opponent as obtuse as Longley, it shouldn't take too long for the ugly, but understandable, word "quotas" to creep

Even with all this baggage, McCormick has a decent shot at winning the Democratic primary. She's proven herself a superb political organizer and fundraiser. She's a hard worker. She has an engaging personality. Her speaking style isn't polished, but has a pleasant folksy sincerity. And most importantly, she's not from

McCormick's opponents, so far, include Portland city councilor George Campbell, former Portland city councilor Tom Allen and (maybe) former congressman and Portland state senator Tom Andrews. "That's three guys from Portland and me," said McCormick. "That's not a bad field

McCormick is a carpenter and teacher by trade and an activist by inclination. She's already sketched out a \$500,000 blueprint for winning the primary, and is confident she can find the funds to get it built. Whether the structure she constructs leans too far to the left to handle the gale force frustrations of the general election remains to be seen.

Too drunk to remember

"I propose that once and for all, we get the State of Maine out of the liquor

- Gov. Angus King, budget address to the Legislature, Feb. 1, 1995.

"It's inconsistent for government to encourage responsible drinking on the one hand and profit from liquor sales on

King spokesman Dennis Bailey, quoted in the Portland Press Herald,

"What's state government doing selling booze? Why not storm doors? - King, quoted in the Bangor Daily News, May 18, 1995.

"There may be reasons to keep the state in the wholesale side [of the liquor - King, quoted in the Portland Press Herald, Aug. 8, 1995.

Every Tom, Dick and Harry has a campaigning Jones. Help them Bob into public notice or Peter out of contention by sending news to this column, care of Casco Bay Weekly, 561 Congress St., Portland, ME 04101. Or call 775-6601, and notify us on the Sly.

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FEANATION The new frontier sprouts suburbs. And the neighbors don't get along.

DAVID WRIGHT

cott Eveland was blithely cruising the Internet when he spotted a newsgroup called alt.aol-sucks. His curiosity got the better of him.

The group is devoted to trashing America Online and its users. People from all over the world post messages under headings like "Stupid-Ass AOLers Strike Again," "Declaring War on AOL," and "AOL.Sucks.Period."

It hurt Scott Eveland's pride. After all, hadn't AOL connected his lonely computer in Hastings, Neb., to the vast reaches of cyberspace? Wasn't he wired? He posted a message to the group, asking why everyone was so down on AOL.

He wasn't prepared for the venomous replies. "I got some big nasty flames after that," Eveland says. "They sent me e-mail threatening that if I ever posted a message there again they'd mail-bomb me. I don't even know what a mail bomb is!"

A mail bomb is an influx of e-mail messages that instantly fills your mailbox to capacity. You can't get any new messages until you delete all the old mail.

"That would be a pain," Eveland says. "Especially 'cause AOL doesn't let you delete your mail. It just stays there for seven

What Eveland didn't know was that socalled newbies, especially newbies from AOL, are decidedly unpopular in

Many of those who've been online for years resent what they see as the suburbanization of the new frontier. What was once a dark labyrinth accessible only to technical sophisticates now features vast, brightly lit neighborhoods where every culde-sac is neatly labeled with a point-and-click

"EAT SHIT AOLers!!!" screams the headline at the top of a World Wide Web page dedicated to abusing America's fastest-growing online service.

Directly underneath, there's a photo of a pathetic-looking man doing just that, as a woman in thigh-high leather boots sits spread-eagled above his face. "A message to all AOLers from Lord

Saber," the page continues, "get a real internet provider...

"You may be a very kewl person... But as long as you access the net from AOL... You suck... Bite me."

The creator of the page is Sabercat, a.k.a Lord Saber. In real life, his handle is John Laroche, plant nursery manager for the Seminole tribe in Miami, Fla., and master of his own elaborate corner of cyberspace.

Laroche loves nothing better than tormenting AOLers. "It's the only socially acceptable form of bigotry left on earth," he says. "When you're online, whether you're



black or white, gay, or straight, I don't know and I don't care. But you can't miss that aol.com address."

For people like Sabercat, who've been online for years, an AOL address is synonymous with the eager beaver, someone who's both presumptuous and ignorant. It's the online equivalent of plaid shorts, black socks, and a camcorder: the mark of an Ugly American, a tourist who's about as lost in cyberspace as he would be in Venice.

Maybe tourist is the wrong word. Call them virtual immigrants. They've been landing in cyberspace in droves for the past two years, gradually transforming a network once peopled by scientists and computer geeks.

Ellis Island for most new arrivals is one of the Big Three service providers: AOL, CompuServe or Prodigy. Together they boast about 8 million subscribers. By itself, AOL claims to add some 5,000 new users every day, a faster growth rate than any of its

"All you need is Mommy's credit card," Laroche sneers. "It's become so moronically easy to go online. Now, every lame-ass geek who doesn't know his ass from a hole in the ground is suddenly cruising the 'net."

Laroche and others complain that AOL itself is largely to blame for the newbies' inevitable breaches of protocol. AOL has focused too much on building a subscriber base, they charge, and the service has let slip its responsibility to train its users in the Internet's social and technical graces.

The AOLers' mistakes are not merely annoying. They're also costly. Most people have to pay for the time they're connected to the Internet, so clutter is unwelcome.

"We're getting tired of those damned kids honking their horns and tossing their beer cans everywhere," says Daniel Dern, author of "The Internet Guide for New Users" (McGraw Hill)

"AOL brags how it's made the Internet safe for Grandma, but it's done little to make Grandma safe for the Internet," says

But some reject the notion that there ever was a golden age in cyberspace.

"People said the same thing in Arizona back in the 1860s," says Clifford Stoll, author of "Silicon Snake Oil: Second Thoughts on the Information Highway" (Doubleday). "They blamed the railroad for bringing out West all kinds of lazy, good-for-nothing shifters, folks who didn't have to struggle to get there. If I had to choose, I'd rather have all the bumbling AOL users than some of the more malicious people at the bigger computers who have real power to abuse the

Among the most common complaints about AOL newbies is that they are bulls in a china shop, interrupting discussion groups to ask questions about things they should have learned before going online. Perhaps because so many of them are teenage boys using their parents' accounts, these newbies often seem obsessed with sex. They'll post

ing for the location of dirty pictures, or they'll type bumbling come-ons to all interested One recent contribution to the alt.aol-

messages in the genealogy newsgroup ask-

sucks newsgroup quotes a typical message posted to the world by a hapless AOLer:

"RE: SEXXY GIRLS Interested in exploring the aforementioned newsgroup... Awaiting your reply...."

To which, the critic in alt.aol-sucks adds: "Note the pronounced slope of this cavedwelling primate's forehead... the guttural rasp of its call into a newsgroup — Hello? Is anybody there? I'm awaiting your reply, O'Master. SPOON FEED ME!"

Inevitably, some AOL critics don't stop at mockery. Despite AOL's best efforts to build a safe, sanitary neighborhood on the infobahn, cyberspace is still largely a lawless frontier. Complete with its own band of vigilantes.

So-called "flame wars," in which hackers assault each other with wit and venom, have been common on the Internet for years. But the popular sport of AOL-bashing has spawned a special program specifically designed to bully AOLers.

Called AOHell, the software is as easy to use as AOL itself. Click on the "Punt" icon, and you'll be able to force an AOL user offline. Click on "Mail Bomb," and you can choose between bombing her e-mail, fax or U.S.-mail address. (AOL offers a special feature that will send messages to a "snail mail" address.) Other features allow you to put words in people's mouths by sending email from their addresses, to pester a particular chat room continuously and to give everyone logged-on the virtual finger.

The program, available for free if you ask the right people, comes with its own "Credit Card Generator," allowing users to assign themselves a valid Visa, MasterCard or Discover Card number on any of more than 100 different banks. That way, AOHellers can log onto America Online under false names - the better to torment its users without

"It's very juvenile, very sophomoric, but it's also very fun," admits Miami hacker

But to others, AOHell is the ultimate emblem of an empty ideal: the virtual com-

"This is the equivalent of dropping nails onto the information highway," says author Stoll. "In a world where you never have to confront someone face to face, all the social niceties disappear."

David Wright is a reporter for WBUR-FM in Boston. This story previously appeared in The Boston Phoenix.

Illustration by Toki Oshima.

FRANK BEACHAM

ike it or not, whenever we walk the streets of an American city, enter a business or even walk in a park, there's a good chance we are being photographed by a video camera.

If, however, you assume such cameras are just for security purposes, think again. We have all entered the incredibly shrinking world of microvideo, where amateur spies and voyeuristic hobbyists now own and use television cameras so small they can be hidden behind the button on a jacket.

els offer between 380 and 450 TV lines of resolution and run on compact battery packs. The company has seamstresses on staff who will weave a tiny camera into a shirt, jacket, tie or cap. They'll even drill out peep holes through buttons.

We evaluated two of SuperCircuits' smallest and most advanced cameras, the PC-14P Microvideo Pinhole monochrome camera (\$179.95) and the PC-15P Color Pinhole Microvideocam (\$579.95). By using threepiece "pinhole" optics rather than larger conventional lenses, these cameras offer an

incredible 90-degree angle of view with a DON'T SMILE. You're on candid camera.



Microvideos mean you never know who's watching.

Most of us have seen microvideo images from hidden camera interviews on "60 Minutes" and point-of-view shots during sporting events. More recently microcameras have replaced their more visible wall-mounted counterparts in gaming casinos, hotel lobbies and department stores. But these days, with dramatically lower prices and more advanced technology, microvideo equipment is available to anyone with a few hundred bucks and a little imagination.

The degree of miniaturization and quality of the new equipment is amazing. Entire color television cameras are mounted on matchbook-sized circuit boards. Their images are sharp and clear enough to be aired on network television. Some are so inexpensive they now cost less than a family dinner in a good restaurant.

SuperCircuits of Austin, Texas, is a major supplier of tiny cameras and accessories to clients ranging from the television networks to the CIA. However, these days, with microcamera prices starting at under \$150, video hobbyists are flocking their way to buy a previously unaffordable category of equipment.

All of the microcameras sold by SuperCircuits use a single 1/3-inch CCD (charged couple device) sensor. Most moddepth of field from 1.5 inches to infinity.

The PC-15P is billed as the world's smallest covert color pinhole video camera. It consists of two folding circuit boards that measure only 1.65 square inches. A 1/32inch lens hole - about the diameter of a straight pin — is used for viewing. Our review unit came mounted in a plastic case about 2-by-2 by-. 75 inches. The camera draws power from a 7-cell AA battery pack or a 12volt 200 milliamp AC power supply.

At 330 horizontal lines of resolution and a low-light capability of 2.5 lux, this tiny camera delivered a sharp color image that can be compared in quality with many fullsized single-chip consumer camcorders. There are no controls, just plug it in; as the camera moves its auto iris control adjusts to the changing light conditions.

The PC-14P, says SuperCircuits, is the world's smallest pinhole video camera. It's significantly smaller than its color counterpart (encased in a rubber sleeve 1.25 inch square by a half-inch deep in the center) and runs for three hours on a single 9-volt transistor radio battery. It can easily be sewn into clothing or hidden in the most cramped space. Image quality is crisp and well defined with 380 lines of resolution from its

1/32-inch lens. Low-light sensitivity is a remarkable .02 lux. The company rightly claims this camera "can practically see in the dark!"

SuperCircuits can package any of their cameras into a kit with a portable video recorder and hidden microphone or the cameras can be attached to a small camcorder. The recorder (or compact camcorder) is usually enclosed in a fanny pack worn under a jacket in the small of the back.

Microvideo doesn't stop with tiny cameras and videotape recorders. There are wireless systems with a 1,000-foot range

(requiring no FCC license) that allow videomakers to acquire shots from about any point of view one can imagine. SuperCircuits even sells a 1.7-ounce postage stamp-sized video/audio transmitter with 3,000 foot range!

Microcameras have been mounted just about everywhere. Radio-controlled helicopters, planes and kites are popular for aerial video while miniature underwater submarines and model race cars are often used for unique point of view shots.

For those who don't want to build their own, SuperCircuits offers an endless variety of camera mounting products. They include Neck Tie Cam, Clock Cam, Rotocam (for 360 degree coverage), Peeping Doom (with remote pan, tilt and zoom), Phone View (for video telephony), and Rearview Mirror Cam ("for cabs and cops").

On the higher end, companies such as Toshiba, Sony and Elmo Manufacturing make more sophisticated microcameras. Elmo, of New Hyde Park, N.Y., recently introduced a camera only 7mm in diameter that can be fitted with optional lenses. The camera uses sophisticated digital signal processing to capture images of

remarkable quality. The camera weighs only 0.14 ounces.

For action-oriented video, HeadTrip, Inc. of Avon, Colo., sells an advanced professional system that allows users to get hands-free point-of-view shots. Called Headtrip, the system consists of a microvideo camera mounted on an elastic headband. The camera can accept a variety of wide angle lenses. It's connected to a waist pack containing a small video recorder and monitor. Headtrip is already in use at NBC, ABC, CBS, the Discovery Channel and the British Broadcasting Corporation (BBC).

In an earlier era Allen Funt warned television audiences that at any moment when they least expected it - they might find themselves doing embarrassing things in front of a "Candid Camera." Who would have known how accurately he would predict the future?

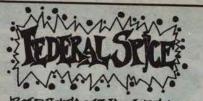
Frank Beacham is a New York-based technology writer.

Illustration by Toki Oshima.



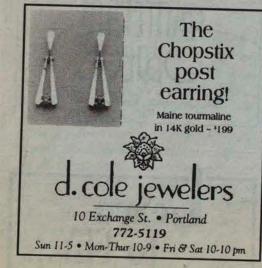






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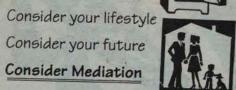
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VOTEWIH YOUR FINGERS

Looking for online consensus in the electronic democracy

M CRAIG MCLAUGHLIN

arilyn Davis of California dedicated years of her life to promot-IV _ ing electronic democracy, but she has little to show for it besides repetitive stress injury and underemployment. As the head of Palo Alto-based Frontier Systems (evote@netcom.com) she's developed what she says is a gift to online communities. Her software, eVote, is designed to mimic what takes place at Quaker business meetings. Any member of an online community can put an issue to a vote. Extended discussions can take place online, and participants can change their votes as a consensus begins to

Davis now works as a waitress part time and has been trying to find a home for eVote. When she approached the White House about hosting a test of her package, she got a cold reception. Davis says Jonathan "Jock" Gill, special projects coordinator for the White House Office of Media Affairs, trashed her software without understanding it.

Gill, during a protracted e-mail exchange with Davis, argued that he only criticized instant online polling in general. "What I actually said was that instant polling was only a contest to see whose snake-oil salesman was best," Gill wrote Davis last October.

Gill is one of many people concerned about the misuse of emerging technologies that could allow national plebiscites every hour on the hour. Soon we will be able to tell the president, just by pushing a button on our keyboards or TV remote controls, whether to send U.S. troops into Bosnia.

That raises the possibility of direct democracy, where the public determines policy by vote. But is that really the kind of democracy we want? "Democracy requires dialogue, reflection, learning growth and the ability to evolve," Gill wrote in another e-mail message, "all of which require time and not channel-clicking."

The exchange between Davis and Gill is part of a bigger debate about electronic democracy. Underlying much of the debate is a more basic and long-standing issue: What do we mean in this country when we call ourselves a democracy? Many of us use the word democracy and its derivatives loosely.



One critic of direct democracy by referendum, journalist Jonathan Alter, touched on this point in a Feb. 27 Newsweek article called "The Couch Potato Vote." He wrote: "History students will recall that until 1913. U.S. senators were usually chosen by state legislatures, not by voters. The framers of the Constitution - particularly James Madison — saw to it that the United States was a representative republic, insulated from the passions of the moment."

Actually, I remember my history lessons differently. It wasn't the passions of the moment the framers were worried about, it was the passions of the common people. But

given the populist democratic fervor of the times, the framers didn't think they could get away with cutting the plebes out of the process completely, so they settled for insulating the Senate.

The oft-stated ideal in the United States has been participatory democracy; the practiced reality has been representative democracy. We delegate decision-making during elections that give us very few options and that are heavily swayed by major cam-

Security issues aside, it really doesn't matter whether we vote from a booth or from a home computer, a church or a couch. Neither system precludes or demands lively and lengthy public debates that educate the electorate and produce sound policy deci-

I think it's disingenuous for Gill, a member of the White House staff, to argue that electronic democracy will lead to a contest between snake-oil salespeople. Bill Clinton has sold a vial or two of snake oil in his day. And couch potatoes already vote in droves; they just have to drive a few blocks to the nearest garage, church or school.

I don't believe, as Alter does, that "technology hurts democracy by eroding reflection and time." Nothing dictates that we must hold national instant referenda just because we have the technology. It will be a long time before I would even consider supporting national computerized plebiscites. Even cyberspace boosters estimate that only half our homes will have modems within the next five years. If we start polling on-line denizens regularly and politicians respond to the results, we will be giving undue influence to a subgroup that is disproportionately white, affluent, male and Republican.

But online groups should be looking to software like eVote to help them decentralize decision-making within their own communities. Community networks, for example, can get users more involved in making business decisions. What these groups learn from the process will help us all understand the pros and cons of electronic

Alter wrote, "Maybe it's time we started throwing up some roadblocks to slow that part of the information highway." But it's stupid to create a roadblock without providing a detour. And if the alternate route is clearly better, the roadblock won't even be

This story originally appeared in the San Francisco Bay Guardian.

Illustration by Toki Oshima

GARTH BATTISTA

Silicon Snake Oil: Second Thoughts on the Information Highway By Clifford Stoll; Doubleday, \$22.

lifford Stoll may feel like a modern Cassandra, wailing about impending catastrophe, while being roundly ignored. Cassandra, however, was spot on, while Stoll whose "Silicon Snake Oil" is a first-class polemic against the prevailing worship of the computer may or may not be proven right by history. His book, though, is a bracing tonic for these heady days in which the words "Information Superhighway" permeate discourse in every corner of society.

So if you have trouble explaining to your technophilic friends exactly why computers and net culture give you the willies, this is the book for you. It gives (loud, articulate) voice to the myriad small doubts one might have

eracy and creativity. They undercut our schools and libraries... A poor substitute it is, this virtual reality where frustration is legion and where in the name of Education and Progress important aspects of human

He's probably right, but the world he sees being compromised by computers is an idealized, prelapsarian, Norman Rockwellland that has for most of us long ago disappeared. No one ever threw out their TV for keeping him or her indoors when the sun was shining. Interstate highways obliterated most small-town life, yet driver boycotts have been few. And ultimately, though Stoll warned us, computers will only extend that cloak of alienation. We can only hope to harness their more redemptive powers.

Stoll quotes Thoreau: "Our inventions are wont to be pretty toys, which distract our attention from serious things. They are but improved means to an unimproved end. We

interactions are relentlessly devalued."

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Author Clifford Stoll takes a dim look at a hot medium.



about the digitization of life. Stoll, an astronomer, computer security expert, and certifiable nerd (in the new, cool, post-Bill Gates sense of the word), knows whereof he speaks and can enumerate every failing of digital experience. It's an impressive laun-

dry list. Computers take us away from the real world. Interactions online are only cold simulacrum of real human interaction. Every hour spent online is an hour not spent gardening or reading or walking outdoors. We don't need to be mechanics to drive a car, but we must spend ridiculous amounts of time mastering the computer systems that are supposed to be convenient tools.

Online "information" is rarely anything more than raw, unsorted data, without the winnowing by editors that most published hard copy possesses. Computers produce as much workload as they reduce. E-mail is unreliable and devoid of human touches. The most advanced interactive multimedia pales in comparison with a night out at the local coffeehouse.

Or, as Stoll frames it more generally: "Here are my strong reservations about the wave of computer networks. They isolate us from one another and cheapen the meaning of actual experience. They work against litand are in great haste to build a magnetic telegraph from Maine to Texas; but Maine and Texas, it may be, have nothing important to communicate." Therein lies the

neart of this book, and an abstract puzzler for numanity. What would be "an improved end"? Whataretheimportant things we should be communicating?

Stoll's jeremiad is engagingly informal and accessible. Technical jargon is minimal, and his jocular, rambling style makes the book seem more like a late-night talk with a hypercerebral college buddy. He understands very well the potential good side of computers, but chooses to gloss over it for effect. This book is valuable not for its balance, but precisely for its imbalance, the purity of his

Ultimately, though, Stoll addresses too many of today's practical problems and mechanical frustrations as if they will be so forever. But the world's relationship with computers and infoculture is in a sharp transitional phase, the steep part of the curve, as the hardware and software are refined, and we acclimate to the new presence in our lives - sort of like the Beta vs. VHS days, before VCR Plus. Eventually we'll plateau, as interfaces become more transparent and software more intuitive. Capacity will match need, the big screen on the wall will ask you what you'd like for breakfast, already knowing how you like your coffee. Maybe then, people will finally have some time to go outdoors, read a book, or chat with a neighbor.

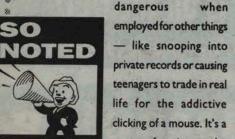
Illustration by Toki Oshima.



THE REAL NEWS BEHIND THE ABC-**CBS TAKEOVERS**

* the "Newt Gingrich — devil or saint?" debate oppose cyberspace and all it stands for view it as some form of high-tech cholera.

Discerning CBW readers know this paper tends to occupy the "in-favor" camp. But we're not zealots. It seems to us that microchip technology is good for some things — like speedy international communications and researching vast databases. But it's pretty



life for the addictive clicking of a mouse. It's a matter of sorting out the

good from the bad. Once that's done, you accent the positive and limit the negatives.

One thing the Internet does very well is publishing. It allows writers to publish their own works for a potential audience of millions at little cost and with little technical knowhow. And it allows traditional publishers like * CBW to put their stories online, thereby * reaching a broader audience and allowing * readers to easily track down information in back issues.

In this context, the tearing of sackcloth and gnashing of teeth about the recent takeovers of ABC and CBS is misinformed. The continued corporate takeover of the mainstream media and the ascendency of entertainment over news is taking place as the doomsayers say. But the truth is, it doesn't really matter.

Yes, network news is likely to suffer. But the bigger, more positive story is the fragmentation and growth of an information industry now taking advantage of the new technologies. More detailed news and information will be widely available from * thousands of news suppliers - some more professional and trustworthy than others scattered among communities and countries around the globe. That information is now piped to homes through the Internet; in the future it will be available through links rigged up by local cable and telephone companies.

What's important now is to maintain the freedom of the 'net to grow and thrive. This week's cover stories should raise some questions about the less appealing aspects of * technology, and these should be debated and addressed. But let's not allow reactionaries & and corporate interests to overreact and ... subvert a significant and radical shift in how we all communicate.

WAYNE CURTIS

CBS TAKEOVERS Why is the ebate over the role of technology in society so polarized? It makes the "Newt Gingrich — devil or saint?" debate seem like a celebration of consensus. Those who are in favor of technology view it as the who are in favor of technology view it as the last best hope to save the world. Those who are in favor of technology view it as the last best hope to save the world. Those who are in favor of technology view it as the last best hope to save the world. Those who are in favor of technology view it as the last best hope to save the world. Those who are in favor of technology view it as the last best hope to save the world. Those who are in favor of technology view it as the last best hope to save the world. Those who are in favor of technology view it as the last best hope to save the world. Those who are in favor of technology view it as the last best hope to save the world. Those who are in favor of technology view it as the last best hope to save the world. Those who are in favor of technology view it as the last best hope to save the world. Those who are in favor of technology view it as the last best hope to save the world. Those who are in favor of technology view it as the last best hope to save the world. Those who are in favor of technology view it as the last best hope to save the world. Those who are in favor of technology view it as the last best hope to save the world. Those who are in favor of technology view it as the last best hope to save the world. Those who are in favor of technology view it as the last best hope to save the world. Those who are in favor of technology view it as the last best hope to save the world. Those who are in favor of technology view it as the last best hope to save the world. Those who are in favor of technology view it as the last best hope to save the world.

People are

dancing to

drums, black

gauze hangs

familiar Haight-

Ashbury corner

clock, candles

are lit, dueling

shrines appear

Except for the

bustling Ben &

cream shop, it

could be 1968.

on opposite

Jerry's ice

corners.

from the

B JACK BOULWARE

It's late afternoon on the sardine-packed corner of San Francisco's Haight and Ashbury, approximately ten hours after the corpse of Grateful Dead guitarist Jerry Garcia was found in a rehab center, dead of "natural causes."

All day long it's been Garcia-mania in the hometown of acid rock. Radio stations are filled with music by the Dead, the Internet is clogged to capacity with Deadhead discussions in

chat rooms and bulle-

tin boards. Fans are

ESSAY

furiously downloading Garcia snippets from audio and video libraries. Across the country rallies are amassing in city parks, and here in the upper Haight, understaffed police are pushing back foot traffic so buses can still go down the street. Music blasts from apartment windows; interviews with Jerry waft from

Jostling for space with Deadheads, homeless, curious tourists, nine-to-fivers coming home from work and greedy journalists is reporter Karl Sonkin from San Francisco's KRON-TV Channel 4, responding to the comments in his earpiece... "Yes, Carl, I need to talk to Glenn RIGHT NOW. Don't put me on hold... I will -FUCK!... I'm gonna talk to Glenn-"

Sonkin's cameraman tries to be helpful. "There's another phone—" "Please... please..." mutters Sonkin. The cameraman backs off.

The pressure is mounting. News organizations across the planet are having Garcia-sized heart attacks themselves, hunting down file photos and footage, shaping deadline stories with teasers that will surely say "Long, Strange Trip Finally Over," or perhaps the more tongue-in-cheek "We Will Survive - Not." Panicked hacks are typing leads like "Living on reds, Vitamin C and cocaine finally took its toll on this icon of a counterculture..."

