The best and worst of winter

Why we get colds, how garlic helps prevent wintertime ailments and a few words about winter's hottest meal—soup.

Back to the Vitamin Bible

A reference guide to vitamins, minerals, amino acids, food supplements, probiotics, teas—how to keep your pet healthy.

Bouncing with the tube

Televisions make weird exercise partners. But then you can’t say, “Bite it, Jane,” to the instructor at the health club.

Art that's in good taste?

Or art that tastes good?

Art in the street

Two Congress Street landlords have thrown controversial window displays about homelessness into the street, scaring the artists who created them shuffling for storefronts in hopes of finding new homes for their art. The landlords claim they were misled about the project; the artists claim