Every television station outside the Bay Area wants a video bite on the death of Garcia. Since there are no other local camera crews in the Haight at the moment, Sonkin is their whipping boy by default, providing live remotes for stations from San Jose to Seattle. In stark contrast, CNN's camera crew stands calmly 10 feet away, the blue-blazered reporter's voice perfectly modulated as he goes live with his single report: "Folks come here to sing his songs, dance to his music... This city takes its music and its heroes seriously..."

As if on command, the Haight struts its full plumage for Ted Turner's camera. People are dancing to drums, black gauze hangs from the familiar Haight/Ashbury corner clock, candles are lit, dueling shrines appear on opposite corners. Except for the bustling Ben & Jerry's ice cream shop, it

"COME ON!" snaps Sonkin suddenly. When are we going to KING?... And then what do we do? Who else? Don's been telling me this shit that I've got a 5:30! And THEN an IFB?"

Sonkin's cameraman leans over to a burly bodyguard hired by KRON for the afternoon. "That's just the way he is, man. Very mercurial." A girl with a shirt that says "Smile, smile, smile" comes up to Sonkin and puts a little yellow bear sticker on his label. Sonkin grins and thanks her. When she tries to do it to the CNN reporter, he brusquely waves her off.

Three tourists from Israel crowd around a makeshift shrine on one of the street corners, a pile of Garcia photos, incense and flowers. A slit-eyed girl in blue stocking cap and worn backpack sits on the pavement scrawling a note on a piece of scrap paper: "Thank you for a real good time. R.I.P. Jerry Garcia. We Love You. Merlin Grizzly Bear Ian Marlene.

The girl lifts up her pen, looks around and slurs, "Who else?" Finding no takers, she signs it "Love, Feather," and shoves it with her foot into the midst of the pile.

A drum circle of 20 or so hippies forms across the street in front of the vintage clothing store. The collective body odor is beginning to approach the stench of an undrained bayou. Somebody keeps time with the beat by hitting a broken Mickey's bottle with his car keys. A punk girl runs by and yells, "You're all going to kill yourselves for Jerry." The hippies hear it, but pay no attention. She doesn't know. She's never sat in the Phil Zone.

"I'm not gonna have echoes in my ear, am I?" Sonkin tries to remain calm, talking to two people simultaneously. "Hello, Seattle? We're gonna start on the Ashbury side. Who am I talking to? Dennis? Dennis, don't panic. We're about to change batteries '

Sonkin is pumped with adrenaline. He turns to the crowd and asks nobody in particular. "Is the ice cream good? The Cherry Garcia? Kind of a bodyblood type thing?"

The crowd groans. Sonkin doesn't care. He needs to kill time and keeps babbling. "It's a different era when you see T-shirts that say Brooks Brothers." "Easy there," says a young crew-cut with a

Brooks Brothers T-shirt. "It takes all kinds." Two guys in flannel examine Dead lyrics that

someone has chalked on the sidewalk. "It's about love," offers one.

"It's about weed," corrects his companion. "Weed The CNN crew finishes up, and the cameraman

says to the reporter, "Nice job, Greg. You, Fred and Kevin can go back." Sonkin, however, is stuck waiting for instructions. He's already done a zillion 15-second bites.

but the gaping maw of news could be still hungry for

By now an obvious acid vibe is beginning to kick in, as Deadheads begin coming on to their doses. preparing for an inevitable all-night vigil in the park. The mood is extremely stoned and disjointed. Two

girls half his age barrage Sonkin with questions

about his life. "I'm actually from Chicago," he replies. "I've lived here 20 years." One bleached-blonde with bare feet and pierced lip looks at his blue blazer, forest green

Dockers and shiny cordovan loafers, and exclaims: "You're a little over-dressed for the occasion." Sonkin shrugs. His cameraman leans to me and whispers, "He was a personal friend of Bill Graham for many years."

"Shoot the police first, then come back to me," orders Sonkin. He pauses, listening to his earpiece. "Anything that anyone asks. I can't think right now."

Illustration by John Bowdren.

Jack Boulware is a writer based in San Francisco.

LETTERS



Casco Bay Weekly welcomes your letters. Please keep your thoughts to less than 300 words (longer letters may be edited for number. Letters, Casco Bay Weekly, 561 Congress St., Portland, ME 04101 or via e-mail: editor@cbw.maine.com

Get a life

The way I see it, this country's public school system is perfect preparation for either a life of voiceless, ineffectual bitterness, or prison. This country's young people who refuse to cooperate, sometimes violently, do so because they know they are being oppressed. I'm sounding my own alarm here. This "real crisis" the police are afraid of will happen if police continue to battle gang violence righteously - as long as "gangs" are just violent punks that are sometimes hard to lock up

and difficult to "reform." Seems to me young people's persistent refusal to cooperate is an extreme indicator that our society is not working well. The U.S. incarcerates more people than any other country, and we never have enough jails. I see a close connection between our mandatory school system and the way our country deals with irrational (criminal) behavior. They both enforce

(with loads of good intention) through

fear and intimidation, creating more an-

ger and violence and thus the need for

more enforcement. I am a so-called school drop-out (though I prefer the term rise-out) but I endured 11 years of the scarring experience of school. And all joking aside, here I prefer the term

So maybe the answer to all this is simply to give young people their lives back.

Josh Pezet Portland

innovative bug-slaughter This is a belated thank you for your

article on the brown-tail moth swat experiment.

I had to scale down the experiment to just a couple of islands and about 20 plus people because of the lack of time. The experiment went very well given the late start. We developed a couple of new nonspraying techniques that I think we can improve for next year. One technique involved a light and a child's four-foot-wide swimming pool that proved very effective. The moths would fly to the light then fall into the water. (I recommend changing the water before letting the kids in in the

The people on Cliff Island were very involved and, in combination with Stave Island, we killed thousands of brown-tails. More importantly I think the people are getting excited that they can affect the brown-tail population with a non-spray method

I'll be speaking to the Cliff Island Association later this month about a brown-tail moth winter web-clipping program for Cliff Island this winter. I'm going to present the award of lobsters and the case of Shipyard Ale to Barney Brown for his effort to kill the most moths and activate the most people in the experiment.

Robert P. Crowley S. Portland

Well, whatever

Kind of a mixed letter of yea's & nays... it's no surprise that the readership of CBW and your sister publication (Maine Times) is down. The yuppie group that you've been pandering to in the past has reached their 40s and smartened up!! Not interested in the liberal drivel you print. Too bad the group to whom you might appeal, the 20's plus or minus, was educated in the liberal wrecked public schools and can't read and barely think!!

Al Diamon: No radio, no TV, get a clue, the adage is true!! Money talks and bullshit walks. Do agree, a show with Al D. playing the part of conservative anchor is all those things Al said it was. Public TV has been the slut of liberals all these years, about time it was the gigolo of business.

By the way, great piece on the topheavy school department you printed last spring. A wonder the island doesn't roll over, like some rotten iceberg...oops, maybe it did, most of the people you mentioned have quit. Good job.

Gutsy journalism, the piece on Fine Arts and Video Expo!!!! Kudos!!!! Of

course we expected Chief Joey Shitwood to take action. When he catches some desperate devil in there with a loaded weapon and a pack of dogs, expect a TV news conference.

Many other instances of fine investigative journalism. Guess what I'm saying is that, though we differ ideologically, I do value good reporting and comment. Wouldn't miss an issue of CBW, but wouldn't buy the Maine Times.

From the right of Rush. Bart Kermit Robbins Portland

JBI offers outpatient care

In his article "Hooked on Jackson Brook" (7.27.95), Kenneth Chutchian addresses several important issues facing the Maine health care industry. However, his analysis of the role that Jackson Brook plays in the downsizing of Maine's mental health choices is misinformed.

Throughout the recent period of revolutionary change in the area of health care on the state and federal level, Jackson Brook Institute's mission of delivering the highest level of behavioral health care has not only remained constant, but has become increasingly diversified as evidenced by the establishment of a comprehensive continuum of care. Mr. Chutchian chose to focus only on JBI's inpatient services which, in fact, provide critical levels of care for those who need it, but he overlooked the increasingly important outpatient components of JBI's treatment programs, which are quickly becoming the cornerstone of JBI's community-based approach.

Our emphasis at JBI remains on treating the patient, with state of the art care at the most appropriate level in the least restrictive setting. This includes a full range of outpatient, intensive outpatient and partial hospitalization programs for children, adolescents, adults and elderly. In addition, we pride ourselves on innovative services, such as our in-school programs, specialized foster care and supported fami-

Despite Mr. Chutchian's contentions. JBI's for-profit status translates into greater accountability for our patients, their families, commercial insurers and the state. resulting in increased quality of care, reduced lengths of stay, decreased recidivism, competitive cost and a pervasive attitude of service improvement to meet the needs

of the community and remain the provider of choice. Clearly, "privatization" of public services is in the forefront nationally and has demonstrated in most settings that the private sector can do it better and at a reduced cost.

Jackson Brook Institute is a prime example of the values inherent in a healthy mix of private enterprise, government programs and community services. It has been an essential and positive healing force in the lives of thousands of Maine citizens. As patient needs, market forces and government practices change, JBI is ever more confident that it will continue to be a progressive healing business caring for and helping people from all walks of life and from every part of this great state.

Vincent E. Furley, Jr. President, JBI



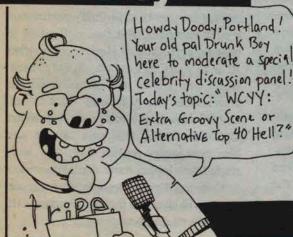
Why don't those huge piles of scrap metal at the Portland end of the Veteran's Bridge ever get smaller?

Actually, they do. "It's sort of an ebb and flow process," explained P.D. Merrill, owner of Merrill's Marine Terminal on Danforth Street. Merrill provides marine transportation and a holding dock for the mounds of metal, which are actually owned by an unnamed international corporation. Three to four times each year, Merrill ships out about three-quarters of the piles, then more metal comes in.

Merrill admits that this summer's piles are "quite prominent," yet notes the artistic value of the metal should not be overlooked. "It's all in the perspective. If you look at them from an aesthetic standpoint, you can find great joy in them."

Got a burning question about life in Greater Portland? Let CBW sort it out for you. Those whose questions are selected for publication will receive a complimentary SPAM refrigerator magnet. CBW Q, 561 Congress St. Portland, ME 04101, or by fax: 775-1615.











aine Won't Discriminate (MWD) is going to be getting some help from Reprise Records. The label is putting * together a benefit CD for MWD, featuring * out gay and lesbian performers. While the roster hasn't been firmed up yet, k.d. lang, Pansy Division, Phranc, Ferron and Voice Farm are on the list of possible contributors.

The CD is the brainchild of Portlanders Marybeth Fougere, Jim Ahearne and Cindy



looking for a way to get more publicity and cash for the state's effort to defeat Concerned Maine Families' anti-gay rights erendum. The disc will

Salad," a name chosen to represent Maine's acceptance of offbeat, unusual things. Local art star David Cedrone will do the

Fougere said that whether or not the CD makes "a heck of a lot of money," the national music media are already expressing interest in the project, and soon all America will know what Mainers are up against this November.

Come the end of September, the familiar pig's head on Ocean Street in South Portland will be coming down. Uncle Billy's SouthSide Barbeque is packing up the smokehouse and the jukebox and moving to a location as yet

"We're definitely out of here at the end of September," said John Cardano, who will be a partner in the next incarnation of Uncle Billy's. Cardano was quick to add that no matter where the ribs will be roasted this fall, "in * Portland or South Portland or on the moon or * what," the down-home flesh-eaters' mecca will lose nothing in the funkiness department. * Owner/chef Jonathan St. Laurent "is a funk aficionado," said Cardano. "This place ain't never going to be McDonald's."

You know, every time we launch a nice new nuclear submarine that costs \$2 billion and carries enough warheads to wipe out civilization as we know it, we like to celebrate by quaffing some Maine-brewed ale. Don't you?

The folks at Shipyard Brewing decided they'd put out a special ale to commemorate the commissioning of the U.S.S. Maine, the spankingnew Trident submarine that was put into active service at Portsmouth Naval Shipyard July 29.

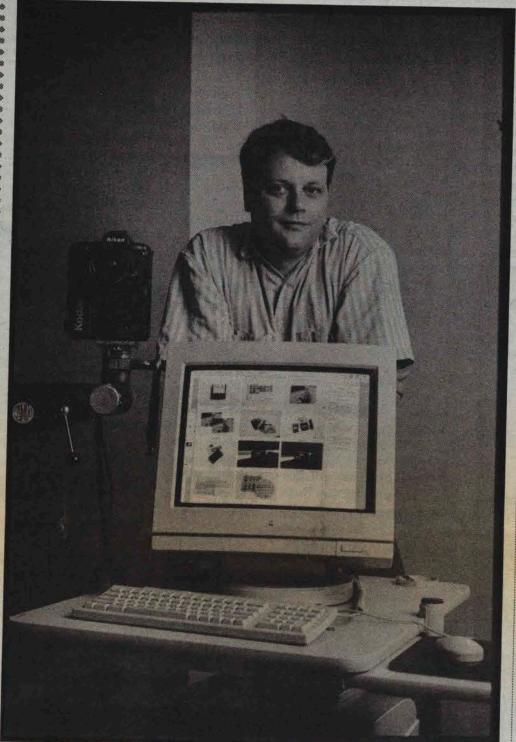
Shipyard's marketing director, Denise Sposato, said the decision to brew the beer was CHRISTOPHER BARRY not political, but that it was meant to celebrate "Maine the state," as did Shipyard's Longfellow and Chamberlain ales.

* Mark Swann is no longer a long-haired leftist. Swann, the executive director of the * Preble Street Resource Center, cut off his trademark ponytail as a gift for his father's 65th birthday. "My dad almost had a stroke when he * saw it," Swann said. Now Swann is a shorthaired leftist.

You heard it through the grapevine? Well, fill us in. * Call Sarah Goodyear at 775-6601 or fax to * 775-1615.



cross-dresser ~ the view from the top ~



Paul Howell's pictures go straight to his hard drive. PHOTO/COLIN MALAKIE

Look Mom, no film A Portland photographer goes digital.

Paul Howell shot his first photograph years ago with his mother's Duaflex II camera. It was made of plastic and metal. You could probably get one just like it in a junk store for a couple bucks. That old camera sits on a shelf next to other antiques in his Congress Street studio.

Nowadays Howell, a commercial photographer, shoots with a Nikon N-90. It's a top-of-the-line digital camera. The Nikon uses a digital sensor, rather than film, to capture an image. That's great, Howell * says, because film is expensive. But so is the camera. Howell shelled out \$30,000 for it, plus about \$15,000 more for peripheral equipment, including computers and other technical support.

Howell says it's worth it. For a commercial photographer shooting with film, \$30,000 is nothing. "You'd spend that in a year no problem," he says. "Using a film camera, you're paying 30 bucks a shot. The Nikon costs the same as 1,000 pic-

At first glance, Howell's large, airy studio in the "time and temperature" building looks like any other commercial photographers', except for the regulation-sized basketball hoop mounted 10 feet off the ground. Light banks hang on boom stands. Reflectors and strobe lights surround the product being photographed. On a recent

Thursday, Howell's studio manager, Bobby Diamond, was shooting some wooden cutting boards for an ad that will appear in Yankee magazine. He was working against a deadline, but he wasn't stressed.

"With a digital camera, we can get the job done much faster, without too many headaches," Howell says. "It saves a lot of time. The shoots are less stressful and more creative."

Although Howell and his staff still use traditional film for some jobs -it's the client's decision — they prefer the digital technique. Before the digital camera, Howell says, pro shooters would spend a long time setting up a shot. They'd triple and quadruple check everything before a shutter clicked. And then they'd pray the shot came out OK, hoping nothing would get screwed up in the darkroom. "It's happened to every photographer," he says. "The film comes back blank." But that's not an issue when you're shooting digi-

Diamond sets up the cutting boards. He adjusts the lights and reflectors. Then he sits down behind a Macintosh computer, a couple of feet away from the camera. He uses the mouse to move the cursor to the "take picture" box. He double-clicks and voilà! - the flash goes off and almost instantly the image appears on the computer monitor. Diamond looks at the picture on the screen. He decides whether or not it's the shot he wants. If he decides to use it, he imports the photo into Adobe Photoshop, a software program that allows images to be manipulated. ("It's a real workhorse," Diamond says.)

The cutting-board ad is going to be in black-and-white, but the image on the screen is in color. With a couple of keystrokes, Diamond changes it to blackand-white. And he can erase any flaws, like spots on the wood. He does it all rather quickly. When he's finished, the image is saved on disk and sent to the ad agency. It's pretty amazing.

"We can do many variations of the shot," Howell says. "We can give clients options that we couldn't do with film."

Right now, digital technology is only used for commercial photography. It isn't advanced enough yet for use in the world of art photography. And it's obviously too expensive for the amateur shutterbug to use for snapshots of birthday parties and family vacations. But that's all going to change, according to Howell. In another 10 or 15 years, he predicts, digital photography will replace film cameras entirely. That means your point-and-shoot 35-millimeter camera will follow the typewriter into oblivion. Howell says camera and film companies realize that, and have started developing more digital cameras.

Critics of digital photography complain that it will cheapen the art of picture-taking. Howell disagrees.

"It'll still take talent to be a photographer," he says. "You still have to know f-stop versus depth of field. Remember, a Hasselblad in the wrong hands will always take a bad picture."

Howell has only been a professional photographer for the last three years. He studied physics while at Rensselaer Polytechnic Institute back in the '70s. "I wanted to be a scientist," he says. Instead, he ended up working for National Semiconductor for a little more than a decade. His career as an engineer progressed as he was promoted and transferred around the country. He and his wife, Colette, lived in Maine, Washington, Oregon and finally California. Then he made his break from corporate America.

"I was tired of being in charge of things and tired of being in California," he remembers. "I quit my job, rented a truck and moved back East."

Howell always wanted to work for himself, but he wasn't sure in what field, although in retrospect he says it should have been obvious. He'd always been a photographer. He printed his first photo when he was in the fourth grade. And the first thing he'd do when he moved into a new house or apartment was decide where the darkroom would be.

He made up his mind to become a photographer and spent a year as an assis-

Fleeting feet

Monks, Portland's prime patron of dance.

Tix: \$14, \$10 children/seniors. 775-4253.

be just a memory. So get moving, and catch it while you can.

Portland Performing Arts Center, 25A Forest Ave., at 8 p.m.

Dance Portland 1995 will happen Aug. 18 and 19 at the

Of all the arts, dance is probably the hardest to capture. You can't hold it, package it or

in order to be successful. The result is that good, original dance is hard to come by.

write it down. It requires lots of space, years of training and immeasurable physical sacrifice

That's what makes Dance Portland such an important event for the city's cultural scene. Every

year since 1992, choreographers and dancers with connections to Portland have come together

to present a showcase of the best they have to offer, under the artistic direction of Millicent

This year, the performances range from the bizarre, comic dance theater of Esduardo Mariscal

And this event will happen on only two nights, never to be repeated or recreated. Then it will

to the classical creation of Portland Ballet's Scott Potter. Street funk, modern and jazz will all

be on display. Several of the works will be having their world premieres at the festival.

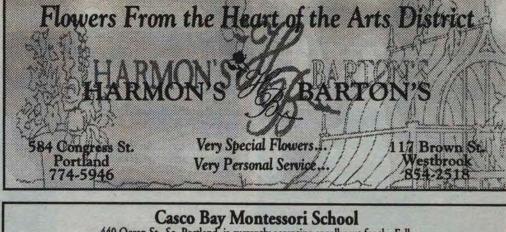
tant, lugging equipment for a pro shooter and learning the trade. Then he stopped assisting and opened a studio in his home. About a year and a half ago, he opened the Congress Street studio.

Business has been good. Howell chose to focus on the digital angle because, in the crowded world of commercial photography, you have to distinguish yourself from the pack. There are a couple of other Portland photographers with digital cameras. but Howell uses the technology the most. And clients like it. "They're saving money," he says. "They have more options."

Howell predicts as the digital field grows, that more pro shooters will switch over. "When you're doing commercial work, it's so much easier," he says. "Shooting with film, you've got to process it, print it and then scan it. All we have to do is take the picture."

There are still some drawbacks, though. He rarely uses the digital camera on location. When he does, he uses a Mac color PowerBook, but it's kind of a hassle. And portraits always come out better on film. But that's going to change, Howell says.

"Someday we're going to have a camera that you'll just point and shoot and get a great digital image," he says. "The technology is already there, it's just way too expensive. But the price will come down... and you'll be able to hang digital photographs on your fridge." CEW



Casco Bay Montessori School

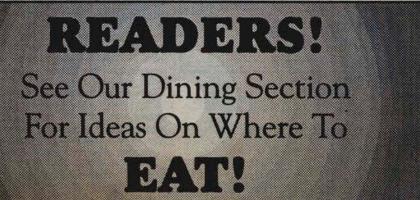
440 Ocean St., So. Portland, is currently accepting enrollment for the Fall.

We offer quality Montessori education with emphasis on the individual child in a home-like setting guided by the principles that children an learn independently and creatively in an ordered environment. Program goals are to facilitate development of inner discipline, self-

otivasion, a joy of learning and a strong self image.

Our school is fully licensed by the State of Maine with qualified

and experienced teachers. Programs offered are: For more information or to set up a time to visit, call: 799-2400



PLASTIC SURGERY CENTER OF MAINE, P.A.

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Experience the Magic of Computer Imaging

Dr. Verne Weisberg cordially invites you to an Open House on Sunday, August 27, 1995, from 1:00 to 5:00 p.m. to demonstrate computer imaging using the Mirror II Aesthetic Imaging System.

COSMETIC SURGEONS HELP PATIENTS VISUALIZE NEW IMAGES

Many people today visit the cosmetic surgeon for more than just moles, scar revisions, and collagen injections. They go because they are highly motivated to look their best and today's plastic surgeon is the one person who can make it

The use of a computer imaging system will allow the patient to see themselves as others would see them. The system consists of a video camera, electronic pen, and an electronic writing pad. These are connected to a computer with a color monitor. Once the camera has captured the patient's image, the surgeon can use the pen and pad to illustrate possible cosmetic changes, giving the patient an accurate picture of what the changes would look like. In just a few minutes the patient will have an impressive "before and after" picture that is worth a thousand words.

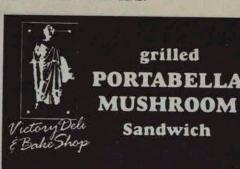
The Plastic Surgery Center of Maine, P.A., is currently using the Mirror II Aesthetic Imaging System. Better communication and patient involvement in cosmetic surgery decisions are just two ways that this imaging system benefits both the doctor and the patient.

RSVP at (207) 775-1933 or 1-800-688-9133 by August 24, 1995.



232 St. John Street, Suite 321, Portland & (207)775-1933 & Fax (207)871-9316





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USED AND OUT-OF-PRINT BOOKS BOUGHT AND SOLD Mondays by chance, Tue to Sat 11 to 4:30 "MY FAVORITE BOOKSHOP IN **PORTLAND"** says Tess Glatter

of the Bronx, New York. Note: J. Glatter Books is the second bookshop off the main hallway Closed Saturday, March 25



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NCE IN A LIFETIME!

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Union Station Plaza St. John Street, Portland

moVies

on the dark side of the moon after an supplies. Not a good flick for

BABE THE PIG It is not enough for an enterprising swine to eat slop and roll in the mud. This is the very lifelike animated tale of a young pig in search of gainful employment; he tries everything, even rounding up the sheep, during his

THE BABYSITTER'S CLUB Seven 13-years spend the summer watching brats and fretting about their hormones. Of course they are girls. All the boys are in camp learning how to chop wood and

BRAVEHEART Mel Gibson directs, produces and stars as William Wallace, the 13th century Scottish hero who returns homeland and his true love does battle with the loathsome English king, Edward I (otherwise known as Edwa the Longshanks, for unexplained reasons and gallops across the rolling green fields in a kilt. Didn't Liam Neeson do this last

THE BRIDGES OF MADISON COUNTY Clint and Meryl Streep star in the film version of Robert James Waller's novel. Eastwood plays a National Geographic photojournalist who stumbles across a lonely lowa farmwife (Streep) while on ssignment. Their after-40 love affair raises painful questions in the marriages of Francesca's two children, who discover her love letters, which reveal the passion that rejuvenated their mother's life.

BUSHWHACKED What's a better cover for a guy on the run than being a Boy Scout leader? Daniel Stern plays a hapless dude accused of a murder he didn't commit. who heads for the woods with a troop of 10-year-old boys who can't tell poison ivy CASPER The return of that friendly,

sensitive ghost who is perturbed when he frightens people. In this story, Caspertries to get in touch with his past through the help of Christina Ricci (of "Addams Family fame), the only one in the family who can see him. Bill Pullman stars as her father and Cathy Moriarty as the evil Ms. Carrigan. CLUELESS If Beverly Hills 90210 has lost its zing, check out this tale of high school angst in silicon-bosom land. Alicia rstone stars as a shop-a-holic blonde who matchmakes for her clueless peers - when they are not all at Ferragamo or talking on their cellular phones. Low on

CRIMSON TIDE A rebel faction of the former Soviet Union's army takes over a stars in yet another cinematic travesty nuclear missile base — prompting a global panic. The political situation crumbles and it looks as though the U.S. government is oing to utilize its nuclear armory, and the USS Alabama, a Trident ballistic submarine, is given an order to launch. Captain Frank Ramsey (Gene Hackman, the creep) is going to follow through with the order when his new executive officer

with a classroom full of kids who have

learned to accept failure as a way of life.

great soundtrack.

plot, big on mini-skirts.

a blip after she strays into a program that (Denzel Washington, va-va-va voom) plays her ex-flame, and helps her through disregards his orders and refuses to fire her cyber-snafu. the missiles. A flick for high-tech stress-NINE MONTHS Fresh-faced Hugh Grant out war film lovers. DANCE ME OUTSIDE Silas is a teenager has lost his status as boy next door due to that unfortunate incident on Sunset on an Indian reservation in Canada, just Boulevard. Now the dirty fellow stars as an trying to be regular guy. Then his sister alternately chagrined and delighted marries a white lawyer, who makes a concerted effort to become a part of the nd whose mate (Julianne Moore)

finds out she's pregnant. Robin Williams family. Her old lover returns from prison to find he has lost her, and disaster follows. suspect credentials. The action of the film takes place on two weekends a year apart, the amount of time Ray Liotta and Dennis Leary star in a feel-It takes Silas to reconstruct his shattered DANGEROUS MINDS Michelle Pfeiffer soldiers sent on a friendly mission in Vietnam. Their plan involves returning a plays feisty LouAnne Johnson, a Marine lost elephant to an amicable village — by turned inner city English teacher faced dropping the four-ton beast out of the sky.

POCAHONTAS Disneyhas created another She bends all the rules to gain access to animated extravaganza — this time the hearts and minds of her students. Lots choosing the legend of Pocahontas, the of saucy dialogue, racial tension and a English sea captain John Smith. As our FIRST KNIGHT Richard Gere stars as Sir wasp-waisted heroine and her singing Lancelot, telling the tale of the legendary raccoon friend Meeko introduce Smith to court of King Arthur from his and the mysteries of the forest, relations Guinevere's point of view. Julia Ormond and Sean Connery are featured as rapidly deteriorating. Pocahontas movie times

OWING TO SCHEDULING CHANGES AFTER CBW GOES TO PRESS, MOVIEGOERS ARE ADVISED TO CONFIRM TIMES **DATES EFFECTIVE AUG 18-24**

> GENERAL CINEMAS, MAINE MALL MAINE MALL ROAD, S. PORTLAND. 774-1022 SOMETHING TO TALK ABOUT (R) 12:30, 2:50, 5:10, 7:35, 9:55 A WALK IN THE CLOUDS (PG-13) 12:35, 2:50, 5:05, 7:25, 9:45 BABE THE PIG (G) 1, 3:05, 5:10, 7:15, 9:20 VIRTUOSITY (R) 2:50, 5:05, 7:20, 9:40 OPERATION DUMBO DROP (PG) 1, 3:15, 5:25, 7:35, 9:50 APOLLO 13 (PG-13) 1, 4, 7, 9:50 POCAHONTAS (G) 1.3.5 INDIAN IN THE CUPBOARD (PG) 12:45 BRIDGES OF MADISON COUNTY (PG-13)

> > 7, 9:45

772-9600

AUG 16-22

AUG 16-22

WED-FRI 9:30

MON-TUES 7

SMOKE (R)

SAT-SUN 1, 3

AUG 23-29

WED-FRI 5, 6:30, 8

MON-TUES 5:30, 9

SAT-SUN 1, 4:15, 7:30

DANCE ME OUTSIDE

SAT-SUN 2:30, 5:45, 9

WED-TUES 5, 7:15, 9:30

NINE MONTHS (PG-13)

NICKELODEON, TEMPLE AND MIDDLE STREETS, PORTLAND

PRIDE'S CORNER, 651 BRIDGTON RD, WESTBROOK, 797-

A GREAT DAY IN HARLEM

HOYTS CLARK'S POND, 333 CLARK'S RD.

4:30, 9:40 1, 3:10, 5:15, 7:40, 9:50 DANGEROUS MINDS (R) 1:40, 4:20, 7, 9:20 1:10, 4, 6:50, 9:30 THE NET (PG-13) 3:40, 6:40, 9:10 CLUELESS (PG-13) 1:30, 7:20 BABYSITTER'S CLUB (PG)

12:50, 2:55, 4:50, 7:10, 9 Dennis Quaid - and she is fed up. Her MORTAL KOMBAT (PG-13) 12:30, 1:20, 3, 4:10, 5:10, 7:15, 7:30, 9:45, 10 THE MOVIES, 10 EXCHANGE ST, PORTLAND

FIRST KNIGHT (PG-13)

12:40, 3:30, 6:40, 9:20

WHILE YOU WERE SLEEPING (PG)

SPECIES (R)

12:30 6:30

6:50, 9:30

CASPER (PG)

1:20, 4:10

BRAVEHEART (R)

BUSHWHACKED (PG-13)

12:50, 4, 7:10, 9:40

alien DNA sequence, and the end result s a hot blonde housing an alien menace. She's a lousy date.

game warriors duking it out with an unnamed evil to save humankind. Has the checkered past hired to track him down and virtually kick his ass A WALK IN THE CLOUDS Keanu Reeves returns home from from war in 1945 to

find his marriage only lukewarm. He hits the road as a candy salesman, where he meets the recently dumped, pregnant Aitana Sanchez-Gijon on her way home to her family in the Napa Valley. He agrees to play house until she can bear is featured as a Russian doctor with in the future, and the world is totally covered with water because of global warming. Kevin Costner swims by, gills a-flapping. Perennially weird Dennis Hopper is the villain. The goal: Find dry land. The plot: Kevin Costner tries to find Vague mutations, futuristic "Mad Max" on-water sets, budget equal to the gross national product of many small nations. WHILE YOU WERE SLEEPING Sandra Bullock is working the ticket counter in a train station when this handsome fella (Peter Gallagher) comes into the queue and BANG! she falls in love with him. Then, BANG! he tumbles onto the train him to the hospital, where his family between the Indians and the colonists are rapidly deteriorating Pocahontas leaps to the conclusion that she is his francée. But his brother looks kind of

S. PORTLAND. 879-1511 FREE WILLY II (PG) NINE MONTHS (PG-13) A KID IN KING ARTHUR'S COURT (PG)

SMOKE A street corner in Brooklyn is the scene of several lives intersecting in mysterious ways: a cigar shop keepe snapping photos, a teenager who lies about his name, a novelist with writer's block and a host of other characters. Each of them has a secret and a personal dilemma, and while they don't seem related at first, their stories begin to fit together like puzzle pieces. The cast es William Hurt, Stockard Channing and Harvey Keitel SOMETHING TO TALK ABOUT Julia Roberts is the privileged wife of a philandering Southern gentleman,

forced to part ways, though their spirits

remain intertwined. (Over 100.000

first screening, many of them in

Pocahontas costume. Beware the

gargantuan stuffed raccoon when

entering the theater.)

people gathered in Central Park for the

perfect life in the Tennessee walker horse and cocktail world is getting to her, and she's ready to change it all. The confused with Gordon) comes alive. No, he doesn't run around the house scalping people with his tiny hatchet — he teaches script was penned by the author of SPECIES A group of scientists arrogantly A KID IN KING ARTHUR'S COURT A 14 ssume they will be able to control the results of mixing human DNA with an

Julia Roberts has SOMETHING TO TALK ABOUT — she hates

Guinevere and King Arthur, and Ben Cross intervenes to save Smith and they are

plays the rotten Malagant. Gere jousts,

gallops and sheds his chain mail, to

FREE WILLY II Jesse (Jason James Richter)

spots his old whale friend Willy with a

group of other killer whales during a

camping trip. An oil spill puts Willy and

family in danger, and Jesse attempts to

save him. Subplot: preteen romance. Yuck.

A GREAT DAY IN HARLEM The Oscar-

ominated documentary about one

moming in Harlem during the summer of

1958, when 57 jazz musicians assembled

to have a group photograph taken for Esquire magazine. Incredible editing, ramblings from the surviving members

and period footage make the photograph

THE INDIAN IN THE CUPBOARD Hai

Scardino plays a little boy who gets a

plastic Indian figurine and a wooden

cupboard for his ninth birthday. When he

puts the Indian in the cupboard, SHAZAM.

the Indian (named Litefoot, not to be

the boy meaningful lessons about life.

himself transported back to medieval

Camelot. Every kid's dream. According to

this time as the leader of a group of video

THE NET Sandra Bullock (yeah, yeah,

she's hot, so what) stars as a computer

nose personal history vanishes with

Ormond's duplicitous delight.

VIRTUOSITY It's 1999 in Los Angeles (yuck). The police learn how to handle the nasty citizens of smog city using virtual reality episodes. When a virtual serial killer, Russell Crowe, is unleashed onto the mean streets, Denzel Washington is the ex-cop with the

Clyde's Pub Karaoke, 173 Ocean St, S. The Comedy Connection Comedy Showcase, 434 Fore St, Portland. 774-Free Street Taverna Crazy Moonbeam (hippie music), 128 Free St., Portland. 774-1114. Geno's D.J. Landry (bluesy rock), 13 Brown St, Portland, 772-7891. Granny Killam's Tree (hardcore), 55 Market St, Portland. 761-2787. Khalldl's Fast Gym Shoes (light rock),

36 Market St, Portland. 871-1881. Morganfield's The Brotherhood Dogs (acoustic powered rock), 121 Center St, Portland. 774-1245. The Moon Wacky Thursday (wild music),

thursday 17

The Big Easy Red Light Revue (blues thang), 416 Fore St, Portland. 780-1207

427 Fore St, Portland. 772-1983. Old Port Tavern New Taboo (rock), 11

Moulton St, Portland, 774-0444.

Seamen's Club Rog & Ray (duo), 1 Exchange St, Portland. 772-7311. Spring Point Café Karaoke with Rockin' Jim, 175 Pickett St, S. Portland. 767-

Stowaway's Beach Bar & Grill Jimmy & the Soul Cats (blues), Diamond Cove, Great Diamond Island, 774-7528.

Tipperary Pub Tony Boffa Trio (lounge king of Southern Maine), Sheraton Tara Hotel, 363 Maine Mall Rd, S. Portland. 775-6161.

The Underground Deejay Bob Look (techno, tribal, trance/live karaoke in front room with Nick), 3 Spring St, Portland, 773-3315. The Wrong Brothers' Pub Acoustic open mic with Buddha Jack, 39 Forest Avenue,

Portland. 775-1944. Zootz Surfing Brides, The Daisys &

H-head (showcase for IRS Records), 31 Forest Ave., Portland. 773-8187.

friday 18

The Big Easy Big Chief and the Continentals (funk party), 416 Fore St, Portland. 780-1207.

The Comedy Connection Dave Fitzgerald, Tom Gilmore and Mark Scalia, 434 Fore St, Portland. 774-5554. Cosmic Hippo Lisa Gallant-Seal (tough

Elvis Room Azalea Snail (slow squishy rock), 25 Forest Ave, Portland. 775-

Free Street Taverna Three Gallon Jug (hippie music), 128 Free St. Portland.

Geno's Victim (despair rock) with Ku-Da-Tah (loud and proud) and Sonic Joyride surf metal), 13 Brown St, Portland.

Khalldi's Cosmos Bros. (rock), 36 Market St, Portland, 871-1881.

shake), 55 Market St., Portland. 761-

Java Joe's Songwriter's Open Mic (at 7 pm), 13 Exchange St, Portland. 761-

Morganfield's Larry Garner (Louisiana guitar master), 121 Center St, Portland. 774-1245.

Prime cut Free your mind, and your

ass will follow — fabulous funk all-stars Chucklehead are back in town. Their zany show and relentless groove have made them a boogie-down phenomenon, and tickets go fast. Expect full-throttle horns, goofy stage costumes and a whole night of boogying. Chucklehead plays Granny Killam's, 55 Market St, Aug. 19 and 20. Tix: \$7. 7 6 1 - 2 7 8 7

Old Port Tavern Aurora (rock), 11 Moulton St, Portland. 774-0444. Raoul's Broken Men (CD release party), 865 Forest Ave, Portland. 773-6886.

seamen's Club The Suspenders (rock). 1 Exchange St, Portland. 772-7311. pring Point Café Practical Cats (rock). 175 Pickett St, S. Portland. 767-4627.

Stowaway's Beach Bar & Grill Jimmy & the Soul Cats (blues), Diamond Cove, Great Diamond Island. 774-7528.

T-Birds Destroyer (a tribute to Kiss), 126 N. Boyd St, Portland. 773-8040. Tipperary Pub Marc Bran (lounge singer), at the Sheraton Tara Hotel, 363 Maine

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

Mall Rd, S. Portland, 775-6161.

Verrillo's Chameleon (lounge rock), 155 Riverside St, Portland. 775-6536. The Wrong Brothers' Pub Ulterior

Motives (rock), 39 Forest Avenue, Portland, 775-1944.

saturday 18

The Big Easy Rapt Rascals and the Sorority House Homs (wild blues), 416 Fore St, Portland. 780-1207. acoustic babe), 90 Exchange St, Portland. 879-6060. Clyde's Pub Karaoke, 173 Ocean St, S.

Portland, 799-4473. The Comedy Connection Dave Fitzgerald, Tom Gilmore, Mark Scalia, 434 Fore St,

Elvis Room Lush Puppy (bizarre rock), 25 Forest Ave, Portland. 775-0474. Free Street Taverna The Boarders (mean

love songs), 128 Free St., Portland. Geno's The Cellar Dwellers (Geno's comrades), 13 Brown St, Portland, 772-

Granny Killam's Chucklehead (funk/ska), 55 Market St, Portland. 761-2787. Java Joe's Jupiter Jazz (free-stylin' improv jazz), 13 Exchange St, Portland. 761-

Khalidi's D. Michael (acoustic rock), 36 Market St, Portland. 871-1881. Morganfield's Kim Simmonds and Savoy Brown (blues-based British rock), 121 Center St, Portland. 774-1245.

Old Port Tavern Aurora (rock), 11 Moulton

Raoul's Commander Cody & the Lost Planet Airmen (rock), 865 Forest Ave, Portland. 773-6886. Seamen's Club Ric & Katie (duo), 1 Exchange St, Portland. 772-7311.

Spring Point Café Tempest (rock), 175 Pickett St, S. Portland. 767-4627. T-Birds "At the Hop" ('50s & '60s tunes),

126 N. Boyd St, Portland. 773-8040. Tipperary Pub Rakish Paddy (Irish tunes) Sheraton Tara Hotel, 363 Maine Mall Rd, S. Portland. 775-6161.

The Underground Deejay Tim Staney (dance, dance, dance), 3 Spring St, Portland. 773-3315. Vertillo's Chameleon (lounge rock), 155 Riverside St, Portland, 775-6536.

The Wrong Brothers' Pub Utterior Motives (rock), 39 Forest Avenue, Portland. 775-1944.

sunday 20

Comedy Connection George Hamm's Comedy Showcase, 434 Fore St, Portland, 774-5554. Cosmic Hippo Jazz Open Mic (at 8:30 pm), 90 Exchange St, Portland. 879-

Diamond's Edge Restaurant Jazz brunch with Nick Ludington Group (from 11:30 am-3 pm), Great Diamond Island. 766-

Evis Room Freddy & the Freeloaders (jazz), 25 Forest Ave, Portland. 775-

Free Street Taverna Les Burnheart Improv, 128 Free St, Portland. 774-Granny Killam's Chucklehead (funk,

ska), 55 Market St, Portland. 761-2787. Gritty McDuff's Bar-B-Q Blues Boys (acoustic blues), 396 Fore St. Portland. Old Port Tavern Hey Mister (mellow rock), 11 Moulton St, Portland. 774-

T-Birds National Headliner Comedy with Mike Donovan, 126 N. Boyd St, Portland.

The Underground Deejay Andy (city sounds/live karaoke in front lounge), 3 Spring St., Portland. 773-3315.

(heavy, loud & unpredictable), 31 Forest Ave., Portland. 773-8187.

monday 21

Free Street Taverna Open mic with the Watermen, 128 Free St, Portland. 774-

Morganfield's Randall's House Party

(open mic), 121 Center St, Portland. Old Port Tavern Hey Mister (mellow

rock), 11 Moulton St, Portland. 774-Wharfs End Open Mic with Ken Grimsley

Zootz Smoking Popes with Alligator Gun (heavy power pop), 31 Forest Ave., Portland. 773-8187.

tuesday 22

The Big Easy Open Blues Jam (drumse

available), 416 Fore St, Portland. 780-

Cosmic Hippo Acoustic Open Mic (at

8:30 pm), 90 Exchange St, Portland.

Free Street Taverna Open Poetry Reading

(with host Kate Trideaux), 128 Free St, Portland, 774-1114.

Geno's The Spo-It's (insane performance

noise) with Shangri-lah (bash band) and A.J. (punksters), 13 Brown St, Portland.

artty McDuff's Slaid Cleaves (local folk

Old Port Tavern Local Color (rock), 11

Raoul's Writer's Open Mic with Anni

Clark and guest Labrys, 865 Forest Ave, Portland, 773-6886.

pring Point Café Open mic with Peter

Gleason (b.y.o. jam) 175 Pickett St, S. Portland. 767-4627.

wednesday 23

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

Clyde's Pub Peter Gleason and Friends

Portland, 799-4473.

(acoustic stuff) 173 Ocean St, S.

Cosmic Hippo Open Poetry Reading (at 7:30 pm), 90 Exchange St, Portland.

Free Street Taverna Peter Albert (solo

guitar dude), 128 Free Street, Portland.

Geno's Female open jam night, 13 Brown St, Portland. 772-7891.

Old Port Tavern Another World (rock),

11 Moulton St, Portland. 774-0444.

Seaman's Club Lisa Gallant (tough acoustic babe), 1 Exchange St, Portland.

The Underground Deejay Bob Look and strippers (eclectic fun), 3 Spring St,

The Wrong Brothers' Pub Electric Open Mic with Red Ball Jets (b.y.o. jam), 39 Forest Ave, Portland. 775-1944.

hero), 396 Fore St., 772-2739.

Moulton St, Portland. 774-0444.

(acoustic), 52 Wharf St, Portland. 773-

During construction, we're OPEN! At the Farmhouse, just inside the gate

APKS (Ab)

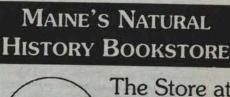


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Listinas

CASCO BAY WEEKLY LISTINGS ARE A FUN AND FREE SERVICE TO OUR READERS. TO HAVE A LISTING CONSIDERED FOR PUBLICATION, SEND COMPLETE INFORMATION (INCLUDING DATES, TIMES, COSTS, COMPLETE ADDRESS, A CONTACT TELEPHONE NUMBER) BY NOON ON THURSDAY PRIOR TO PUBLICATION.

The Pavilion comes alive

One night of outrageous comic monologues and skits performers. One show, Aug 23 at 8 pm. Tix: \$12, 775-5103.

"Forever Plaid" Maine State Music Theatre presents the lighthearted story of a musical group that performs from beyond the grave. Shows at Pickard Theater, Bowdoin College, Brunswick, Aug 17-26. Tix: \$15-\$28, 725-8769.

"Fusion at Zoom Temperature" Sam Kilbourn is the soda jerk who dreamed he could fly — and his right brain is befuddling his left. He will be performing his vaudevillian one-man show at Oak Street Theatre, 92 Oak St, Portland, Aug 17-27, Thurs-Sat at 8 pm, Sun at 7 pm. Tix: \$12. 775-5103.

"M. Butterfly" the story of a French diplomat who falls in love with a Chinese woman who is actually a man, opens Aug 18 at Reiche School. Presented by Puck & Pan Theatre Company of Portland. Shows Aug 25-26 at Peaks Island School, and Sept 1-2 at Portland High School, Tix: \$7,50 or pay-as-you-can, 766-5023.

"Man of La Mancha" Schoolhouse Arts Center, Rt 114, Sebago, presents the musical classic about Don Quixote and his delusions of romance and heroism. Shows through Aug 20, Fri & Sat at 8 pm, Sun at 3 pm,

"Murder in My Soup" Mystery Café presents dinne theater with a twist, Aug 19 at the Embassy Suites Hotel, 1050 Westbrook St. Tix: \$29.95. 775-0032. "The Search for Signs of Intelligent Life in the Universe" Theater Project, 14 School St, Brunswick, presents Jane Wagner's satire, made famous by Lily Tomlin. Shows through Aug 19, Thurs-Fri at 8 pm and Sat at 3 pm and 8 pm. Tix: \$10/\$12 (twor-one seat Thurs evening and Sat matinee). 729-

Theater at Monmouth Cumston Hall, Main St. Monmouth, presents professional repertory theater throughout the summer. Performances are at 8 pm unless otherwise noted. "The Venetian Twins," Carlo Goldoni's farce about two long-lost twin "Much Ado About Nothing." Shakespeare's classic comedy, shows through Sept 2 (Aug 12 & 26 at 2 pm). "The Lady's Not For Burning." a drama by Christopher Fry, shows through Sept 2. Shakespeare's "Measure for Measure" shows Shakespeare's "Measure for Measure" shows through Sept 1 and "The Lion, the Witch & the Wardrobe," based on the novel by C.S. Lewis, shows through Aug 31. Tix: \$14-\$20 evening shows; \$12-\$18 matinees (limited number of \$5 rush tix available at some shows), 933-9999.

Vintage Repertory Company performs three shows in repertory this summer at Diamond's Edge Restaurant, Great Diamond Island. "The Good Doctor," Neil Simon's series of comic vignettes, Aug 22. "Under Milk Wood," Dylan Thomas' classic, shows Aug 29. "Last of the Red. Hot Lovers," Neil Simon's take on mid-life crisis, shows Sept 5. All shows are at 7:30 pm. Tix: \$10. 766-5850.

The Pavilion, the new dance club in the former Benoit's building, is open for business and trolling for yuppies: the big-screen TV and dress code tell you so. But luckily for the subversive and the fiscally challenged, the young venue will soon offer cheap thrills.

On Aug. 17, The Pavilion will present a concert featuring popular Portland tunesmiths Paul French and Kate Schrock, both of whom have coasted the airwaves of late. The door charge is just 3 bucks, and patrons of all ages are welcome. With any luck, this will be the first show in a

Cory Morrissey, co-owner of Java Joe's, hatched the idea of live music in the DJ-



Kate Schrock sings her heart out. PHOTO/JOHN LOMBA III

ruled Pavilion. The café has been featuring local musicians for months, but Morrissey has grown tired of seeing them ignored or drowned out by the cappuccino machine. "I just wanted to do something for the music scene," he says, "and it makes more sense to do it there than here."

Since it can hold up to 1,500 people, The Pavilion could become the city's biggest venue for homegrown talent. Yuppies and slackers alike should be able to get excited about that.

JASON WILKINS

Kate Schrock and Paul French will be at The Pavilion, 118 Middle St., Aug. 17 at 8 p.m. Tix: \$3. 761-5637.

auditions/etc

Actor's Theatre of Maine Touring professional theater company holds open auditions for the 1995-96 season. Send résumé and photo to: Actor's Theatre of Maine, Rt 1, Box 900, Leeds, ME, 04263. 946-5049. Cathedral Chamber Singers Auditions A community concert choir based at St. Luke's Cathedral seeks new

members. Audition by appointment only, 772-5434. Community Orchestra of the Portland Symphony invites string players to its Wed evening rehearsals. Locations vary. 883-2460.

Portland Community Chorus is seeking new singers for its Fall 1995 season. No experience necessary, tenors and basses are especially needed. Auditions are Aug 23, 29-30 from 6:30-9:30 pm. For nts, call 892-9437.

Portland Stage Company Auditions for the 1995-96 season, will be held Sept 5 from 12-8 pm and Sept 6 from 10 am-4 pm, at Portland Performing Arts Center, 25 A Forest Ave, Portland. Auditions are open to both Equity and non-Equity actors — prepare two contrasting monologues. 774-1043.

Young Men's Choir holds ongoing auditions by appointment only. 854-0182.

thursday 17

Jive at Five! (Lake Larsson & the Soulbenders) 5-7 pm in Congress Square, corner of Congress and High streets, Portland. Free. 772-9012. Music Makers (Classic big band) WWII 50th anniversary tribute concert. 7 pm at Mill Creek Park, South Portland. Free. 767-7652.

friday 18

Northeast Winds (Irish folk) 7:30 pm at the Saco River Grange Hall in Bar Mills. \$8 (\$6 students/seniors). 929-6472.

Southern Gospel (featuring Dan & Laurie Robbins) 7 pm at the First Baptist Church, 733 Main St, Westbrook. Free. 856-0127.

saturday 19

Portland Chamber Music Festival Aug 19, 20, 26 & 27 (brilliant musicians from across the country) Sats at 7:30 pm, Suns at 3 pm - at Westbrook College's Ludcke Auditorium, Stevens Ave, Portland. Tix: \$10 (\$6 students/seniors), 1-800-320-0257

sunday 20

Catie Curtis (acoustic folk) Benefit concert for the Religious Coalition Against Discrimination. 7 pm at the Cape Elizabeth United Methodist Church, on Rt 77. Tix: \$10, 799-8396.

wednesday 23

Robert Cray Band (blues balladeer) at the State Theatre, 609 Congress St, Portland. Tix: \$21 (general admission upper balcony). Doors open 7 pm, show starts 8 pm. 879-1112.

upcoming

Carol Noonan Band (local favorite) at Greenwood Gardens on Peaks Island, Aug 24, Tix: \$10 (available at Amadeus Music). Show starts at 8 pm. Ferries leave Portland: 5:35 pm and 7:15 pm. Ferrles leave Peaks Island: 10:55 pm and 11:55 pm.

Harry Belafonte (calypso idol) Aug 25 at the State Theatre, 609 Congress St, Portland, Tix: \$32.50 (reserved floor), \$33.50 (reserved lower balcony), show starts 9 pm. 879-1112.

Ballroom Dance Social The Gorham Dance Club hosts a ballroom party and social, Saturdays from 8-11 pm at the Center of Movement, 19 State St,

nam. Cost: \$5. 839-3267. Casco Bay Movers offer a summer session of classes in jazz, tap, street funk, ballet, stretch and dancemagic

at 151 St. John St, Portland. 871-1013. Contact Improvisation/Open Movement Dance groups for people of all ages and abilities, Mondays from 7-10 pm at the Portland Performing Arts Center, 25A Forest Ave, Portland; Wednesdays from 6:30-9:30 pm at the United Methodist Church Dance Studio, corner of Elm and Chapel St, S. Portland. Cost:

\$1 Mondays (\$4 Wednesdays). 775-4981.

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

Contradance with Ellen & the Sea Slugs the first Sat of each month at 7:30 pm at Saco River Grange Hal Salmon Falls Road, Bar Mills. Cost: \$4 (\$2 kids/\$10 family max), 929-6472.

Country Western Leasons and Dancing every night at the New Maplewood Dance Center, 383 rear Warren Ave, Portland. Two-step, swing, cha-cha and line dancing classes, too. Cost: \$6. 878-0584.

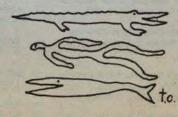
Dance Portland 1995 Noted choreographers and dancers including Esduardo Mariscal, Scott Potter and Brian Crabtree have created a series of nances for Portland's annual dance festival. Aug 18 & 19: Performances at 8 pm. Shows are held at Portland Performing Arts Center, 25A Forest Ave. Portland. Tix: \$14 (\$10 kids/seniors). 775-4253.

Gotta Dance The Gotta Dance studio, 657 Congress St, Portland, offers classes in Argentine Tango, Salsa, Ballroom and West Coast Swing. Also, Gotta Dance hosts a Friday Night Dance Party — dance to ballroom, Latin, swing and contemporary music every Fri from 9 pm-12:30 am. Cost: \$8 per person workshops (\$6 dance parties). 773-3558.

Saturday Dance Dance the night away every Saturday at Maine Ballroom Dance, 614A Congress St. Portland, from 8 pm-midnight. Classes for beginners, Mondays at 7 pm. Cost: \$5 dance party; \$3 beginners.

Street Funk Dance A course in advanced fun at Gotta Dance, 657 Congress St, Portland, Saturdays at 10:30 am. 772-6351.

Swedenborgian Contradance every fourth Saturday of the month at the Swedenborgian Church, 302 Stevens Ave, Portland, from 8:30-11:30 pm. Refreshments available, all dances taught. Cost: \$5. 772-4460.



Sea Dogs Games The team's home at Hadlock Field Park Ave, Portland, Aug 23-24, 30-31 and Sept 1-4. All games are at 7 pm except Sept 3 at 4 pm and Sept 4 at 1 pm. Tix: \$4 (\$2 seniors/kids). 879-9500.

Dance Portland Two nights of original dance works by choreographers from Portland and beyond, including Esduardo Mariscal, Daniel McCusker, Brian Crabtree, Melissa Cloutier, Kelly Holyoke, Sam Kurkjian and Scott Potter. Performances are Aug 18 and 19 at 8 pm at Portland Performing Arts Center, 25A Forest Ave, Portland, Tix: \$14 adults, \$10 children, 775-4253.



openings

Pine Tree Shop & Bayview Gallery 75 Market St. Portland. Reception for "Watercolors of Coastal Maine: Six Viewpoints," Aug 17 from 4-6:30 pm. Hours: Mon-Thurs 9:30 am-5:30 pm, Fri & Sat 9:30 am-8 pm, Sun

now showing

African Imports and New England Arts 28 Milk St. rare carvings and works by modern artists from Nigeria to New England, ongoing. Hours: 10:30 am-9 pm Mon-Sat, 12-6 pm Sun. 772-9505.

Barbara's Kitchen 388 Cottage Rd, S. Portland. Vibrant watercolors by Mary Levine show through Aug. Hours: Tues-Frl 7 am-2 pm, Sat & Sun 8 am-2 pm, 767-

Baxter Gallery 619 Congress St, Portland. Photographs and sculptural installation work by Andy Goldsworthy and an installation by Beverly Semmes, "Buried Treasure," show through Sept 1. Hours: Tues-Fri, 10 am-4 pm. 775-5152.

Bintilff's Café 98 Portland St, Portland. Collage work by Richard Lee and Sandra Bottinelli, ongoing. Hours: Mon-Thurs 6 am-9 pm, Fri-Sat 6 am-10 pm, Sun 7 am-Black Moon Gallery 339 Fore St, Portland. "A Walk

Through the Park," sculptures by Suzanne LaBelle now showing, as well as works by Kim Daneault and Louise Mould. Hours: Mon-Sat 11 am-6 pm, Sun from 12-4 pm. 774-4423.

CONTINUED ON PAGE 22-

Location, location, location



It looks real, but it's only a movie illusion. This house will be gone by October. PHOTO/CATHY NELSON PRICE

Hollywood settles in on the coast of Maine to get an authentic flavor.

CATHY NELSON PRICE

The house sits in splendid isolation on a sandy beach outside of Bath. Its clean, square lines and beautifully detailed woodwork clearly mark it as a vacation getaway for a prosperous professional couple. With a private dock and an unrestricted view of the water, it could be any of the thousands of similar retreats in the area. Only its telltale closeness to the water's edge and the lack of any access by car indicate that things are not quite what they seem.

Not by a long shot. For the lovely dwelling is the movie-set home of Harvey Keitel and Cameron Diaz, two of the stars of "Head Above Water," currently in production and shooting in Bath. When the company folds up its tents — literally — in midor late September, the house will be dismantled, the pier blown up and the locals left with memories of long, hot days and visitors of a slightly different ilk who boosted the neighborhood economy with their purchases and inflated rent payments.

That's how it is when location shooting takes place in Maine. In addition, the acting community goes bananas, the three major area talent agencies vie for the job of selecting extras, and the Maine Film Commission rightly prides itself on closing the sale of the rocky coast to movie mavens who all too often choose northern California ("Murder, She Wrote") or Canada. It takes a heap of convincing to bring a producer/ director like Jim Wilson to these shores. (Besides "Head Above Water," Wilson's credits include "Dances With Wolves," which starred his longtime production partner Kevin Costner.)

Lea Girardin of the Maine Film Commission office says the first obstacle to Maine location shooting is the weather and its inherent changeability. "You know how in 'Murder, She Wrote' there are all those little awnings on the windows of the houses by the water? If that was really in Maine, they'd be blowing off," she points out. But Girardin and her staff in Augusta work steadily year-round to entice moviemakers, through distribution of a production guide that details the talent, technical and support services available in the state. While everyone agrees that Maine's visual vistas are limitless, the talent pool is not. That's another obstacle for productions that need minor roles cast or a large group of extras.

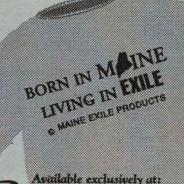
But once a movie studio has made the commitment to shoot. chooses its location and sets up a production office, local help becomes very important. Tim Wilson, location manager for "Head Above Water" hired mostly local production support staff. But only one local actor, Paul Drinan, was called, and that was for rehearsal scenes with Cameron Diaz that will not appear in the finished film.

The overall low-key atmosphere of the production, coupled with its secluded shooting area, has kept headaches to a minimum for "Head Above Water." Wilson says that the permit process to build the Keitel/Diaz beach house was processed with few glitches, since the set is considered a temporary structure. Temporary though it is, the interior is beautifully detailed, with a working kitchen and childhood photos of Diaz and Keitel on the mantel. A porch wraps around the house, providing a practical as well as photographically inviting perch for the movie's production designer, Jeffery Beecroft. When the movie is completed, Beecroft says, he'll take the house apart and divvy it up among cast and crew who want pieces as a

But even for a relatively uncomplicated location shoot, the support services are considerable. Closest to the set is a small, covered area for crew services, where the beverages and food are at the ready. Here, too, is the company nurse, assigned from a local health agency. (So far, she says, there has been a little sunburn, heat exhaustion, bug bites and scratches, but nothing serious.) No vehicles are permitted on the actual set, so it's a short hike up to the nearest dirt road, where transport vans make regular runs up and down the single lanes to the upper and lower base camps, which house the makeup, wardrobe and lavatory facilities, communications center and dressing room trailers.

If it sounds rugged, it is. But film companies choose location shooting because any headaches are worth it for the degree of authenticity that comes through on the screen. For Beecroft, who worked with Costner on "Dances With Wolves" and "The Bodyguard," and costume designer Colleen Atwood, whose credits include "Little Women" and "Ed Wood," that authenticity translates to Academy Award nominations and increased box office. Producer Costner, currently trying to keep his head above "Waterworld," is covering his bets. Audiences who get turned off by techno-craft may react more favorably to oldfashioned movie dreams — in this case, a dream of The Way Life Should Be. CBW

Friends and relations who are unhappily now living "away" will appreciate this sentiment.



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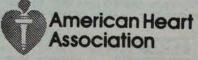
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For your stomach... **CASCO BAY WEEKLY'S** Dining Guide

Congress Square

Corner of Congress and High Streets, Portland Produced by Maine Arts in association with the City of Portland and the downtown community

Thursday, August 17, 11am - noon KIDS WORKSHOP W/ CHILDREN'S MUSEUM OF MAINE

Thursday, August 17, 5pm LAKE LARSSON AND THE SOUL

Jive at Five: after-work jazz and blues broadcast live on WMPG

Tuesday, August 22, Noon JAUN FIESTAS & AUGUSTO SALAZAR Summer '95 Performance Series with Portland's Downtown District

Thursday, August 24, 5pm ROBIN WORTHLY Jive at Five: after-work jazz and blues broadcast live on WMPG

PORTLAND PACERS Portlands new non-competitive walking program

Duck Soup Cafe and Cellular One/CVB info kiosk open daily For information or to volunteer, call Maine Arts, 772-9012



Monday-Friday, 6am-10am

MAINE ARTS

calendar

Submissions for the calendar must be received in writing on the Thursday prior to publication. Send your calendar listings to Tanya Whiton, Casco Bay Weekly, 561 Congress St., Portland, ME 04101.

thursday

Come on and zoom: The eccentric battles side one man's silly mind are acted out in FUSION AT ZOOM TEMPERATURE," a nadcap solo show by Portlander Sam ilbourn that opens tonight at the Oak Street Theatre, 92 Oak St., at 8 p.m.

"Fusion" is set in an Edward Hopper ainting, with Kilbourn playing a character whose left brain and right brain don't trust each other at all. His enactment of the diague between reason and instinct is both funny and enlightening. The show runs though Aug. 27, Tix: \$12, 775-5103.



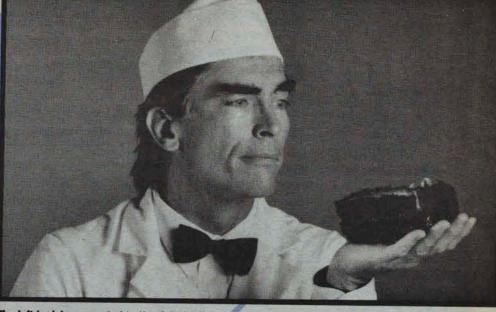
Butterflies aren't free: The strange and evocative story of a French diplomat who falls in love with an Chinese woman and becomes her lover - only to discover that she is a man and a spy — is told in David Henry Hwang's mysterious play "M. BUTTERFLY". The work has its Maine premiere at the Reiche Elementary School, 166 Brackett St., at 8 p.m.

The production is the debut effort of Portland's newest group of thespians, the Puck and Pan Theatre Company, and they've chosen a challenging work to start out with. Still, the play fits their mission statement, which says "Puck and Pan is dedicated to presenting theatrical performances that awake dormant passions." Additional performances will be on Aug. 25 and 26 at the Peaks Island Elementary School and Sept. 1 and 2 at Portland High. Tix: \$7.50 or pay-asyou-can, 766-5023.

18

Remedial learning: If you've ever wanted know how to harvest your own herbs and ike an herbal pharmacopoeia, get thee to he Shaker Village at Sabbathday Lake at 9 a.m. for "THE HEALING EARTH," a workiop sponsored by Maine Audubon Society finding and using medicinal plants.

The workshop, which is led by well-known abalist Corinne Martin, takes participants



The left brain's connected to the right brain, Aug. 17.

from the field to the medicine cabinet. The first part of the day will be spent identifying and harvesting plants around the Shaker property, while the second part will be spent change St., at 7 p.m. making tinctures and other herbal preparations. You'll be out by 3 p.m. with some healthy remedies in hand. Cost: \$30 members, \$35 nonmembers, including all materials, 781-2330.

Sundance Festival, looks into the contradictions of Native American life in the 20th century, and shows at The Movies, 10 Ex-

The Toronto Sun called the film "smart, funny, emotionally gripping, keenly observed, brightly acted and energetically entertaining." "Dance Me Outside" runs from Aug. 16-22. Tix: \$4. 772-9600.

A song of her own: She's been compared to Tracy Chapman, but CATIE CURTIS is most definitely her own woman. This intensely original performer will be playing a benefit concert for the Religious Coalition Against Discrimination at the United Methodist Church on Route 77 in Cape Elizabeth. The show starts at 7 p.m.

and is making a name for herself in the just signed with Capitol Records, and is sure to be more visible in months to come. Catch er now. Tix: \$10. 799-8396.

monday

Reservation required: The life of a young man on the Kidabanesee Reserve in Canada is confusing - both magical and prosaic, modern and ancient. "DANCE ME OUTSIDE," an audience favorite at this year's

tuesday

Spo-de-ho-ho: There are some sick people in town this week and they come from Savannah, Ga. THE SPO-IT'S will be playing at Geno's, 13 Brown St., around 9 p.m.

performance art/musician lunatics can't be categorized easily. What can you say about a band in which one member is credited with "Vocals/Torture/Beatings/ A Saco native, Curtis now lives in Boston Feminist Diatribe"? Scott Corkern, frontman for the Spo-it's, says the band's competitive singer-songwriter genre. She's genre is "exploitation music." The sound is centered on spoken-word pieces that are truly weird. Got to see it to believe it. 772-7891.



wednesday friday

Dog day: Portland's baseball heroes will be making an appearance in Monument Square at noon for SEA DOGS DAY, part of the summer entertainment series put on by Portland's Downtown District.

The devastating Dogs will be signing autographs and otherwise making themselves accessible to their legions of fans. Don't be surprised if Slugger makes them all do the "YMCA" dance. Free and open to the public.

thursday

A poet for all reasons: The Matlovich Society is sponsoring a reading by poet KEVIN MCLELLAN at 7:30 p.m. at Holiday Inn by the Bay, 88 Spring St.

McLellan is a gifted young poet who has been published in several reviews. A USM student, he will be spending his senior year studying in England. This summer, he is acting as guest editor of Portland's own poetry journal, The Cafe Review. Expect the poignant and the insightful. Free and open to the public.

Catle Curtis is all original, Aug. 20.

Calypso king: In the '50s, HARRY BELAFONTE brought calypso music to white-bread America, becoming one of the first big black stars in the country's cultural history. He'll be playing the State Theatre, 609 Congress St., at 8 p.m.

Belafonte is still as easy on the eyes as he is on the ears, and as a performer he is as smooth and intoxicating as a rum punch on an island evening. This should be a sweet and spicy night on the town. Tix: \$30.50-\$32.50. 879-1112.

saturday

Power trip: Why are all those boats zooming around out there on the bay? They're getting ready for the Portland GRAND PRIX POWERBOAT RACE, which will be frothing the offshore waters at noon.

This fast and furious powerboat race, reaching speeds up to 95 mph, won't appeal to those who prefer to travel before the wind with the help of a couple of sheets of canvas. But for speed freaks, the race - visible to the public from Scarborough and Old Orchard beaches — will provide vicarious thrills aplenty. 774-6303.

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ntermediate/Advanced Clay... Wed., 10am-1pm, 7 weeks, begins September 6 Wed., 6-9pm, 7 weeks, begins September 6 Thurs., 6-9pm, 7 weeks, begins Sept. 7 & Oct. 26

letalsmithing with Susan Aripotch... Tues., 1-4 pm, 7 weeks, begins Sept. 12 & Oct. 31 Tues., 6-9 pm, 7 weeks, begins Sept. 12 & Oct. 31 Thurs., 6-9pm, 7 weeks, begins Sept 7

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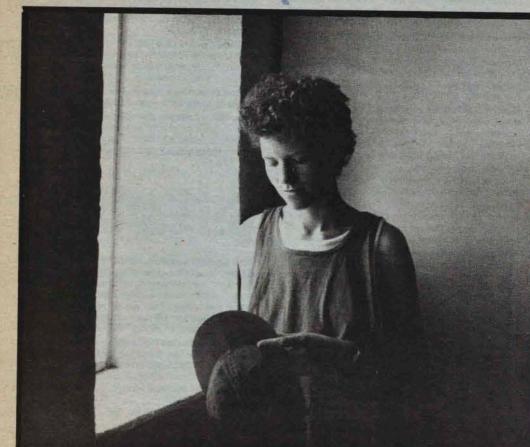
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*"The Allure of the Maine Coast: Robert Henri & His

"From the Ashes: Portland's Cultural Renalssance"

An exhibition focusing on images of Portland during the cultural renaissance of 1790-1870, shows through

*"The American Watercolor Tradition: Selections from the Collection" shows through Sept 3.

"Vincent's Journey" A porcelain life mask sculpture

by Paul Rodrigue commemorating the struggles of

"Young America" The hull model of the PACT '95 America's Cup yacht "Young America," painted and signed by Roy Lichtenstein, shows through Oct 15.

Portland Pottery 118 Washington Ave, Portland. Ongoing show of unique and functional ceramics and jewelry by Lisa Bonarrigo, teachers and students. Hours: Mon-Fri 9-6 pm. 772-4334.

Portland Public Library 5 Monument Square, Portland.

"Light & Color," a photo exhibit by Portland Camera

Club, shows through Aug 31. Also, "No Stone

Unturned," photos by Chris Church, shows through Aug. Hours: Mon, Wed, Fri 9 am-6 pm, Tues & Thurs

Renaissance Antiques 221 Commercial St, Portland.

Ongoing show of works by John Dehlinger, Wilder Oaks, Terry Wolf and other Maine artists. Hours: 10

Salt Gallery 17-19 Pine St, Portland. "From West Africa to North Berwick," photographs by R. Todd Hoffman, shows through Sept 30. Hours: Wed and Fri, 2-6 pm, Sat 10 am-1 pm. 761-0660.

Spring Point Museum SMTC campus, Fort Rd, S. Portland. "Of Ships & Working Life in Portland Harbor:

1845-1865," shows through Oct 28. Hours: Mon-Sun

Thomas Memorial Library 6 Scott Dyer Rd, Cape

Elizabeth. "Matters of Spirit," works by Bertelle Brooking and Emely Jones, seniors from USM, shows

through Sept 2. Hours: Mon, Wed, Fri & Sat from 9 am-

Thos. Moser Gallery 415 Cumberland Ave, Portland.

Prints and oil paintings by Gretchen Dow Simpson

show through Sept 9. Hours: Mon-Sat 9 am-5 pm. 774-3791.

TP Perkins & Co. 6 Free Street, Portland. Primitive

folk art by Annette Lacroix, ongoing. Hours: Mon-Thurs & Sat, 10 am-6 pm, Fri from 10 am-9 pm and Sun from

Two Lights State Park Cape Elizabeth. "The

through Sept 15. Hours: Mon-Fri, 10 am-5 pm. 775-

Zuni Bar & Grill 21 Pleasant St, Portland. Paintings by

Lori Austill and Steven J. Priestley, ongoing. Hours: Tues-Sun, 5 pm-10 pm. 774-5260.

Artists Apply Portland Public Library, 5 Monument Square, invites artists to submit work for one-month

Danforth Gallery seeks full or part-time public relations/

publicity intern. Photography and writing skills a plus.

Open Silde Night The Union of Maine Visual Artists

invites artists, craftspeople and anyone interested to attend an open slide night the second Friday of each

month at 7:30 pm at Jay York Affordable Photo, 58

Wilmot St, Portland. Bring slides for discussion/

Portland Camera Club holds weekly meeting, Mon at 7:30 pm at the American Legion Hall, 413 Broadway, S. Portland. Monthly events include B&W, color print and color slide competition. 854-3763.

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

Thos. Moser Cabinetmakers Summer series continues at Maine showroom with "An Evolution of Construction

Techniques used in Making a Continuous Arm Chairwith furniture-making demonstrations. Aug 17 at 11

Booksignings and Discussions at Greater Bookland & Cafe, Cook's Comer in Brunswick. Benjamin Jacobs,

author of "The Dentist of Auschwitz," a unique memoir

of Holocaust survival, will sign copies and give a brief

discussion on Aug 17 at 7 pm. On Aug 19, from 2-3:30

pm, Linda Spencer will discuss superstitions and sign

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her book "Knock on Wood." 725-2313.

exhibition in the Lewis gallery. 871-1758.

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12-9 pm, Sat 9 am-5 pm. 871-1758.

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CONTINUED FROM PAGE 18

Bowdoin College Museum of Art Walker Art Building, Brunswick. The museum is open to the public free of charge. Hours: Tues-Sat 10-5, Sun 2-5. 725-3275. * "Art & Life in the Mediterranean" An installation of Assyrian, Egyptian, Cypriot, Greek and Roman art,

* "The Worlds of Rockwell Kent" Paintings, drawings and watercolors from the museum's permanent collection shows through Sept 10.

Chamber of Commerce 145 Middle St, Portland is displaying the works of four Maine artists, Lori Austill, Dave Hall, Marguerite Lawler and Nancy Bell Scott. Shows through Sept 29. Hours: Mon-Fri 8 am-5pm. Christine's Dream 41 Middle St, Portland. New works by painter James Comas Cole, Lori Austill and Andy Curran show until further notice. Hours: Tues-Fri 7 am-2 pm, Sat-Sun 9 am-2 pm. 774-2972.

Coffee By Design 620 Congress St, Portland. "Handmade Papers" by Jim Neal, shows through Sept 10. Hours: Mon-Fri 7 am-8 pm, Sat 8 am-8 pm and Sun 8-5 pm. 772-5533.

Connections Gallery 56 Maine St, Brunswick. Paintings and clay works by Pam and Monte Smith show through Sept 2. Hours: Mon-Sat 10 am-6 pm. 725-1399. Congress Street Diner 551 Congress St, Portland. Permanent showing of wall murals by Anthony Taylor and Paul Brahms, featuring old-era Congress Street art. Hours: Mon-Sun 7 am-3 pm. 773-6957.

Danforth Gallery 34 Danforth St, Portland. "Small Works: Members' Exhibition 1995," shows through Aug 20. Hours: Wed, Fri, Sat 11 am-5 pm, Thurs 11 am-8 pm, Sun 12-5 pm. 775-6245.

Dead Space Gallery 11 Avon St, Portland. Paintings by Gideon Bok. Shows through Sept 12. Hours: Sat-Tues 12-5 pm or by appointment, 828-4637. Free Street Taverna 128 Free St, Portland, Mixed

media Greek collages by Richard Lee show through Sept. Hours: Mon 11 am-4 pm, Tues-Sat 11 am-10 Gallery 7 164 Middle St, Portland. Oriental art by

Georgeann & Condon Kuhl and carvings by David Pollock, ongoing, Hours: Mon-Thurs, 10 am-6 pm, Fri-Sat, 10 am-8 pm, Sun, 12-5 pm. 761-7007. Greenhut Galleries 146 Middle St, Portland. "Borrowed Views," oil paintings of the Maine landscape by Connie Hayes, shows through Sept 2. New works by Heidi Gerquest, Alison Goodwin, Phil Poirer, Alec

Richardson, Nancy Brown and Ed Douglas also showing. Hours: Mon-Fri 10 am-5:30 pm, Sat 10 am-5 pm. 772-2693. Icon Contemporary Art 19 Mason St, Brunswick. Paintings and drawings by Kathy Bradford show through Sep 6. Hours: Mon-Fri 1-5 pm, Sat 1-4 pm, 725-8157 Jameson Gallery 217 Commercial St, Portland. "From Maine to the Mediterranean," watercolors by Cynthia McMullin shows indefinitely. Hours: Mon-Sat 10 am

5:30 pm. 772-5522. Jewelers Work 30 Exchange St, third floor, Portland. Cooperative showroom of original, contemporary jewelry designs by nationally exhibited artists. Hours: 10 am-6 pm daily. 773-6824.

June Fitzpatrick Gallery 112 High St, Portland. "Drawings From Latvia," by Atis Kempars. Hours: Noon-5 pm, Tues-Sat. 772-1961.

Maine History Gallery 489 Congress St, Portland. "All the Arts that Please: Folk Art of the Maine Historical Society," shows through Oct 29. "Victory on the Homefront: Maine During WWII" shows through Oct. Hours: Tues-Sun 10 am-4 pm. Admission: \$2 adults (\$1 kids under 12). 879-0427.

Maine Potters Market 376 Fore St, Portland. Hours: 10 am-6 pm daily. 774-1633. Meander Gallery 40 Pleasant St, Portland. "Rare Barks: Fine Australian Aboriginal Bark Paintings" shows through Sep 15. Hours: 12-6 pm Tues-Sat and by

tment, 871-1078. Nancy Margolls Gallery 367 Fore St, Portland. Ongoing exhibit of gallery artists, as well as group exhibits of baskets, pottery and functional ceramics. Hours: Mon-Wed 10 am-6 pm, Thurs 10 am-8 pm, Fri-Sat 10

am-9 pm and Sun 11 am-6 pm. 775-3822. O'Farrell Gallery 58 Maine St, Brunswick. Paintings by Sheila Geoffrion show through Sept 2. Hours: Tues Sat from 10 am-5 pm. 729-8228.

Pligrimage 441 Congress St, Portland. "Art of the sculptors, shows through Sept 16. Hours: Mon-Fri, 10 am-5 pm, Sat 10 am-4 pm. 772-1508.

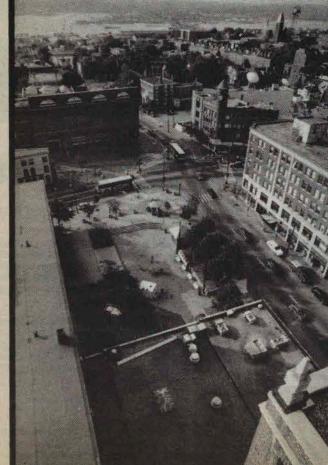
Portland Coffee Roasting Company 111 Commercial St, Portland. Photographs by Tama Silverstein Louden show through Sept. 19. Hours: Mon-Sun. 6:30 am-5:30 pm. 761-9525. Portland Museum of Art 7 Congress Square. Hours: Mon-Sat 10 am-5 pm, Thurs 10-9, Sun 12-5. Admission:

\$6 adults/\$5 students and seniors/\$1 youth 6-12 years. Museum admission is free 10-noon the first Saturday of the month and 5-9 every Thursday evening. 773-ARTS or 1-800-639-4067. *The Scott M. Black Collection A sampling from Scott Black's 19th- and 20th-century paintings and

*19th- and 20th-Century European and American Art Paintings, sculptures and works on paper by Monet,

past two centuries. Ongoing.

Renoir, Picasso, Matisse and other masters of the CONTINUED ON PAGE 26



Take in the whole of Casco Bay from Portland's highest public point — the Top of the East at the Radisson **Eastland Hotel.** PHOTO/

The Observatory is closed for the season, but great city views reward the intrepid.

TANYA WHITON

The best views of Portland are without a doubt from atop the Portland Observatory, the landmark structure on Munjoy Hill. But since its doors were closed earlier this year due to an infestation of voracious beetles, Portlanders now must employ some imagination to track down a proper cityscape. Trespassing or scrambling up fire escapes to ascend what pass for skyscrapers hereabouts is one strategy. But there are some legal hot spots to drink in a good view:

Casco Bay Lines Parking Garage, next to the ferry terminal at Commercial Street and Franklin Arterial, is best for an oceanside glimpse of Portland's working harbor. Enter through the door facing the ferry terminal and head up the stairwell, or ride the glass-backed elevator with Whaling Wall views. Go to the top floor and get a seagull'seye view of the working waterfront. Picnicking or excessive loitering is frowned upon.

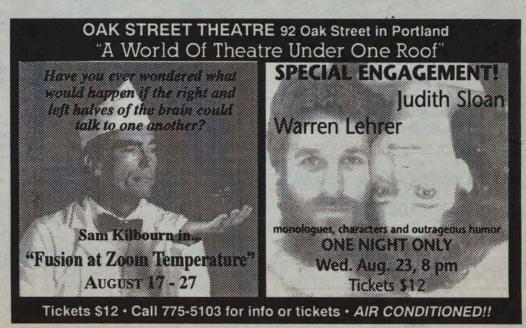
For longer-term vista gawking, the best spot in town is the small, hidden North Street Park, just a few blocks from the lamented Observatory. Heading up Congress Street, take a left on North Street at the summit of Munjoy Hill until you come to an old schoolhouse-turned-condo on the left. The park is next to it. A couple of benches overlook Back Cove and the swaybacked metropolis of Portland. The views are particularly alluring at night, when the circular sweep of the cove is illuminated by streetlights and the lit buildings give the impression of a city hard at work (don't be fooled).

If you're looking for a martini or a little lounge music with your aerial view, go to the Top of the East, at the top of the Radisson Eastland Hotel at the corner of Congress and High Streets. This swank hotel bar has dim lights, salty party mix and a competent, low-key staff. Think of it as Portland's Space Needle That Doesn't

This urban aerie is glassed in on three sides and provides a generous look at Portland from Casco Bay to the airport. On Fridays and Saturdays there's invariably a jazzy trio covering Ella Fitzgerald tunes and a few suited business folk murmuring at corner tables. Also, it's a perfect close to a successful date. (For an unsuccessful date, go to Geno's in the basement at 13 Brown St.) No playing in the elevator.

On the other end of Congress Street, the Maine Medical Center parking garage is a decent lookout — although it is occasionally difficult to gain entrance. Perhaps going disguised as a doctor would help. Regardless, this spot is for daytime use only. CBW

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BLACK TIE. 870 Broadway, South Portland. Discover South Portland's most interesting lunch spot! Featuring hearty soups and sandwiches, healthy salads, entrees and fantastic bakery items. Daily specials — always! Dine-in or take-out. Open Monday-Friday 7:30-3:00. 799-7119.

CHELSEA'S Fresh, new dining with intimate atmosphere All food is homemade and imaginatively prepared. World cuisine. Serving beer & wine. Entire menu available for take out. Visa, MC, Amex. 84 Exchange St. 772-0240. Reservations accepted, not required.

DAVID'S RESTAURANT, 164 Middle St., 773-4340, Open for dinner nightly. Elegant and romantic candlelight din-ing with Portland's most comfortable high back leather chairs. Chef David Turin turns out 4-star cuisine with remarkable, farm fresh produce and native products. Crispy goat cheese packets with grilled vegetables and frizzled leeks followed by sesame and coriander crusted tuna with garlic, ginger and soy is unbelievable, or sample the seafood sausage with lobster coral oil and the always great sauté of lobster. Also available is a 5 course wine dinner with 5 wines, a great value at \$52 per person. Don't

GOOD TABLE. Casual. Tasty weekend brunch. Sea breeze deck. Full bar. Seafood, barbecue, Greek. Old jazz, good looking staff. Honest food. Honest prices. Open 7 days a week from 8am to 9pm. Serving Breakfast, Lunch and Dinner. MC, Visa accepted. Parking. Rte 77, Cape Elizabeth. 200.

GREAT LOST BEAR. Full bar — now featuring 50 beers on tap. Extensive menu... sandwiches, soups, salads, platters. Lunch or dinner in the mysterious Woodfords area. MC, Visa, Amex accepted. Parking. 540 Forest Ave. Portland. 772-0300.

KATAHDIN. Daily Blue Plate Specials \$9.95 and unpretentious fare like Buckwheat Pasta. Homemade, Good Cookin. Monday-Thursday 5-10 p.m., Friday & Saturday 5-11 p.m.. Corner of Spring and High St. Portland.

OSPREY RESTAURANT. From an aerie perch overlooking yachts and the marina enjoy elegant, intimate dining complete with white linen, extraordinary food, an extensive wine list and impeccable service. Nouveau American Cuisine along with local seafood. Just 10 minutes from Bath on Robinhood Road off of Rte 127, Georgetown, ME. 371-2530 for reservations. VISA, MC, Discover.

THE WEST SIDE CAFE. Offering fresh game and seafood, organic produce. Moderately priced entrees and a casual, comfortable ambiance. MC, Visa, AMEX accepted. Parking. Reservations suggested. 58 Pine St. Portland. 773-8223.



Abundant Raw Bar A Tantalizing Array of Pasta Dishes Micro Brewa/Single Malt Scotches Great Frozen Drinks erbed goat chees philo dough Candlelight Dining Eclectic American Cuisine

Extensive Wine List

164 Middle St. at the corner of Middle & Market in Portland's Old Port = 773-4340

GREEK

FREE STREET TAVERNA. Authentic Greek food. Family recipes and friendly atmosphere. First level: eatery/taverna. Second level: smoke free dining with outdoor deck. MC Visa accepted. 128 Free St. Portland. 774-1114.

MEXICAN

MARGARITAS. Specializing in delicious "hand-made" southern California style Mexican appetizers and dinners, served in overly generous portions! Join us for Happy Hour every weekday from 4-7 p.m., with FREE appetizers, \$1.95 for a 22 oz. draft beer and other good stuff! There's also 2 for 1 dinners, 4 p.m. - 6 p.m.! 242 St. John St., Union Station Plaza, Portland. Open at 4 p.m. daily. 874-6444.

SIERRA'S. Mexican Food & Deli. The most authentic Mexican food this side of Portland! Featuring: Quesadillas, burritos, nachos, tacos, enchiladas, sandwiches and Syrian roll-ups! Plus, Maine microbrews on tap, domestic and imported beers and wines. All natural, fresh, high quality ingredients. Dine-in or take out! Open Mon.-Sun. 11 a.m. - 9 p.m., Friday 'til 10 p.m. Routes 25 and 114 in Gorham.

TORTILLA FLAT. Seventeen years of serving fine Mexican cuisine. Just minutes from downtown Portland. A memorable Mexican experience you can afford anytime. Outdoor screened in deck. Parking. VISA, M/C, Discover. 187 Forest Ave. Portland. 797-8729.

THAI

THAI GARDEN RESTAURANT. Come revel amidst the enticing flavors of Thai cuisine. We offer a very diverse menu certain to please all palates. Seafood, vegetarian dishes, chicken, beef, pork, pad Thai, curries, and other exciting foods. Serving lunch and dinner seven days a week. Reasonably priced. Beer and wine available. Reservations recommended. 233 U.S. Route 1, Freeport. (across from Super 8 Motel) 865-6005.

CARIBBEAN CUISINE

FEDERAL SPICE. Home cooked Caribbean/ Southwestem fare. Featuring heart smart selections. All items less than \$6! Everything available to go. Limited radius deliv-ery 11:30-1:30 M-F. Hours M-Sat 11am-9pm BYOB, no tipping! 225 Federal Street, Portland, 774-6404.

TEA ROOMS

SWEET ANNIE'S TEA SHOP. Step into a gentler, more gracious time. Wonderful teas, delightful scones, savories, tartlets, tea cakes and sandwiches. Tea, coffee and baked goods always; High Tea Saturdays at 1pm & 3pm, Light Brunch Sundays 9:30am-2pm. Indulge in life's simple pleasures. 93 India Street. Call 773-3353 for reservations.

DESSERT

PATE Á CHOUX. Portland's premiere dessert restaurant! NOW OPEN! All desserts prepared in-house with all natural ingredients, cappuccino, espresso, ice tea & iced coffee. Table service and take out. Hours: Monday-Thurs day 11am-11pm. Friday 11am-Midnight, Saturday 3:30pm-Midnight. Sunday 3:30-9:30. 25 Pearl Street, Portland. 773-3334.

ITALIAN ANTHONY'S AT THE FARM (formerly Michel's). Italian-

American cuisine. Menu prices ranging – Lunch 11am-4pm \$3.95 - \$5.95. Dinner 4pm-9pm (10pm Fri & Sat) \$7.95 - \$15.95. Smoke-Free environment. Panoramic view. An experience you'll truly remember. 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! MC, Visa and Amex accepted. 43 Exchange St. 60 Market St. Portland. 773-7146.

TURINO'S STONE OVEN PIZZERIA, 164 Middle St., 780-6600. Open for lunch and dinner daily. Maine's only stone oven pizza, serving authentic stone cooked gourmet pizza from old Naples. Great things with wild mushrooms proscuitto, artichoke hearts and fresh herbs. More than you would expect on a pizza for not very much money Probably the best pizza in Maine! Take out is available.

BAR-B-QUE

NORM'S BAR BQ. Small chef owned BarBQ restaurant Featuring Norm's wicked good sauce, 3 types or ribs, fried chicken, spicy black bean soup, homemade combread and daily specials. Hours: Mon. & Tues. closed, Wed. & Thurs. 12-10, Fri. & Sat. 12-12, Sun. 3-9. 774-6711.

ANTHONY'S

Highly Rated!

Food - ***1/2

Service - ***

Value - ★★★1/2

Friendship 300

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♦ Shore Dinner, cup of clam chowder, 1141b. Boiled Lobster, French Fries, Corn on the Cob or Coleslaw

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only 10 minutes from Bath

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"We loved your kindness and warmth, and the food was excellent." LUNCH BUFFET 7 Days **EVENING BUFFET** Thursday-Sunday 5-9 pm Open 7 days a week lunch & dinner Experience a buffet of traditional recipes cooked in an authentic clay oven. 565 Congress St. Portland 773-1444

Homemade Baked Beans

They're not just great on Saturday night. We have fresh-baked pea and kidney beans with hot dogs and cole slaw. Or maybe you'd prefer our other homestyle favorites like our hot chicken sandwich made with fresh chunks of roasted chicken (no deli-stuff here) and our mashed potato and gravy. There's also an American chop suey, chili, meatloaf and our very popular chicken-in-a-basket. Everybody's favorites at affordable prices.

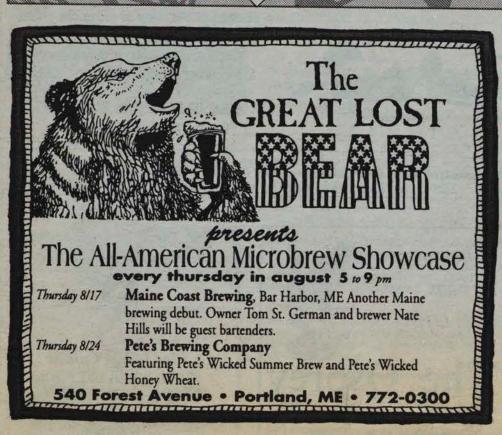
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CONTINUED FROM PAGE 22

Freeing the Writer Within Develop your writer's voice and utilize natural creativity in ongoing classes, eight weeks in length. Cost: \$60. 772-6351.

intercultural Discussion Group meets Mondays, 7 pm, at the Center for Intercultural Education, 565 Congress St, Portland. Volunteers are needed as well. 775-0547. Maine Writers Center 12 Pleasant St, Brunswick, offers workshops on a regular basis. Preregistration required. 729-6333.

Matiovich Society An educational organization of lesbians, gay men, bisexuals and friends meets every other Thurs from 7:30-9 pm — at Holiday Inn by the Bay, 88 Spring St, Portland. 761-4380.

Portland Laptop Users Group meets Mondays at 7:15 am at the Clark Associates Building, 2331 Congress St, Portland. Reservations and a laptop required. 775-1140 or 772-8666.

SCORE 66 Pearl St, Portland, holds small business workshops on a regular basis. SCORE also offers free individual counseling appointments daily. Seminar, Aug 22, "Marketing marketing marketing: finding the way to profits" at 66 Pearl St, Portland. Nominal fee.

Women's Investment Club Now forming. Learn the basics together. First meeting to be held Aug 29. Contact Sherril at 892-4027.

Camping & Rafting for families. Join the Swedenborgian Church for camping at Lily Bay State Park and rafting on the Kennebec River the weekend of Aug 25-27. Cost: \$15 camping per person; \$75 adult rafting (\$55 kids). 839-5877.

Casco Bay Bicycle Club hosts Wednesday evening bicycle rides at 6 pm for a moderately paced, 13-20 mile excursion, 926-4225

H2 Outfitters Evening sea kayak paddle, Thurs at 5:30 pm at East End Beach. Also offering daily instruction and one-to-five day guided trips for beginner, intermediate and advanced paddlers. Four-day trip through Penobscot Bay Aug 21-24. Kayak polo Aug 21 at Cape Elizabeth H.S. pool. Costs vary for long trips, \$25 for Thurs paddles (\$15 with boat). 833-5257. Learn to Sall Private classes and groups of four people or less. Cost: \$35 per hour (can be divided for

group rates). 781-5110. L.L. Bean Outdoor Discovery Program holds classes in bike maintenance, fly fishing, paddling, shooting and outdoor skills on an ongoing basis at the Casco Street Conference Center, Freeport. Preregistration required, costs vary. 1-800-341-4341, x6666.

Maine Audubon Society hosts various summer programs and field trips at their four locations. Whalewatching field trip, leaving from Kennebunkport, Sept 9 from 9:30-4 pm. Cost: \$24 member, \$26 nonmember. Limit 70 people. Also, volunteer opportunities: MAS needs docents for weekend reception at Gilsland Farm Environmental Center. Training is provided. 781-2330. Maine Outdoor Adventure Club Meetings are the first Wed of every month at 7 pm at the Unitarian Church, 524 Allen Ave, Portland. Upcoming events: Aug 20, Kayak, potluck; Aug 22, Flat water canoe; Aug 24-27, canoe Lobster Lake and W. Branch of Penobscot River. 828-0918.

Maine Powerboat Racing Association seeks racers and volunteers to help with the 1995 Portland Grand Prix, Aug 26 in Casco Bay. 774-6303. Mountain Biking Clinics at Back Country Excursions. Free. 625-8189.

Mountain Bike Races at Lost Valley Ski Area in Auburn, Aug 20 and Sept 10 & 24. The race is a circuit format on four-mile loop with a timed downhill run. Fee: \$10. Bike trails are open daily from 9 am-8 pm.

Norumbega Outfitters hosts outdoor adventures. Kayak paddle every Wed at 6 pm, at East End Beach, Portland. Also, Aug 19 sunrise paddle and Aug 21 sunset paddle. Free, 773-0910

Sebago Lake State Park holds summer programs focusing on the natural history and ecology of the Sebago region. Activities start Sat & Sun at 2 pm, at the In the park. Cost: \$2.50.693-6611. So. Me. Sea Kayaking Network People of all skill levels are invited to join the network for some paddling. Call 874-2640 for updates and membership information. Volksmarch Walk, jog or run non-competitively with the Southern Maine Volkssport Association, Aug 17 & 24 from 5-8 pm. Begin at Raff's Restaurant, 285 Forest Ave, Portland. (Start at Longfellow School, 432 Stevens Ave for Aug 12 walk). Free. 774-8524.

exchange students. Ages 15-18, students have at least three years of English, and will stay for 5-10 months. 1-800-322-4678.

Annual Angle Abraham Scholarship Run Aug 20 at 9 am. Meet at Deering High School, 370 Stevens Ave to run the flat, four-mile loop. Fee: \$7 (\$8 day of race).

Building Materials Bank a non-profit organization providing household fixtures and appliances for lowincome homeowners, holds "yard sales" every Saturday of the month at 169 Lewiston Rd, Gray. The program also accepts donations of new or used items. 657-2957.

Cedars Nursing Care Center seeks volunteers to read stories, play games go on outings, share a pet and otherwise enrich the life quality of residents. 772-

Community Health Services seeks volunteers to file, photocopy, type and do other jobs around their offices. 775-7231.

Enriched Golden Age Center 297 Cumberland Ave, Portland, invites men and women over 60 to daily luncheons, with special activities featured every Wednesday and line dancing every Monday at 10 am. Donation: \$2.50. 774-6974.

Face the World is currently seeking families to host foreign exchange students for the 1995-1996 academic year. Students are age 16-18 and from countries such as Japan, Denmark and Brazil. 773-

Family Opportunities Network Provides services, including parent support groups, life-skills workshops and free childcare during meetings to homeless and at-risk families. 772-5394.

Flag Disposal Used, torn or faded American flags that are out of service can be donated to the Libby-Mitchell Post #76 of the American Legion in Scarborough. 883-

Free HIV/AIDS Presentations available for community groups through the American Red Cross. 874-1192. Foster Grandparent Program seeks adults aged 60 and over to offer support and guidance for young parents and children. Benefits including liability insurance, bi-weekly stipend and an annual physical

Glant Lawn Sale Aug 19, 8 am-1 pm, at Westbrook Community Hospital, 40 Park Rd, Westbrook To benefit Westbrook Community Hospital Capital Campaign. 854-8464.

Help Stop Racial Violence Anyone wishing to help the Sherrer family of Starks, victims of a hate crime that destroyed their home, can send donations to: Friends International, P.O. Box 8506, Portland, ME, 04104.

Lasagna Supper Aug 19 at 6 pm, at St. Louis Church, 279 Danforth St., Portland, to benefit Women's Retreat Group. Dine in or take out. Cost: \$5 (\$2.50 kids/\$15)

Lobster Bake Aug 19 at 2 pm, at the Libby-Mitchell Post #76 of the American Legion in Scarborough. Tix: \$12, advance purchase only. 883-9495.

Preble Street Resource Center Activities at 252 Oxford St, Portland, include community meetings Fri at 10 am; writers' group open to anyone Weds from 11-1 pm and art groups open to anyone feeling the urge for creative expression Tues at 11 am. 874

alvation Army Camp seeks donations to meet their fundraising goals. Send to: Salvation Army, Camp Sebago, P.O. Box 3647, Portland, ME, 04104. Smorgasbord Aug 19 from 4:30-6 pm, at the North Gorham United Church of Christ. Cost: \$5 (\$2.50

Volunteers Needed New England Rehabilitation Hospital seeks volunteers to assist with recreational activities for patients — play games, show movies, make craft projects and share your time with people in need. 775-4000, x622.

Youth Build Portland A community enrichment program designed to assist students obtain their G.E.D. and vocational training and provide low-income housing, seeks volunteers. Experience not necessary. 775

Youth Exchange seeks host families for cultural exchange students, ages 15-18, for a semester or a year. 1-800-848-2121.

Baxter Memorial Library 71 South St, Gorham, holds "Toddler Time," a program for kids 18-36 months of age, Fridays from 10:15-10:45 am. Along with the toddler program is "Parent Share," an informa discussion of parenting Issues from 10:30-11:15 am.
Also, the library holds a summer reading program, "Backpack at Baxter," for kids ages 3 and up.

Breakwater School has programs for kids in grades K-5, as well as developmental programs for four-year olds, an early childhood program for three-year olds and aftercare for school age kids from 11:30 am-6 pm daily, 772-8689.

Child Care Connections holds public referral hours Mon-Fri from 10 am-1 pm, with free information about day-care centers, family child care homes, nursery schools and camps. 871-7449.

CONTINUED ON PAGE 28

DVICE ME

Is that thunder I hear?

Fasten your seat belt. It's going to be a bumpy ride.

The much-awaited, much-dreaded (it depends on your perspective) Microsoft Network (MSN) goes online Aug. 24, the same day Windows 95 hits the streets. The impact? Think of a big-tired monster truck showing up at an amusement park and heading to the bumper-car rink for a little friendly competition.

While executives at commercial online services like CompuServe, America Online (AOL) and Prodigy are no doubt sucking down huge quantities of Rolaids these days, those aren't the only upset stomachs around. Because the arrival of MonSterNet may also signal the beginning of a shakeout among Portland's Internet providers.

The threat isn't that MSN will pick off customers from Biddeford Internet or MaineStreet (although they may). But MSN's less-than-dainty appearance is certain to trigger a tectonic shift in online services, forcing those who have emphasized their databases (like CompuServe and AOL) to get into the Internet service business. This will broaden options for Portlanders, but could force down Internet pricing such that it becomes unprofitable for local vendors to stay afloat.

In launching its service, MSN has a simple but powerful competitive advantage: all users of the new Windows 95 operating system will be able to connect to the new online service at the click of a mouse. Every computer sold with Windows 95 will feature a little icon beckoning users to take a test drive on the information superhighway.

With portions of the Internet available through MSN, the competition has to hustle to keep its customer base.

CompuServe, for instance, is seeking to shed its stodgy image as a dull corporate research tool. By October, CompuServe will unveil a sexier graphics package, rejigger its pricing to match AOL (\$9.95 per month with five hours free; \$2.95 per additional hour) and more than double local access numbers to include 105,000 exchanges nationwide. (Portland has long had a local access number, but more remote Maine communities have not.) For its part, Prodigy hired away one of the stars of red-hot HotWired (a hugely popular Web site) to oversee content development.

But it's AOL that believes most fervently that the best defense is a good offense. In the last few months AOL has acquired Global Net- The arrival of work Navigator, a California-based company MonSterNet may that's been a pioneer in Internet publishing. I signal the beginning also purchased WAIS, a company that blazed of a shakeout the trail in Internet search engines, and bought rights to WebCrawler, a popular search tool developed at the University of Washington. AOL is also significantly upgrading its local

among Portland's Internet providers. access network—Portland will finally get 24,400-baud local service sometime in October.

Perhaps most significantly, AOL is kicking off a new Internet-only service, which it views as a second product to augment its traditional online service. This new service allows users to connect directly to the Internet, bypassing the usual AOL content and glacier-slow graphics.

Pricing for this new service hasn't yet been announced, but it's rumored to feature à la carte pricing rather than a flat fee, making it more affordable for casual users. It's also likely to be far easier to connect to the Internet through AOL than through local access providers, who have frustrated more than one Portlander by assuming a level of technical knowledge that didn't exist.

The new AOL service is slated to go online — surprise! — Aug. 24.

All this is bad news for Portland area Internet access providers, who now number six. (How times change. Portland got its first Internet access provider just a year ago this month.) Competition will heat up as national providers start to encroach on the business of local firms, which are hard-pressed to make a buck even at the going rates.

My prediction: Local Internet access providers will move out of the retail business, and will eventually stop offering dial-up access for individual users. The successful firms will migrate to consulting — creating and maintaining Web pages for local enterprises who want to deal with local people.

In effect, we'll see a reprise of what happened to Portland's computer retail business over the past decade. Remember when the city had a handful of independent computer stores where you could go and actually buy a computer in a store? (Lechmere and Sears don't count.) The few firms that survived did so by becoming consultants.

The providers who move to consulting will likely do fine. That is, until NYNEX launches its custom Web-page publishing service for Portland businesses. My prediction: mid-1996.

MSN's standard rate is \$4.95 per month, which includes 3 hours. Each additional hour is \$2.50. Available for Windows users only; a Macintosh browser should be available by the end of 1996. The local access number in Portland is 761-9029.

WAYNE CURTIS

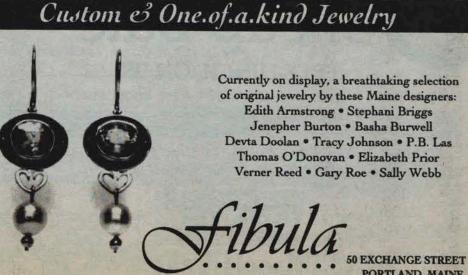
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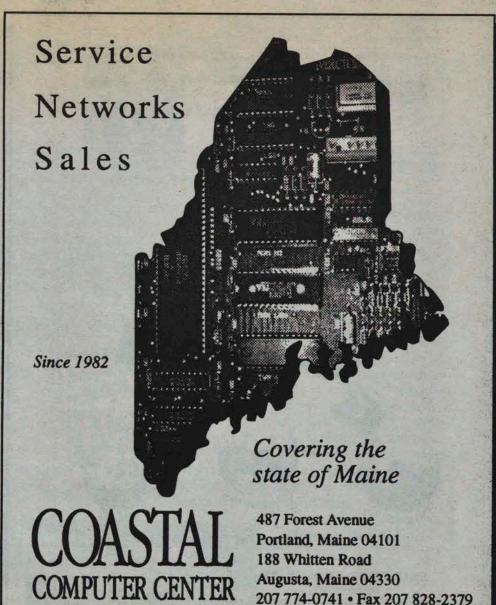
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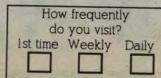
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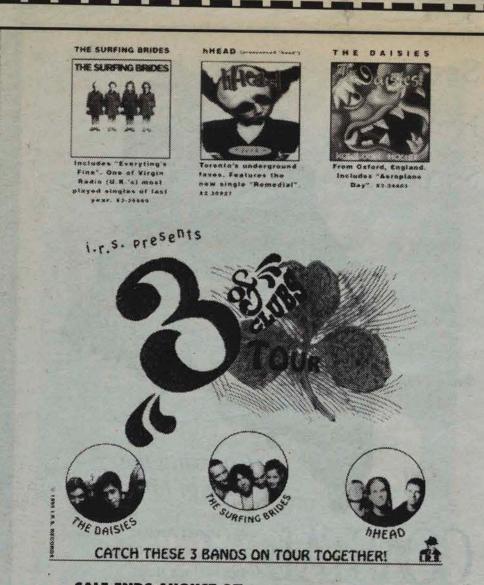
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CONTINUED FROM PAGE 26

Children's Museum of Maine 142 Free St, Portland, offers exhibits and activities for children of all ages. Aug 17: Discover (electricity fun), from 12:30-1:30 pm; Aug 18: Make a Garden!, from 1-1:45 pm; Aug 19: Roll and Go! (journey to the deep with music), from 2-3 pm; Aug 23: Talk to the Animals! from 11:15-12 pm. eum hours: Mon-Thurs & Sat 10 am-5 pm, Sun 12-5 pm. Admission: \$4, free to the public Fridays from 5-8 pm. Pre-registration and additional fees required for some activities. 828-1234.

Creative Resource Center 1103 Forest Ave, Portland, hosts free art fun for kids age 3-5, most Thursdays at 11:15, 797-9543.

Dial-a-Story The South Portland Public Library offers recorded stories, folk tales and poems, anytime day or night. Dial 767-8162.

Family Night The Greater Portland YMCA, 70 Forest Ave, hosts a Family Night every Fri from 6:30-8:30 pm. Enjoy swimming, open gym, game room, weight room, walleyball, arts and crafts and refreshments. Cost: \$5 per family, free for YMCA members. Free child care the ast Fri of each month from 6:30-8:30 pm for kids ages three to five. Registration required. 874-1111.

Family Swim Schedule YWCA, 87 Spring St, Portland, hosts an open swim for families, Fri from 6:30-7:30 pm, Sat from 2-3 pm, 4-5 pm & 6:30-7:30 pm and Sun from 2-3 pm & 4-5 pm. Cost: \$2.50 (\$2 kids).

Free Parenting Support Group held the second Tues of each month, from 6:30-8 pm, at Mercy Hospital, 144 State St, Portland. 879-3578.

Friday Night Special Portland Recreation offers organized gym programs for adults and kids at Riverton Community Center, 1600 Forest Ave, Portland. Also, the library holds children's programs: "Toddler Time," Wed from 9:30-10:30 am & Fri at 9:30 am; "Preschool Story Hour," Fri at 10:30 am and "Family Craft Program," the third Thursday of every month from 6:30-7:30 pm. 797-2915.

New England Family Institute 95 Exchange St, Portland, holds ongoing parenting groups and support groups for families. Aug 17: Holding a Family Meeting, from 5:30-8:30 pm. Cost: \$50 (\$10 for Aug 17). 871-

New Mothers Group, beginning in September for new moms with babies up to 9 months old. Prefer mothers with a "green philosophy" contact Donna at 828-

Parenting Support Group, facilitated by the nurses from The Birthplace at Mercy Hospital, meets on the second Tuesday of each month from 6:30-8 pm in the Medical Staff Memorial Auditorium on level B2 of Mercy Hospital. Upcoming meetings: Sept 12, Oct 10, Nov 14, Dec 5. Free. 879-3578.

Parents Anonymous provides services to parents and children in an effort to strengthen families through facilitated support groups. A parent-talk line is in operation 6 pm-midnight Sun-Thurs. 767-5506. Help line: 1-800-298-2515. Performances in the Parks Portland Downtown and

Parks & Recreation host a variety of concerts and shows for kids. Tommy's Park, Middle St, Portland. All shows are free. 874-8791. Portland Public Library 5 Monument Square, Portland,

hosts programs for kids. Aug 18: Tales For Twos (2year-olds), at 10:30 am. 871-1700. Preview for Parents Maine Medical Center, 22 Bramhall St, offers tours of the Labor & Delivery Unit

for expectant parents the fourth Tuesday of every month, leaving the Dana Center Lobby at 6:15 pm. Riverton Branch Library 1600 Forest Ave, Portland. Kids are invited to sign up for an ongoing summer reading program. Mystery guests appear Wed at 2 pm. Also, "Toddler Time," songs, games and stories for one- and two-year- olds, Weds and Fri at 9:30 am and Wed at 10:30 am and "Family Craft Programs." Thus

Single Parent Support Group Wednesdays from 6:30-7:30 pm at the Greater Portland YMCA, 70 Forest Ave, Portland. Free childcare provided, 874-1111.

Wed at 10:30 am and "Family Craft Program," Thurs

from 6:30-7:30 pm. Preregistration required. 797-

Sports Coaches Needed YMCA seeks fall soccer coaches for programs in Portland, Standish and Gray.

Warren Memorial Library 479 Main St. Westbrook, presents "Tangletoons" live music and songs for children, Aug 18 at 3 pm. Also hosts "Books and Babies" a program for babies 6-24 months old and their caregivers, every Tuesday at 9:30 am and "Read Aloud Time," for kids age 3-5, Wednesdays at 10:15 am. 854-5891.

Young at Art offers unusual summer programs for kids through S. Portland Recreation and Falmouth. Community Programs. Weekday programs, mornings or afternoons are available, in paper maché, creative jewelry and wearable art. 761-9438.

Young Fathers Program meets Tuesdays at the YMCA, 70 Forest Ave. Portland, from 6:30-7:30 pm. Get information about safe and affordable housing, resources for food and clothing, and communicating with your family, 874-1111.

YWCA Child Care Programs 87 Spring St, Portland, have current openings in their infant, toddler and preschool programs. They provide individualized daycare for infants, developmental play for toddlers and activity centers for preschoolers, 874-1130.

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Adult Immunization Clinic sponsored by the Visiting Nurse Service and Hospice, the third Tuesday of every month from 1-4 pm at 50 Foden Rd, S. Portland. Offering TB skin tests, hepatitis B vaccine, measles, mumps, and rubella vaccine, tetanus/diphtheria vaccine, flu vaccine (seasonal) and pneumonia vaccine to adults age 18 and older. 780-8624.

Adult Screening Clinic on the last Wed of every month. Check blood pressure, blood sugar and cholesterol, from 11:30 am-1 pm, given by the Visiting Nurse Association and Hospice at the Peoples United Methodist Church, 310 Broadway, S. Portland. Fee charged. 780-8624.

Alkido A martial art used to increase flexibility, stamina and promote a sense of well-being. Class times and costs vary. Portland Alkido, 120 Woodford St, Portland.

Alliance for Mentally III of Greater Portland offers a support group for family members the second and fourth Wednesday of every month from 7-8:30 pm, at 66 State St, Portland. 772-5057 or 800-464-5767. Arthritis Programs Arthritis Foundation's Maine Chapter sponsors various programs including support groups, land exercise programs and warm-water aquatic exercise programs, as well as workshops for

people with fibromyalgia. 773-0595. Aquatics for Arthritis The Arthritis Foundation offers flexibility and mobility in aching joints. Sheraton Tara Hotel, Maine Mall Road, South Portland: Tues, Thurs 3:30-4:15 pm, 874-9337. YWCA, 87 Spring St, Portland: Wed, Fri 1:15-2 pm, 874-1130.

Birthline Pregnancy Services 562 Congress St, Portland, Catholic Charities of Maine provides positive support to any woman and her family experiencing an untimely pregnancy. Services include: pregnancy testing, emotional support and post-abortion support Free and confidential. 871-7464.

fourth Tuesday of each month at 7 pm at the Guild Hall of the Cathedral of the Immaculate Conception, 317 Congress St, Portland. 727-3556 or 934-0135. **Buddhist Meditation and Study Group** meets Mondays at 7:15. 772-3835.

Cancer Patients Support Group meets on the second and fourth Mondays of the month, from 9-11 am at Mercy Hospital, 144 State St, Portland. 879-3030. Children's Health Clinic The Visiting Nurse Association and Hospice holds a Well Child Health Clinic the first Friday of every month at the South Portland Church of the Nazarene, 525 Highland Ave, S. Portland, from 8:30 am-12 pm. 767-3326.

Chronic Pain Support Group for persons experiencing life disruptions from long-term and persistent pain related to illness or injury, meets every other Thursday from 10-11:30 am at the United Methodist Church,

Confidential STD Clinic The Portland Public Health Division sponsors a Sexually Transmitted Disease Clinic, offering confidential, low-cost screening and nent on a walk-in basis, Tues and Thurs from 3:30-6 pm at Portland City Hall, Room 303, 389 Congress St, Portland. Medicaid accepted. Anonymous and confidential HIV testing by appointment only. 874

Coping With Caregiving A support group for those caring for chronically ill/disabled persons meets the second and fourth Fridays of each month at noon, at Mercy Hospital, 144 State St. Portland. 879-3486. Diabetes Support Group meets Aug 15 and Sept 12 from 6:30-8 pm, at Martin's Point Health Education Center, 331 Veranda St, Portland, Free. 828-2497. Free Weekly Meditations held Sundays from 6-7:30 pm, at the Yoga Center, 137 Preble Street, Portland. Sessions are based on the teachings of Dhyanyogi and Anandi Ma. 799-4449 or 775-0975.

Golden School of T'al Chi Ch'uan 616 Congress St, health, meditation and self-defense through the integration of mind, body and spirit, 772-9039.

Guidance in Grieving Visiting Nurse Association and group the second Mon of every month at 7:15 pm at the Methodist Church, Elm St, S. Portland. 780-

Hatha 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. 797-5684.

Healthy Heart Screening sponsored by Healthy Neighbors Heart Disease Prevention Program, the first Friday of every month, from 3:30-5 pm at City Hall, 389 Congress St, Portland. Cost: \$5. 874-8784.

Heartline Cardiac Rehabilitation Program is designed for individuals who have had a heart attack, angioplasty, by-pass surgery, angina or are at risk for heart disease Classes are held Mondays at 7:30 am and 6 pm in the USM Sullivan Gym, 96 Falmouth St, Portland - with nurse-supervised exercise programs as well as nutrition, medication and risk factor information. Registration is ongoing, medical clearance required.

HIV/AIDS Support Groups: "People Living with HIV," meets Mon from 6:30-8 pm, Tues from 10:30 am-12 pm and Thurs from 5:30-7 pm at the AIDS Project, 22 onument Square, 5th Floor, Portland. "Living Well," focusing on quality of life and empowerment, meets the second and fourth Tues of the month. Also, the Client Advisory Board, open to all clients of the AIDS Project, neets the second Thurs of the month at 1:30 pm, at the AIDS Project, 774-6877

CBW

families, 774-4417.

Juvenile Diabetes Foundation holds meetings the second Tuesday of every month at the Diabetes Center, 48 Gilman St, Portland, from 6:30-8:30 pm. 854-

quests for and spending of federal grant monies "Talking About Menopause," share ideas, information and experiences from 7-9 pm and Aug 16: "Did You Get

People With Disabilities support group, sponsored by

Planned Parenthood offers HIV testing, annual exams, pregnancy testing, birth control information and supplies (free condoms), testing and treatment for STDs and infections, menopause services and more at its health center at 970 Forest Ave, Portland. Handicapped accessible, confidential and affordable. Medicaid is welcomed, 874-1095.

Portland Public Health Adult Immunization located at City Hall, 389 Congress St, Portland. Vaccines for measles, mumps, rubella, adult tetanus, hepatitis B, pneumococcai available, as well as rabies and tuberculin

Portland Zen Meditation Center An independent Zen group with a regular schedule of morning and evening practice sessions. Instruction offered weekly. 774-

Pulmonary Rehabilitation Program offered through USM Lifeline, Tuesdays and Thursdays from 11:15noon. Program includes progressive, nurse-supervised exercise and education, including respiratory hygiene, relaxation techniques and nutrition. Registration is ongoing, medical clearance is required. 780-4170. Senior Fitness A program for men and women age 65 and over takes place Mon, Wed and Fri from 10:30-11:15 am at the USM Sullivan Gym, 96 Falmouth St,

Sexually Transmitted Disease Clinic sponsored by Portland Public Health offers confidential screening and treatment at a walk-in clinic, Tues & Thurs from 3:30-6 pm at City Hall, 389 Congress St, room 303. Low cost, Medicaid accepted. Anonymous and confidential HIV testing by appointment only. 874-

Suff Meditation at the Expressive Therapy Center, 150 St. John St, Portland. Join the Portland Sufi Order for ongoing meditation sessions, no experience

\$5-\$100, 780-8624.

Visiting Nurse Service 15 Industrial Park Rd, Saco, offers clinics for kids 0-18 years of age on an ongoing basis. Physicals, immunizations, lead testing, hematocrit, vision, hearing, nutrition and developmental Medicaid and fee scale available. 284-4566.

Hospice of Maine volunteers provide non-medical assistance and support to the terminally ill and their

Hypothyroid Support Group meets Mondays at 7 pm in Portland. 761-9562.

Maharishi Ayur-Veda School 575 Forest Ave, Portland, offers ongoing classes on Ayur-vedic healthcare. 774-

Maine HIV Prevention Community Planning Group A mixture of at-risk individuals and professionals makes recommendations to the Bureau of Health regarding They are currently seeking people not usually found on recommending committees to come forward. For applications and information, write to: Maine AIDS Plan, 112 State St, Augusta, ME, 04330. 622-2962. Martin's Point Health Education Center 331 Veranda St, Portland, offers workshops and classes. Aug 14:

Your Five Today?" advice for how to get proper nutrients into your diet, from 6:30-8 pm. Cost: \$5. 781-9890. Parkinson's Support Group meets at 2 pm the fourth Sunday of every month at the Falmouth Congregational Church Parish Hall, 267 Falmouth Road, Falmouth. All those with Parkinson's and their caregivers are welcome.

Alpha One, center for independent living, will meet Aug 17, from 1-3 pm at the Alpha One office, 127 Main St, So. Portland, 767-2189.

Portland Street Clinic This clinic provides free comprehensive health care for adults at the Community Resource Center, 15 Portland St, Portland. The clinic is sponsored by Mercy Hospital and administered by the city of Portland Public Health Division and is open Mon-Thurs 5-9 pm. All services are free and are by appointment only. 874-8982.

Tuesday of every month at Williston West Church, 32 Thomas St, Portland. 775-1670.

necessary, Donations accepted, 774-1203.

Teen/Young Adult Clinic is a place to go for health concerns, medical problems, sports/school physicals or birth control issues. Open Mondays from 4-8 pm to anyone 13-21, at Maine Medical Center, 22 Bramhall St, Portland. Walk-ins seen before 7 pm. 871-2763. Visiting Nurse Association & Hospice, 50 Foden Rd, So. Portland, offers an adult immunization clinic (18 years old) Aug 17 from 1-4 pm. To be held the third Tuesday of every month, Appointment required, Fees:

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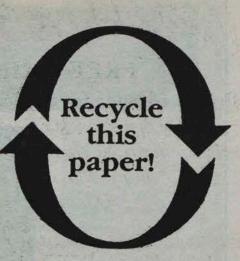
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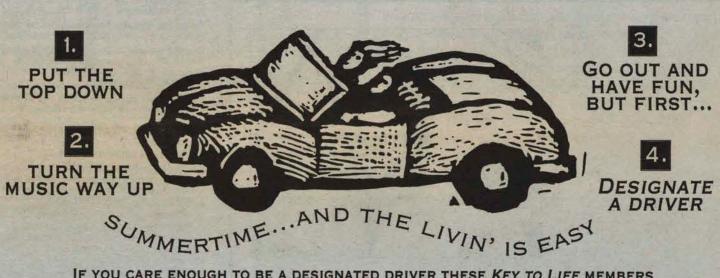
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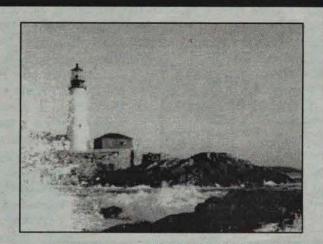
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SATURDAY AT 8 PM

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SUNDAY AT 5 PM



Maine Public Television

CONTINUED FROM PAGE 29

and vision testing, the last Wednesday of every month at Westbrook-Warren Congregational Church, Main St, Westbrook, and the third Friday of every month at the Eight Corners School, Mussey Road, Scarborough. Medicaid clients welcome, sliding fee scale available. 893-1500 or 1-800-479-4331.

Yoga for Families at Larry Lando's Tai Chi Studio, 10 Exchange St, Portland, Tuesdays from 3:30-4:30 pm. Also, lunch hour yoga, Tuesdays from 12-1 pm. Cost: \$10 drop-ins (family cost varies). 646-2945.

"Yoga Motion" A class combining yoga warm-up, dancing to world beat music and meditation techniques, Thurs at 6 pm, at the Expressive Therapy Center, 150 St. John St, Portland. Cost: \$5-\$10 sliding scale per

Zen Buddhist Meditation Group Public sitting meditation meets from 10 am-11 am every Sunday. There are extended sittings on the first and last welcomes all. Small donation. 839-4897.

Abuse in Intimate Relationships A support group for women who have previously or are presently experiencing abuse in their intimate relationships Free and confidential, childcare provided, 874-1973. Accent Reduction Class for speakers of English as a second language, as well as classes for neutralizing Maine and regional accents, with Jean Armstrong certified speech and language pathologist. 879-1886. Art Classes for Timid Adults are held Tues from 47 pm and Wed from 9 am-noon, at 615 Congress St, Portland. Cost: \$25. 874-9766.

Baha'l Center 364 Cumberland Ave, Portland, hosts lectures and events. "The Dreaming Mind," a lecture by Lynn Ascrizzi on Aug. 19 at 7 pm. Free. 774-3766. Casco Bay Cullnary Association meets the second Mon of each month. 799-2234 or 774-4308.

Creating Opportunity Through Change Women's group meets Thursday evenings from 6-7:30 at 854 Broadway, S. Portland, 767-1315.

Creative Productions Collaborative Agroup for women survivors of sexual abuse who are interested in furthering their healing journeys through the process of creating and presenting a production in the form of books, videos or performance art. Confidential, facilitated meetings are Wednesdays from 6:30-8 pm. Cost: \$15 per session. 774-2403.

Community of Hope A Christian group, which claims a primary ministry with gay and lesbian people and strives to be inclusive of all, meets Sats at 4 pm at 156 High St, Portland. 773-6658.

COMP Meetings Coalition of Original Maine Performers meets the first Monday of every month, at 7 pm at F. Parker Reidy's, 83 Exchange St, Portland, Open to all persons interested in original music and performing arts scene. 780-6390.

Divorce Perspectives A support group for people in all phases of the divorce process meets Wednesdays at 7:30 pm, at the Woodfords Congregational Church, 202 Woodford St, Portland. 774-4357.

Dog & I Club of Portland seeks new members to have with their canine pals. 283-9059.

Drumming Classes Learn the rhythms and songs of Afro-Caribbean music with percussionist Michael Wingfield every Sunday at the Expressive Therapy ter, 150 St. John St, Portland. Newcomers warm up 6:30-7:30 pm, ongoing class 7:30-9:30 pm. Cost: \$15 per class. 780-0234. F.A.T.E. Fight AIDS-Transform Education is a project

sponsored by ACT UP/Portland whose purpose is to fight HIV, AIDS and homophobia in all Maine public schools by forming empowering groups for teens and queers. All welcome. Meets the first and third Friday of each month at 5:30 pm at the YWCA, 87 Spring St, Portland. Wheelchair accessible. For more information write ACT UP/Portland, PO Box 1931, Portland, 04104 or call/fax 828-0566.

is interested in hearing from any Portland resident who feels that she or he has been illegally discriminated against in housing, employment or credit on the basis of sexual orientation, 774-5444.

Friends of Feral Felines Agroup helping stray cats needs volunteers and homes for orphan kitties. 772-3484. Gay & Lesbian Rights Advocates Womenspace Counseling Center offers an ongoing facilitated support group for those working to support civil rights for gays and lesbians, Thursdays from 7-8:30 pm at 236 Park Ave. Portland, 774-2403.

Gene Tracers The Greater Portland Chapter of the Maine Genealogical Society meets the first Sat of the month at the Cape Elizabeth Fire Station at 1 pm. Anyone interested in investigating their roots is welcome, 883-2546.

Home Hair-Care The Visiting Nurse Service of Southern to men and women who are confined to their homes. Cost for a simple shampoo/cut is \$20. 284-4566 or

MARTINE STATES AND THE STATES OF THE STATES

Local Service Authorities of Portland, a group of health care consumers, will hold a meeting Aug 17, from 6:30-9pm, at the Portland Public Library, Rines Room, to give the public a chance to have input and ask questions regarding changes in Maine's mental health care system, 727-5159.

Gay Men's Chorus is a volunteer community chorus bringing men together to enhance social tolerance and diversity in the Greater Portland area — as well as affirming the gay/lesbian experience with creative musical entertainment, 839-4506.

Maine Medical Center Support Groups "Survivors of Suicide" meets the second and fourth Monday of every month; "Bereaved Parents" meets the second Thurs of every month and "SIDS Support Group" meets the second Tuesday of every month. All groups meet at 7 pm, at Maine Medical Center, 22 Bramhall St, Portland. 871-4226.

Maine Tradeswomen Network provides education and mentoring for the promotion of women in all

Maine Won't Discriminate is a statewide broad-based coalition to defend civil rights in Maine. Portland chapter meets every other Monday at St. Luke's Cathedral, 143 State St, Portland from 6:30-8:30 pm.

a song or a story in a supportive atmosphere every first and third Tues at 7:30 pm at the Swedenborgian Church, 302 Stevens Ave. Cost: \$1 donation. 773-

Names Project/AIDS Memorial Quilt holds a panelmaking workshop the first and third Sun of each month. 871-1641.

Papermaking, Marbling & Bookbinding Workshops with artist Richard Lee at his Brunswick studio throughout the summer. Cost: \$40 (includes materials). 721-0678.

Parenting Group offers a place for parents to share, release and learn from each other. Meets Tuesdays 12-1:30 pm. \$5 per meeting, 871-1000.

P-FLAG Parents, Families and Friends of Lesbians and Gays a support and advocacy group meets the second Tuesday of every month from 7-9 pm, at Woodfords Congregational Church, 202 Woodford St, Portland. 766-5158.

Puppy Raisers Wanted The New England Assistance Dog Service seeks puppy raisers to open their homes to foster puppies in the assistance program. The organization trains and provides dogs to physically disabled people. 934-1963.

Riding to the Top Broadturn Rd, Scarborough — a therapeutic horseback riding program for people with disabilities seeks volunteers. Horse experience is not necessary, 829-6780.

Sexual Assault Crisis Center needs volunteer assistance to staff the center's 24-hour hotline and provide follow-up support for victims and their families.

Sexual Assault Response Services offers crisis of sexual assault and abuse. All services are free and confidential. 24-hour hotline: 774-3613.

SNAP The Survivor's Network for those Abused by Priests holds a support group for men and women healing from sexual abuse by clergy the third Friday of every month. Meetings are non-denominational and confidential. 774-5025.

Social Justice Group seeks people who have utilized General Assistance. Write: Hospitality House, Inc., PO Box 62, Hinckley, ME 04944. 1-800-438-3890.

Southworth Planetarium, at 96 Falmouth St., is showing the following: "Fires in the Sky" astro show Aug 18-19 & 25-26, Sept 1-2 at 7 pm; Garth Brooks laser show, Aug 18-19 & 25-6, Sept 1-2 at 8:30 pm and Aug 21 at 10:30 am and 1 pm; "Sky Fried young children's astronomy show Aug 19, 26, Sept 2 at 3 pm; "Little Star That Could" kids' astronomy show, Aug 22, 30 at 10: 30 am and 1 pm, Aug 26 at 3 pm; "Tour of the Solar System" astronomy show, Aug 23, 28 at 10:30 am and 1 pm; "Laser Beatles" laser show, Aug 29 at 10:30 am and 1 pm.

Storymakers Club Bring your own stories — personal. traditional or otherwise to swap and establish a storytelling community in Portland, the last Sunday of every month at Raffles Cafe Bookstore, 555 Congress St. Portland, Free, 780-5078.

Studio Sale Pottery seconds and hand printed clothing

Sublime & Divine Be a part of the Swedenborgian spiritual family Wednesdays at 6 pm — meditative, inspiring worship for adults in an open, relaxed sphere, at 302 Stevens Ave, Portland. 772-

through Aug. Built in 1755 by Captain George Tate, this colonial home will be open Tues-Sat, 10 am-4 pm and Sun 1-4 pm. Admission: \$4 (\$1 kids). 774-9781. Trade & Technical Training For Women Women Unlimited, a non-profit organization, offers training for women to enter trade and technical occupations at little to no cost. They will be interviewing women for fall classes during the month of August. 1-800-281-

YWCA 87 Spring St, Portland, offers a variety of classes and discussion groups for community members, including ethnic cooking classes, oil painting, quilting, bridge and a reader's roundtable. Course fees and schedules vary. 874-1130. CBW

IF YOU CAN FIND A BETTER BUILT WINDOW - BUY IT!

A buyer's guide to window shopping.

There are several key questions homeowners should ask when looking into replacing their windows.

What is the grade of your window?

All windows are rated according to performance criteria sponsored by the American Architectural Manufacturer's

Association (AAMA). All windows fall within a scale from 15 to 60, based on their test performances. Ask for documentation showing the grade of the window. Many advances have been

made with respect to glass technology. What glass is right for my house?

In Maine, the best glass for year-round energy savings is Energy Advantage (TM) Low-E glass by LOF - the most energy efficient glass available.

Who does the window installation?

Many companies use subcontractors to do their installations. To have control over the company that sells you the windows, make sure a direct employee - not subcontracted - is also installing the windows.

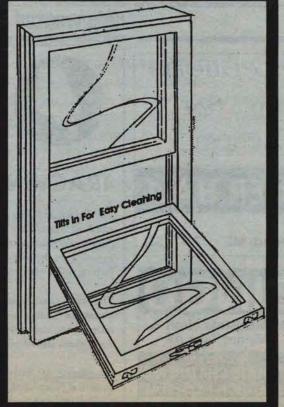
What is the warranty on the window?

VINDOW!

Most reputable window companies will give a 10-to 20-year warranty on window components to be free of manufacturing defects. This warrant should also cover the cost of labor to make

How many years have you been in business?

Make sure the company you choose has a proven track record for several years. Ask for references. Contact the Better Business Bureau to see if there have been any complaints lodged against



Is this window maintenance free? Wood swells in wet weather, shrinks in the heat. It also need painting or staining to keep it from rotting. Aluminum dents and conducts cold through the window. Solid reinforced vinyl is the answer if you truly want a maintenance-free window.

Can I clean this window from the inside? Most advanced windows allow for easy tilt of both sashes for cleaning of all glass surfaces from the inside. Do I need storm windows after I have replacement windows

No. As long as you have upgraded the current window system. Two ways to assure you've done this: Insist upon Energy Advantage Low-E glass, and insist upon Swiggle Strip (TM) by Tremco as the sealant between the two layers of insulated glass. Swiggle Strip will virtually eliminate conduction which occurs with aluminum banded insulated

How long will the installation take?

If the window is truly a replacement window (meaning custom made to fit the exact size of the window it is replacing), most installations take 1 to 2 days. Don't be fooled by new construction windows which only come stock size and necessitate costly carpentry, inside trim, outside trim, plaster, sheet rock and paint.

Why do some window companies insist on selling me right tonight instead of letting me do some comparison

The reason these companies are willing to give you such a "great deal" tonight and only tonight is because they know if you comparison shop you will find a better deal. Insist upon comparison shopping and don't be pressured into quick

For more information on windows, call Jim Soule at A-B.E.S.T WINDOW at 799-6771.

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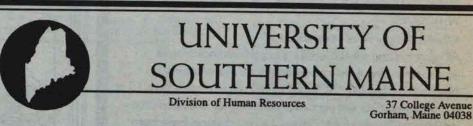
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in art history and expertise in twentiethcentury art to the present day. Other fields of interest are open. At least 1-3 years prior museum experience (or equivalent experience), particularly with exhibitions and publications, is required. Salary and benefits are

Applicants are requested to submit letter of nterest, resume, and 3 letters of reference to: Curator Search Committee, Museum of Art, Bowdoin College, Brunswick, Maine 04011. Review of applications will begin on Monday, October 2, 1995 and will continue until a candidate is selected. Bowdoin College is committed to Equal Opportunity through Affirmative Action.

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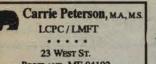
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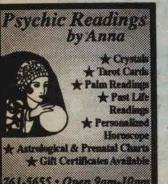
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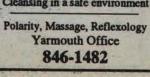
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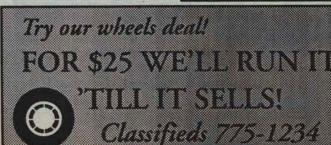
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125#, N/S, enjoys car races, outdoors, ocean, mountains, cuddling. Seeking lasting relationship with honest, caring gentleman for simple things in life. \$\frac{1}{25787}(8/30)\$ music, dance, real conversation. Looking for romantic, sensitive, intelligent, honest man, to share dreams, goals, friendship, life. \$\frac{1}{25792}(8/30)\$

absolutely capable, eclectic, anachronistic, but mostly fun female, who seeks an absolutely secure, attractive, but mostly fun professional male? Gimme a call! \$\oldsymbol{2}\)5911 (9/

ARE YOU AN AVAILABLE, attractive SM, late 30s-50, not perfect, but with a humorous outlook, spiritually inclined, a diversity of interests? Do you appreciate laughter, small adventures and outdoor pursuits? Active SWF, 5'8", slim, artistic, educated, acquiring for possibly the impossible of the support of of interests? Do you appreciate laughter, small adventures and outdoor pursuits? Active SWF, 5'8', slim, artistic, educated, searching for possibly the impossible!

ATTRACTIVE AUBURN DWF, 39, 5'2", intelligent, sensitive, intense, N/S, S/D, enjoy 28y.o. professional, adventurous, humorwalking outdoors, reading, kids, seeking ous, giving, caring, loving, happy, sensuative, honest, considerate S/DWM for friendship/companionship. \$\mathbf{T}5786 (8/30)\$ hoping you'll call today. \$\mathbf{T}5836 (9/6)\$

utdoors and liberal thinking. \$5827 (8/30)

augus easily, to share love and life's adventures. **25**793 (8/30)

How to place your FREE

to place ad over the phone.

forwarding or P.O. Box charges.

1238, Portland, ME 04104.

personal ad with Personal Call®:

A RIDDLE: Why would a beautiful woman spend Saturday night watching Star Trek with her 6y.o. son? It's partly beacause men assume she's taken or too rich for their blood. WRONG! DWF, 37, seeks conversation, boats, music, depth, food, wine, movies, crashing waves and a tall S/DWM for breathtaking pleasures. \$\mathbf{TS838}\$ (9/6)

HAVEN'T FOUND HER YET? Am I the one? ACTIVE, DOWN-TO-EARTH DWF, 51, 5'5", DWF, 30, 5'10", Br/Br, enjoys daughter,

ARE YOU 40+, NOT AFRAID to meet an I ONLY WANT YOU! Want to be loved for

IMPRESS ME-Show me you're funny, intel-

LET'S GET TO KNOW ONE ANOTHER before the snow comes. That way we can snuggle when the first flake falls! I'm a

COULD BE you're a Wyoming cowboy or a LIKE TO MEET A SINGLE GENTLEMAN Star Fleet Captain. This ex-scientist/farmer, 50s DWF, lover of eclectic thinking, loyalty and romance, is looking for a friend who

POOLSHARK, SWEET PERSON-Statistics with via trail, train, plane, autobahn or to Dennis Miller. 275870 (9/6) DO YOU KNOW the difference between a say at my age I have a better chance of sheet and a halyard? An eskimo roll and a spring roll? PMA and PMS? Attractive SWF, 40, N/S, seeks self-assured, articulate, passionate man with a positive attitude who 34, Br/Hz, 5'4*, 120#. Eccentric by choice.

Enjoyshiking, movies, dancing, dining, com-puters. Seeking someone who also likes to laugh and savor life. \$5785 (8/30) WILL YOU BE MY TEDDY BEAR? Portland

area SWF, 35, 5'9°, Hz/Br, enjoys dining, dancing, sports, music. Desire S/DWM, 28-40, friendship/relationship. \$\oldsymbol{\pi}5789 (8/30)\$ WOMAN WHO RUNS WITH WOLVES seeks her counterpart: gentle, strong, wild, compassionate, honest, healthy, earthloving, for sharing: healing, dinners, movies, gardening, feelings, activism. \$\oldsymbol{\pi} 5788 (8/30)\$

WANT TO SPICE UP MY LIFE! SF. 37. BVBr.

radiant smile, easy laugh, down-to-earth

HARMON'S BARTON'S
1-800-SUN-LILY BARTON'S
774-5946 WWF, N/S, 50ish, seeking SWM, 50-60. Must be caring and considerate person, N/S. This lady is seeking a friendship, possible relationship. A nice lady to meet. 25790 (8/

> YOU WANT FUN? YOU GOT IT? Adventurous, assertive, college-educated, friendly and funny SWF, 23, just returned to Portland, seeks SM, 21-28, fit, witty, N/S, with good blend of seriousness, sarcasm and humor for friendship, good dinners and it works. Respond to all. \$\frac{1}{25}797 (8/30)

YOUTHFUL 64, active, attractive, enjoy good conversation, fun times, dancing, walking. Seeking same in honest, caring, healthy man, 55-69, N/S, N/D, for lasting relationship. \$\frac{1}{25}834 (9/6)

men@women

1952 VINTAGE SEDAN- Soon to be a classic. Solid, dependable, comfortable, economical, nice upholstery, very little rust. Needs TLC from female compact for happy motoring. \$\frac{1}{12}5898 (9/13)

SPIRITED IRISH BEAUTY-Fit, fun, 35, SWF, blonde, liberal professional seeks S/DWM, creative professional. Loves the outdoors. 25-45. Must be smart, professional, ca-49y.o. BOY SEEKS 40s GIRL who's full of oking for established, athletic, attractive, pable of verbal pyrotechnics and spontane-norous, curious, easy-going, N/S SWM, ous Monty Python references. Extra points ing things, playing all kinds of sports, hiking DWM, 45, 6'1*, 197#, Italian, decent proin the woods, adventuring, practicing piano lessons and riding my bike. I'm very kind, friendly, polite and wicked cute! Your sandbox or mine? 25815 (8/30)

WANNA DOUBLE DATE? Two lively, caring STALWART BRAVE WANTED by tall, 51 y.o.

DWF to travel and explore life's path. Must when the state of the sta letic, cute, curious, honest, funny. Loves ocean, music, small town life, adventure. Be 30-40, fun, beautiful. No Republicans.

menæwomen

ARE YOU BUSY TONIGHT? NH Seacoast gentleman seeks an easy-going, unpretentious lady for companionship, hopefully more. I'm 32, SWM, 5'11", 175#, N/S, cleanshaven, brown hair and eyes with glasses homewoner, successful entrepreneur. En-oybicycling, beach, daytrips, movies, travel,

ARE YOU LONELY? SWM, 24, first-timer, would like to meet female, 21-40, for good times and maybe more, cooking, traveling, hanging out, being yourself, searching for friendship. Relationship is the goal, so please call now! \$25895 (9/13)

ATTRACTIVE SM seeking very attractive SF, 21-41, who wants serious relationship.

average looks, healthy, thin, mid-30s, 5'8', enjoys dining, hiking and life's adventures, seeking SF, 27-42, for friendship and possibly more. \$\frac{1}{125798} (8/30)

BLOOD SUGAR SEX MAGIK- Semi-attractive SWM, 26, 5'9", 155#, attractive, passionate, free-spirited, outgoing and new in Portland, seeking sensuous, attractive SWF, 21-28, for romance. Must enjoy alternative music, dancing, motorcycle rides and late nights. 25893 (9/13)

CAN YOU HANDLE SOMEONE DIFFER-ENT? Have been in USA for 5 years. Looking for someone to spend time with. Movsports, outdoors. I'm very outgoing!

COULD YOU HANDLE THIS? SWM. 34. attractive, intelligent, professional, honest romantic, athletic, etc. A lot to offer someone who can appreciate good qualities. Seeking S/DF, 28-35, comparable in de-scription to above and not superficial! Where do nice guys finish with you? \$\mathbb{T} 5896 (9/13) fession, looking for a slim, attractive lady to

GLORIOUS FEMALE WARRIOR brave and ABLE-BODIED SEAMAN seeks shipmate for passage through this life or maybe just dinner. DWM, young 43, 5'8', 150#, athletic cute curious honest funny loves

> FRAME OF REFERENCE A MUST! Eak The Cat to Puccini. Nice frame a must! GWM, 34, Br/Br, 5'9*, 140#, seeks GWM, 28-40, tionship. \$\frac{1}{125820} (8/30)

GENTLE BEN- Bright, witty, full-sized bear, 37, hairy, seeks kind-hearted, genuine, self-aware man for friendship, adventure and possible prowling. Grrr-Rrrr! \$5903 (9/13) HERE'S YOUR SECOND CHANCE- Male

the outdoors, long country rides, music.
Your 28-38, very masculine, real, gentle

souled, seriously relationship-minded.

BUS IT. BIKE IT. HIKE IT. SHARE IT.

> **JUST LEAVE YOUR** CAR AT HOME

TUESDAY, AUGUST 29

COMMUTE ANOTHER WAY DAY

menæmen

I WANT TO SHARE MY DAYS with an intelligent, humorous woman, Portland area, 40-50, N/S, who likes romance, bicycles, affection, traveling and more. Me? DWM, 55, 5'11", Bi/Bi, big guy, outdoors friendly, world traveler, educated, a music lover. Nice guy. Nice morals. I have more to tell. raised with values. An achiever, but not obsessed. Always on the go. Career, fun and family-oriented. If you're 25-30, good-looking, masculine, active and don't plan your schedule around the TV Guide, please call. 125855 (9/6)

HARDCORE!! LET'S MOSH! Are you out ME TARZAN- Strong, 34, 5'11*, 180#. You Jane? Slim, 20-30. Me body, you brane! You like long vine in jungle. Call me, I'll yell!

T5889 (9/13)

HARDCORE!! LET'S MOSH! Are you out/gs/queer and into hardcore or other live shows? Looking for someone to go with me. I'm fun, are you? T5821 (8/30) LOOKING FOR ONE GOOD MAN-That's all

SCARBOROUGH/PORTLAND AREA-Black/white racially mixed, tall, slim, 39y.o. man seeks woman in law enforcement ca-I need. I'm 40, educated, good looks, finan-cially secure, a sense of humor and enjoy-ing life. It does begin at 40. I enjoy the outdoors, oceans, new adventures, ro mance with tendemess. I've lived my life

CBW

menæwomen

Give a call! \$5897 (9/13)

1. 17 1000

SWM, 170#, 6', interested in walking, hiking, rides in the country, seeks SWF for friendship first, possible relationship. I play guitar and am school-minded. \$\mathbf{25888}\$ (9/ 13)

SWM, late 20s, 6', 180#, good-looking and ME: 30, 5'9', 160#, lt.Br/Gr, handsome very discreet. Looking for older woman, 30-50. Must be financially secure. No strings. masculine, muscular, athletic, loving, hon-est, complicated, spiritual, diverse. YOU: Similar, dark-haired, handsome, masculine, spiritual, gentle, passionate. US: Romance, adventure, friends first. \$25901 (9/13) **25**891 (9/13)

women®women

baggaged feminine friends for friendship.
Personal Advertiser #650, P.O. Box 1238,
Portland, ME 04104.

seeking sensitive, real, to spend time with. H must. 125817 (8/30) SMILE- 22y.o. student seeking lite-

OLDER MAN WANTED- 42v.o. WM, 5'9". SOMEONE TO LOVE! SWF, 23, looking for someone to share friendship, fun, dinner and dancing, possible relationship! Me: 5'1", Br/BI, 125#, fun-loving and caring. Butch: hopelessly romantic. Rocking world! \$\frac{1}{2}5874\$

menæmen

you want more from life than a bar room? Can you be monogamous? If so, I'm a significant other. Age is no boundary, only GWM, early 30s, 5'11", 185#, who needs honesty and open-mindedness is needed. companionship and help maintaining the house I own and live in. \$\frac{1}{25852}\$ (9/6) house I own and live in. \$\frac{1}{25852}\$ (9/6)

BRIGHT, ATTRACTIVE GWM, 39, seeking someone significant with similar qualities for straight-forward (no pun intended) relationship. \$\frac{1}{125900} (9/13)

FANTASY HOUR- Younger man to older fit, sincere and genuine! \$\oldsymbol{\pi}\$5824 (8/30) man. Pleasing guy looking for friendship, fun and quiet times. Healthy, clean, safe and sound. I'm just a call away! \$\overline{\text{T5850}}\ (9/

slim, athletic, seeks clean, younger male to answer my burning question. Are you game? \$\pi\$5904 (9/13)

GM PROFESSIONAL, 46, looking for similar, financially responsible GM for travel companion to NYC for Thanksgiving holiday weekend. Broadway shows, Macy's Thanksgiving Day parade, sightseeing, pre-Christmas shopping, etc. Please call soon. We need to make reservations. Will you be letic black male, 20-30. \$\mathbf{T}\$5864 (9/6) joining me in NYC to welcome the Christ-

adult services

AUGUST'S TOP 10 HOTTEST ADS REAL AD'S . REAL WOMEN . REAL SEX Warning!!! These Personals are sexually explicit and may offend some people when heard in their entirety

KAYLA: Foxy Blond, Into hot bodyrubs with flavored oils. Come get a taste. AMANDA: Love to give and receive bodyrubs. Come feel your way **BOX 7061** MEGAN: Searching for regular phone partner. No charge to call my house .. BOX 6140 ROXANNE: 36-24-36 divorced Brunette, seeks new partner for evening fun... YVETTE: CENSORED (EXPLICIT). BOX 4390 BRIDGETTE: 42DD-28-36 seeks 18-50 as pleasure partner. Very Oral... **BOX 3623** MICHELLE: 36-24-29. Will try anything once with the right partner .. BOX 7163 KASHA: CENSORED (EXPLICIT). BOX 7466 MAGGIE: Natural Redhead with bedroom eyes seeks morning lover, very hot ... BOX 4042 COLITA: CENSORED (EXPLICIT)... BOX 7920

CHEATING HOUSEWIVES

NEED HORNY MEN NOW

1-800-785-4676

1-900-435-6263

18+ \$2.50-\$4.99 MIN. SCI (302) 996-2787

NEW PEOPLE. THE FUN WAY

TODAY!!

1-900-737-5550 PIN #2238

12.99/MIL 18+

TRUE CONNECTIONS 1-900-435-6125 or Visa/MC 1-800-884-5347

BREAST CONNECTION BIG OR SMALL 1-800-521-2469

1-900-435-6280 \$2.50-\$4.99 MIN. SCI (302) 996-2787 HOT LIVE PHONE SEX

HOT, EROTIC WOMEN WANT TO TALK TO YOU

186#, would like to meet male, 50+, 6'+, LIVE 1 ON 1 212-741-1202 anly .994 / minute who is masculine, clean, well-built and discrete. 25823 (8/30) RECENTLY NEW TO SCENE- GWM, N/S, 6', 200#, into dining out, movies, beaches, working out, quiet times. UB 20-30, honest, dating services Please no games. \$25902 (9/13)

SEEKING REAL MAN-GWM, 28, shy, mas-40y.o., 5'8', 140#, Br/Bl, looking for fun and friendship and a lot of excitement. No games. Please be honest. \$\pi\$5819 (8/30)

NOT A VIRGIN to the Personals, but not an addict yet! GWM, 36, 5'11", 175#, BVBI, seeking sensitive, real, compassionate man to spend time with. Humor and intellect a

AREYOU MECHANICALLY INCLINED? DO SERIOUS RELATIONSHIP ONLY- GWM, 31, red curly hair, blue eyes, looking for his

> TALL, DARK AND HANDSOME ... so I've been told. GM, 30, 5'11", 175#, N/S, looking for friendship and possible relati Into biking, hiking, beaching it. Also, quie intimate times as well. UB honest, healthy

WHERE ARE THE REAL GUYS? This attractive GWM, 22, slim, masculine, intelligent, independent, fun-loving and into han FIRSTTIME'S A CHARM? SWM, 40s, clean, slim, athletic, seeks clean, younger male to 25, who also does not fit into the so-called scene. Slim, fit with crew-cut and goatees are a plus! \$\pi 5822 (8/30)

otners

wanted by Bi/G male couple. Be clean, sane, and fun. Call for more info. Waiting

bodybuilders only wanted by pleasure-giv-ing GWM who's clean, discreet, UB2. Your marital status, color not an issue. Call! ##5908 (9/13)

SPECIAL WOMAN WANTED! Sexy, erotic, GWM, 31, Br/Hz, 140#, straight-acting, into the outdoors long country rides music

BE OWNED BY CORPORATIONS WHICH ARE



ATTRACTIVE PORTLAND NYMPH Seeks Sexually Open Minded Men. Married or Single O.K. Just for fun, not for money. Call Me: 1-900-745-2453 #5, \$2.99/min. 18+.

BISEXUAL PLAYMATES- All Hot! All Sex! All Bl. 18+, \$2.99/min. 1-900-745-7075.

BODY SEX + BRAIN SEX = XTASY. 1-800-72-ERICA. Visa/MC, \$2.99/MIN. Adults only. CALL YOUR DATE NOW! 1-900-388-0400, Ext. 8170. \$2.99/min. Must be 18+. ProCall Co. (602)954-7420.

GIFTED AND CARING PSYCHICS want to help you now! Recorded message. 1-800-450-8726.

GIRLS * GIRLS * Talk live - 24 hrs. 1-900-656-2100 Ext. 2479. \$3.99/min. 18yrs. Procall Co. (602)954-7420.

Meet Singles of ALL TYPES! Straight, English, Spanish and Alternative Lifestyles Call 1-900-288-4441 ext. 804. \$2/min. 18+

Ttone req'd. Avalon Comm. 305-525-0800 NEED A DATE TONIGHT? Meet singles HOT GROUP ACTION locally & mationwide. Singles Voicemail Call 1-900-454-4075 ext. 721. \$2/min. 18+ CALL AND JOIN IN OR JUST EAVESDROP Ttone req'd. Avalon Comm. 305-525-0800. NO CHARGE To meet with Whitney, Very 1-900-745-2476

Busty with juicy bottom. Long legged Blond girl near downtown, looking for safe, fun time. Call 1-900-435-6120, message box SEXUAL BRUNETTE, WEST END- Loves wearing Black Lingerie with silk stockings overmy36DD breasts & shaply body. Leave message in box #0013 for discreet meet-ings. 1-900-435-6120, \$2.99/min.

18+ \$2.50-\$4.99 MIN. SCI (302) 996-2787 SWINGERS! BISEXUALS! Get Portland names & home phone numbers. Try it, it works! 1-900-420-0420 Ext. 161. \$2.95/min. 18+ ZMC (702)593-0303.

> TALK DIRTY 1-0N-1 . 2-0N-1 PARTY LINE . DATE LINE EXPLICIT FANTASIES 1-900-745-2396

MEET SOMEONE SPECIAL IN THE PERSONALS

2.49/MIN., CALLS DETWEEN 1-15 MIN., MAXIMUM COST \$38.00 Touch Tone phone required - Must be over 18 Fax 45 words Free on Thursday 775-1615

18 + 2.99 PER MIN

GAY CHAT

STRIPPER'S

SECRETS REVEALED

LIVE

1-800-358-2385

1-900-435-5489

EEKING A SPECIAL RELATIONSHIP Christian Singles Club. Free dating kit, 1-800-292-LOVE.

pass this paper on

to a friend

by TOM TOMORROW

DISNEY'S RECENTLY ANNOUNCED INTENTION TO PURCHASE ABC HAS BY NOW UNDOUBTEDLY INSPIRED INNUMERABLE VARIATIONS ON THE SAME CARTOON ... *

Lonely? Need a friend?

Call the Dating Line!

Hear 100's of girls and guys tell

you about themselves! You pick

the area code you want.

CALL 1-900-622-0027 EXT. 543

CUST. SER., STRAUSS COMM., CARMENI, CA

(408) 625-1918



CONSIDER THAT NBC IS ALREADY OWNED BY GENERAL ELECTRIC -- AND THAT WESTINGHOUSE PLANS TO BUY CBS ... WHICH MEANS THAT TWO OF THE THREE MAJOR NETWORKS WILL NOW HEAVILY INVOLVED IN NUCLEAR POWER AND DEFENSE CONTRACTING...



.. BUT PAST THE EASY JOKES, THIS MERGER RAISES TROUBLING ISSUES ... FOR INSTANCE, HOW WELL WILL THE PUBLIC INTEREST BE SERVED WHEN MOST SOURCES OF INFORMATION ARE CONTROLLED BY A HANDFUL OF CORPORATE



IT IS ALSO WORTH CONSIDERING THE PROBABLE REASON FOR THIS MERGER-MANIA -- CORP-ORATE AMERICA'S DESIRE TO EXPLOIT THE POORLY UNDERSTOOD, LARGELY HYPOTHETICAL--BUT UNDENIABLY FORTHCOMING-- INFORMATION HIGHWAY ... OR INFORMATION SHOPPING MALL, AS THE CASE MAY BE ...



 Put your personal message on line as soon as you receive your easy instructions. You may not retrieve responses without it! • Retrieve responses to your ad any time, 24 hours a day, through your own FREE 800#. It's safe, confidential, and FUN!

How to respond to a personal ad:

· Read the ads. Circle your favorites. • Call 1-900-370-2041 from a touch-tone phone. • Following the voice prompts, punch in the 4-digit ## of the ad

through the mail by writing to: Personal Advertiser #____ P.O. Box

25-Character Headline: includes spaces, be creative!

bicyclette- and occassionally remote con-

be spiritually connected to the earth mother and find life exciting. \$\mathbf{7}5912 (9/13)\$

trol, Curious? \$5796 (8/30)

• Fill out the coupon and mail it to: Personals, P.O. Box 1238, Your Ad: first 25-words FREE with Personal Call® Portland, ME 04104; or FAX to 207-775-1615. (If faxing please photocopy first.) Please check appropriate category. Call 775-1234 • First 25 words are FREE with Personal Call®, (45 words if FAXED on Thursday), additional words are 50¢ each. All ads run 4 weeks. Others, Companions, & Lost Souls are \$25/first 25 words for a two week ad. Ads without Personal Call® are \$1 per word plus \$20 mail

GET 45 WORDS FREE ON FAX FREE THURSDAY (207) 775-1615

Personal Of The Week

m - W

ARE YOU BUSY TONIGHT? NH Seacoast gentleman seeks an

easy-going, unpretentious lady for companionship, hopefully

more. I'm 32, SWM, 5'11", 175#, N/S, clean-shaven, brown hair

and eyes with glasses, homewoner, successful entrepreneur

Enjoy bicycling, beach, daytrips, movies, travel, family get-

ogethers. I have a weakness for brunettes! #5915 (9/13)

Winners of PERSONAL OF THE WEEK receive a gift certificate courtesy of Harmon's & Barton's Flori All Meeting Place ads are entered. Send your personal ad to: Casco Bay Weekly Personals, P.O. Box 1238, Portland, ME 04104.

VICE-RIDDEN HARPY- SWF, 29, tall,

you wish to respond to, or you may browse a specific category. The date following an ad is the last date you can reply to the ad.

• Calls cost \$1.99 per minute. You must be over 18 yrs. old.

• Ads with a three-digit Personal Advertiser # can be contacted

Free Personal ads are available for single people seeking relationships. Others, Companions and Lost Souls require prepayment. Ads seeking to buy or sell sexual services will be refused. No full names, street addresses or phone numbers will be published. Ads containing explicit sexual or anatomical lenguage will not be

numbers will be published. Ads containing explicit sexual or anatomical language will not be published. We reserve the right to edit, refuse or recategorize any ad. Advertisers must be over 18 years of age.

Category/Rates:

lost souls

in the Maine Times also!

☐ MC exp. date:

CBW Box or P.O. Box (add \$20):_

(We cannot print your ad without it.)

First 25 words & headline

add'I words @ 50¢ each:_

Without Personal Call®

all words @ \$1 each:

with Personal Call®:

Total:_

YES, place my FREE Personal Ad

strings and picks. Great for the young rocker in your band! \$240 797-4574

Johnston Career Services Résumé Writing Services Career Counseling & Testing

Call Ernie Johnston, 773-3921

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.

Ford F-150 Pickup, 1987

has recent factory paint job. 6/cyl. 5speed, runs great. Needs some work nothing major. No bad rust. \$2,500 or so. Call 207-797-4085 after 3 pm.

BUS IT, BIKE IT, HIKE IT, SHARE IT COMMUTE ANOTHER WAY

Tuesday, August 29. Celebrate a car-free day! Prizes, T-shirts! Rally at noon, Monument

CALL 775-RIDE

MORGAN 30 - 1970 Excellent condition! Almost new sails. \$10,000 firm. 737-8158

> These ads appear on THE INTERNET at no extra charge.

MERCEDES BENZ 380, 1984

One owner, silver, blue cloth interior. All factory options. \$7,995. 783-3336/783-3729.

HAVE YOU BEEN TURNED DOWN BY SOCIAL SECURITY DISABILITY

FOR ASSISTANCE WITH HEARINGS OR APPEALS

CALL 1-800-883-8680/(207)621-8301 PATIENT REFERRAL SERVICES

M.G. MGB GT 1974

Completely refurbished, hard top. Very rare. \$2,995. 783-3336/783-3729.



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Salvador Dali free catalog T-shirts*posters*books*jewelry Write: Dali Museum, Dept. 400 1000 Third St. S., St. Petersburg, FL 33701

IF YOU DON'T BUY THIS SPACE, WE'LL GIVE IT TO YOUR COMPETITOR FOR

(207) 775-1234

STUFF ENVELOPES. Earn \$1,000. weekly. \$2. each envelope. S.A.S.E. #10 to: M.S. Enterprises, P.O. Box 812, Wilbraham, Ma. 01095.

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Phone cards=high profit low investment ME, NH. Avail. 800-585-9985

INTERNET ACCESS PPP \$35 Shell \$25 Internet Maine 780-0416

CHECK OUT THE NEW CBW ONLINE!!!

http://www.maine.com/cbw LEARN TO FLY! PRIVATE INSTRUCTION

865-0047 or pager #750-2169 **SELL YOUR BOAT

FOR ONLY \$25** Sure, it's worth much more than that! But, for only \$25 The Sure Sell will advertise your boat until you sell it!

Call 775-1234

for more information. Visa/MC accepted.

WICKER and RATTAN

furniture new, used and antique. THE WICKER SHOP Wells. 646-8555.

Maine College of Art Student, male, SEEKS ROOMMATE. Apt./House, Portland Area

beginning September. 508-366-9861.

ROOMMATES ETC. A service for the discrimating person looking to share living expenses.

All applicants screened. 775-3855.

PEN PAL OF AMERICA ENROLL TODAY: APPLICATION/INFORMA-

PEN PALS OF AMERICA P.O. BOX 517 LEWISTON, MAINE 04240

HEAVENLY CLEANERS Hard day at work? Are you tired of cleaning? Call upon an angel. Heavenly Cleaners, where the

angels are awaiting. 7 days a week. Our prices are heavenly! Insured & Bonded. 854-8486

YARD SALE!!! Sunday, August 20 11 Turner Street **Eastern Prom**

We got wicked good stuff **SELLING YOUR HOME?**

Minor repairs can make the difference between just listing and selling! 657-2948 David. Mellen Street, 1 Bedroom

lardwood floors, modern kitchen with back yard access, high ceilings. \$395/mo. 773-8422.

***DON'T PAY **MORE THAN \$25**

o sell your vehicle! The Sure Sell Classifieds will keep your car, truck, bus, RV, or motorcyle running until it sells for only \$25! Call 775-1234 or FAX it to 775-1615. Visa/MC accepted.

FIND A ROOMMATE IN THE CLASSIFIEDS

Call (207) 775-1234 now and place your 15-word ad for as little as \$12.50/week.

NEED HELP PLANNING THE PERFECT PARTY?

Exciting ideas! Call now! Childrens parties - now featuring the Pocahontas theme! 1-900-622-8080 ext. 991 (call \$2/min. max call 5/min.) Holidays/special occasions. 1-900-388-7070 ext. 175 must be 18+. Touch-tone phone required, Customer Service, Stauss Comm, Carmel CA (408) 625-1910.

LLAMA & ALPACA FESTIVAL August 26-27, 1995. Free. Shoglund

Livestock Arena, UNH, Durham, NH. 9:30-4:30. Llama & alpacas from 29 farms on display & for sale. Telephone (603) 659-2161

THE NEWEST **GUMBALL MACHINES**

You need them, we have them. Tootsie Roll Pops. Bubble Gum Pops. We will not be undersold. Wholesale Candy Dist. T.N.T. Vending 413-443-6612 or 413-499-3197.

Back of the Bay **AD RATES**

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a) 兼 b) 學 c) 食 d) ❖ Spot Color: \$20

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10. IT'S A CHEAP THRILL Meet new people. Feel the wind in your hair. Beat the Million Dollar Bridge bottleneck. And save up to \$5 a day in gas, tolls, parking and basic car repairs.

Top Ten Reasons to

Commute Another Way

AUG. 17, 1995

9. IT'S GOOD BUSINESS.

A 1992 study showed that corporate sponsored fitness efforts - including biking and walking significantly contribute to reduced health care costs, reduced absenteeism, reduced turnover and reduced injuries at work. Healthy employees are good for the corporate image, too.

It could make you live longer, healthier, better

and improve your sex life. Everything it does for business - it does for you - and more!

7. It beats having to find a parking space On an average business day, there are 27,000 solo car commuters' cars in downtown Portland vying for only 17,500 legal parking spaces with nearly 13,000 shoppers and tourists.

6. It beats having to pay for a parking Space. You or your employer pays approximately \$780 a year for that parking space. Just think about this: every carpool cuts the cost of parking in half; and eight bikes fit into a single parking space; a walker or bus rider doesn't even need a

5. It beats getting a #*!@ ticket. You figure it out. That many cars. Those few parking spaces. Somebody's going to get a ticket.

You could take a

place to park.

VACATION.

With all the money you save on parking, gas and tolls, heck, you could take two vacations.

Continued on back page

DROVES OF DRIVERS LEAVE CARS BEHIND ON AUG. 29

Greater Portland commuters to celebrate joys of alternative transportation

I LEFT MY CAR

AT HOME

August 29, 1995

PORTLAND, Maine - Businesses and organizations throughout the Greater Portland area report that droves of commuters have signed up

Another Way Day on Tuesday, August 29, 1995.

to participate in Commute

The celebration of alternative transportation, is to stress the positive effect alternative transportation can have on the quality of life in Greater Portland.

Many businesses and organizations have pitched in to make the day a success and to reward alternative commuters for their efforts. The Maine Turnpike will

hand out coupons for free coffee to participating carpoolers. METRO and the South Portland Bus Service will provide coupons for a free round-trip bus ride for commuters who sign up to take the bus that day.

Why Commute Another Way Day?

The goal of Commute Another Way Day is to encourage people who normally commute to work in single-occupant vehicles to discover alternative forms of commuting as a means to improve the region's air quality, to save commuter's money, to reduce both traffic congestion and demand for new parking lots and wider roads.

FreeT-shirts & prizes

ANOTHER WAY DAY

Every commuter who pledges to travel by means other than single-occupancy vehicle

> (SOV) will receive a free all-cotton T-shirt to commemorate their participation. To get their T-shirt, participants must sign up at their place of work or at several other locations throughout Portland.

Organizers of the day are calling for everyone participating to wear their Commute Another Day Tshirts to the noontime rally at Monument Square, where there will be live

music, kids' activities and prizes for alternative commuters (see back page).

How to participate

Look for Commute Another Way Day information (including a sample of the free T-shirt) on a bulletin board where you work to find the name of your work site contact. If you can't find one, call 775-7433, and we'll let you know

If your employer hasn't agreed to participate and you're willing, we will supply you a coordinator's packet so you can begin signing up your fellow employees. Or we can tell you about participating merchants and businesses throughout the area where you can sign up.

COMMUTE ANOTHER WAY DAY TUESDAY, AUGUST 29, 1995

 Carpool information, call 775-RIDE
 Bus schedules & routing, call 774-0351 (METRO) or 767-5556 (South Portland Bus Service)

Biking, walking routes & signup locations, call 775-7433





Great pizza • great price • fast service

FREE HOT WINGS

1/2 order of wings FREE w/ purchase of medium one item pizza OR Full order of Hot Wings FREE w/ purchase of large 1 item pizza!

FREE DELIVERY • 774-2222 with minimum order of \$6.50

1 LARGE 16" one topping pizza

only \$8.99 +tax



RIDE THE BUS FOR FREE

Here's how it works

Commuters who travel by bus on Commute Another Way Day, August 29, will get a "free ride" coupon courtesy of the Greater Portland METRO and the South Portland

Commuters who want to ride the bus for free that day can obtain free ride coupons through participating employers and organizations. Check your bulletin board at work for your employer contact, or call 775-7433 to find out where you can sign up. Both bus services will honor these free ride coupons on Tuesday, August 29, only.

Busing it is easy

Not sure where the bus stops near your home or place of work? Want to know how long that bus ride will be? Bus stops are marked by signs or orange bands on telephone poles along all bus routes. In addition, both METRO and the South Portland Bus service offer personalized route and schedule information. Call them, and someone will help you plan your bus ride to work:

▶ METRO (Portland and Westbrook), call 774-0351 ► South Portland Bus Service, call 767-5556

METRO and South Portland City buses have a free transfer agreement between the two systems, so traveling from one bus system to the other is easy, too.

Everyone who signs up and rides the bus on Commute Another Way Day will receive a T-shirt for their efforts. The commuter who travels the furthest distance by bus on Commute Another Way Day will win a \$15 gift certificate from Books Etc. in Portland.

More than one way to catch a bus

Even if you live beyond regularly scheduled bus service, taking the bus is still an option. For those who commute to Portland from the west, north, or south, you can park your car for free at one of three lots and ride the METRO from there.

Here are some of the scheduled departures from Park & Ride lots for peak morning and evening commute times. Call METRO at 774-0351 for complete route and schedule information.

1 Bradlee's Shopping Center

(located off Brighton Ave. at the Westbrook/Portland line and off Exit 8 of the Maine Tumpike)

Leave	Arrive	Leave	Arrive
Bradlee's	Downtown	Downtown	Bradlee's
7:35 am	8:00	4:00 pm	420
8:05	8:30	4:30	4:50
8:35	9:00	5:00	520
9:05	9:30	5:30	5:50

Leave Arrive Leave Arrive Am. Legion Downtown Downtown Am. Legion 620 am 7:00 3:45 pm 4:25

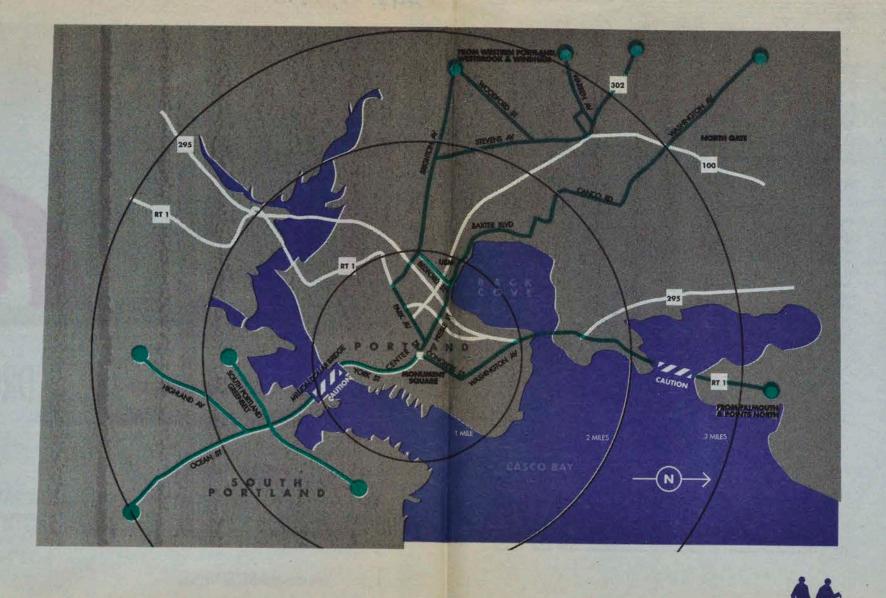
3. Pride's Corner Bowling Alley

	Leave	Arrive	Leave	Arrive
	Pidels Corner	Downtown	Downtown	Pidels Co
Š	6:05 am	6:35	3:45 pm	4:10
H	6:40	7:15	4:15	4:40
	7:10	7:45	4:45	5:10
	7:40	8:15	5:15	5:40
	8:10	8:45	5:45	6:10
	8:40	9:15	6:15	6:40
	0.40	3.13	0.10	0.40

Important connections:

Three different transit carriers provide bus service to Portland. For service from:

- ▶ Biddeford/Saco/Old Orchard -Call the Shuttle Bus at 282-5408 ▶ Boston, Newburyport, Portsmouth or Bangor, Waterville,
- Augusta, Lewiston-Call Vermont Transit at 772-6587
- ▶ Bangor or Boston Call Concord Trailways at 828-1151



MAKE THE COMMUTE FLY BY — BIKE TO WORK

Biking to work can be an exhilarating start to your The Bike day. If you usually just ride for recreation, making bik- Giving your bike the "once over" before hopping on is need for a separate "exercise routine." Combine wheels and gears to ensure they are in good working already do - the dreaded commute.

sure the commuting experience is safe, enjoyable and you get to work. something you'll want to do more than once. There

The Clothes

You can wear what you'll keep on all day especially if about the best route, call 775-7433 for a personal the route is short and flat. Take a towel to freshen up route consultation. Leave your starting point and desa bit. Remember, those pant legs and bike chains don't tination, and one of the experienced bikers on the mix — a rubber band or Velcro strap can keep it out Commute Another Way Day committee will get back of grease's way. You may want to change once at to you a recommended route, one that is safe and work. You can either carry a change of clothes in a scenic. We will even help you find a "bike buddy" for backpack or stash a set the day before.

ing part of your work day commute can eliminate the an important part of every ride. Check the brakes, the your daily exercise — biking — with something you condition. A well fitting helmet and alert rider complete the essentials. Consider your bike's security and Biking does take a little bit of forethought to make be sure to lock it up or store it in a safe place once

are the clothes, the route and the bike to consider. Personal route consultation

The map above highlights good, direct routes that will get you downtown efficiently. If you are unsure the commute.

SAFETY. SAFETY.

A word that bears repeating. Here are some safety tips to help ensure your commute is a safe one.

- ▶ Wear a helmet! This is your most important piece of safety gear.
- ▶ Inspect your bike!
- ▶ Obey all traffic laws! Bikes are vehicles and subject to the same traffic laws as cars. And be sure to signal when turning.
- ▶ Go with the flow, not against it! Riding in the same direction as traffic is moving makes your and other vehicles' actions more predictable.
- ▶ Get lit! Use a light when riding at night, reflectors are not enough.
- ▶ Stay alert! Watch out for road debris, rough pavement conditions, drainage grates and other hazards.

GREATER PORTLAND: A WALKER'S TOWN

One of the chief attractions of Portland for many distances from several residential areas to people is its walkability. Not only is intown Portland Monument Square. compact and blessed with many walking trails and good sidewalks, the scenery is great, too. Other communities in the region are also exceptionally "walkable" - within walking distance of the downtown and other areas of concentrated employment

Walking offers many pleasures, particularly at this time of year when the days are warm and the evenings usually provide a cool sea breeze.

Nalk this way

Walking doesn't take much extra time. We know, we've measured some of the area's favorite walking routes. The map above shows representative

As a frame of reference, walkers should consider that the trail around Back Cove is 3.5 miles long and takes the average walker 45 minutes walking briskly or 11/4 hours at a leisurely pace.

Walking to win

All commuters who pre-register with their employers and walk to work on Commute Another Way Day will receive a free T-shirt.

The person who walks the greatest distance to work on that day will also win a one month membership at the Bay Club. If you think you might qualify to win, call 775-7433 and let us know your name, phone number and how far your walk is.

Commute Another Way Day Tuesday, August 29, 1995

Carpool information, call 775-RIDE

Bus schedules & routing, call 774-0351 (METRO) or 767-5556 (South Portland Bus Service)

Biking, walking routes & signup locations, call 775-7433



WHY NOT SHARE THE RIDE?

There is one way you can drive your car to work and still earn your Commute Another Way Day T-shirt. You can carpool. Maybe you know someone already with whom you can ride - someone at work or someone who lives nearby. If you don't, you can still carpool. That's where RideShare comes in.

Call 775-RIDE
RideShare is a free carpool assistance program funded by the Maine Department of Transportation and the Maine Turnpike Authority and operated by the Greater Portland Council of Governments. This service is available for anyone commuting from, to or through York or Cumberland

Call RideShare and provide the details of your commute: where you live; where you work; what time you have to be at work; what time you want to leave work.

RideShare will provide names and phone numbers of other potential carpoolers who already may be in the RideShare database (RideShare has 700 potential carpoolers signed up to carpool) or who just want to carpool for Commute Another Way Day. This being Maine, your potential carpool partner may not be your next door neighbor. You may have to drive a few miles and meet them at a free Park & Ride lot. RideShare will provide you with this informa-

You may even discover you want to carpool on a more regular basis. You only have to carpool one or two days a week to save a lot every year. Just look at the chart below.

Annual Ca	rpool Savings
Carpool Days	\$\$ Saved
1 2	\$ 57* - \$ 92^ \$114 - \$184
3	\$173 - \$276
4 5	\$228 - \$368 \$288 - \$460

*Commuter traveling in a subcompact car with a daily commute of 30 miles round trip.^Or in a mid-sized car with a daily commute of 40 miles round trip.

Free Coffee for Turnpike Carpoolers If your commute takes you down the Maine Turnpike, you

can get a coupon for a free cup of coffee at either Java Joe's in downtown Portland or at the Daily Grind near the Maine Mall in South Portland. Here are the rules. You need to get a coupon from your participating employer or orga-

Present this coupon as you enter the tollbooth at the Maine Turnpike on August 29. You must have two or more people in your vehicle at that time. The toll collector will provide you with coupons you and your fellow carpoolers can redeem for a free coffee.

Squeeeeeeze Em In
Don't forget there's a prize for the carpool that travels the farthest on Commute Another Way Day (a free oil change from Jiffy Lube) and also a prize for the carpool with the most people (a packet of personal care products from Tom's of Maine). So fill that car up with carpoolers, and you could win a prize.

A Few Rules For the Road

If you're new to carpooling, here are a few suggestions to consider as you get ready to Commute Another Way by carpool: I. Don't forget the details - Make sure you know exactly when and where you're going to meet and who's going to drive. Don't forget to exchange work and home phone #'s. 2. Gas costs money - Seems obvious but don't forget to reim-

burse the driver. It costs about 10 cents per mile for gas and maintenance. Split that cost among all the carpoolers. 3. Watch the upholstery - Be clear about eating, drinking and smoking in the car. It's even good to agree upon a radio station.

How's this for a win / win proposition?



walker will receive a free one-month membership to employer organizers who sign up the most employees.

Commuters who go the distance to the Bay Club to tone up those leg muscles. One lucky "commute another way" will win big. marathon bus rider will get a gift certificate from Some of Greater Portland's most Books Etc. — a great incentive for catching up on progressive businesses have pitched recreational reading during the weekday commute. In in with great prizes to demonstrate addition, there will be prizes for winning carpoolers (an how we all can win when commuters oil change from Jiffy Lube; mouthwash & other personfind a better, cleaner, healthier way all care products from Tom's of Maine); multi-modal to work. Bikers traveling the furthest distance by bike alternative commute (five CDs from WBLM); and the on Tuesday, August 29, will win a gift certificate from most innovative commute (a gift certificate from Joe Back Bay Cycle or Cyclemania. The longest distance Jones Ski and Bike Superstore), as well as prizes for

Take home a trophy

You could be a winner. Let your employer organizer know how you plan to get to work that day — and how far you will be traveling. Check out the following categories:

- ▶ Longest bike ride
- ▶ Longest walk
- ▶ Longest bus ride
- Carpool that travels the farthest
- Most people in one carpool
- ▶ Most alternative modes used in one commute*
- ► Most innovative commute**

(* Each mode must cover at least 1/2 mile). ** Must be considered safe & will be determined by panel of judges.

Top Ten Reasons continued

YOU LOVE THE 3. OPEN ROAD.

According to the 1990 census, more than 15,000 people in Greater Portland already choose alternative forms of transportation for their daily commute. That's 15,000 fewer cars to clog area road-

2. like to breathe

People who commute alone spill more than 3 tons of pollutants into the air during the average workday commute. Alternative commuters in Greater Portland -- bikers, walkers, carpoolers and bus riders -- already reduce harmful emissions from car exhaust by more than I ton every day!

1. It's fun.

Ride your bike and experience the thrill of the open road and bike path! Walk to work and get healthy! Take Metro and relax with the morning paper! Carpool and meet new people! You'll be amazed how easy- and fun - it is.

Carpool information, call 775-RIDE Bus schedules & routing, call 774-0351 (METRO) or 767-5556 (South Portland Bus Service) Biking, walking routes & signup locations, call 775-7433



COMMUTE ANOTHER WAY DAY

Commute Another Way Day, Tuesday, August 29, 1995, is a celebration of alternative transportation sponsored by several organizations, including Bicycle Transportation Alliance of Portland (BTAP), Casco Bay Weekly, Greater Portland Council of Governments, Maine Turnpike Authority, METRO, PACTS, Portland Trails, RideShare, South Portland Bus Service and WBLM Radio.

Commute Another Way Day Committee John Balicki, RideShare Bob Bowker, Bowker & Associates Kathryn Buxton, Buxton Marketing & Bill Childs, ABB Environmental Services Bruce Hyman, PACTS Peter Rich, Attorney

PARTICIPATING ORGANIZATIONS

ABB Environmental, Allen Screen Printing, Alliance for Transportation Choice, Alpha One, Aquarius Travel, Atlantic Bank, Bicycle Transportation Alliance of Portland, Back Bay Cycle, Back Bay Grill, Bagel Works, Inc., Bay Club, Baxter School for the Deaf, L.L. Bean, Bicycle Coalition of Maine, Black, Lambert, Coffin and Rudman, Blue Cross/Blue Shield of Maine, Books Etc., Carbur's Restaurant, Carrabasset Spring Water, Casco Bay Bike Club, Casco Bay Weekly, City of Portland, City of South Portland, Chapman Corporation, Children's Museum of Maine, Commonwealth Land Title Ins. Co., Community Health Service, Consumers Water Co., Coopers & Lybrand, Cyclemania, Delia Pooler, Atty., Expanded Video Federal Express, Fox 51 TV, Generated Image, GP Chamber of Commerce,

Holy Innocents, Imageset Design, J. Weston Walch Publishers, Java Joe's, Joe Jones Ski & Bike Superstore, Key Bank of Maine, King Middle School Letterworks, Levinsky's, Maine Alliance, Maine Arts, Maine Bank & Trust, Maine Chamber of Commerce, Maine College of Art, Maine Dept. of Transportation, Maine Employer's Mutual, Maine Turnpike Authority, METRO, Natural Resources Council of Maine, Nephrology Associates, Olsten Temporary Services, Owen Haskell, Inc., PACTS, Portland Museum of Art, Portland Newspapers, Portland Photographics, Portland Pirates, Portland Police Department, Portland Sea Dogs, Portland Trails, PROP, Resourceful Home, SEAFAX, South Portland Bus Service, South Portland Public Library, Southern Maine Dialysis Care, State Theater, Thibault Paolini Design Associates, UNUM, USM Lifeline, VIP Tour & Charter, Verrill & Dana, Waynflete School, WBLM Radio, YWCA



THETRO

GP Council of Governments,

Harvard Community Health,

Headlight Audio Visual,



Bicycle Transportation Alliance of Maine





Portland Trails

SOUTH PORTLAND BUS SERVICE



Greater Portland

Council of Governments



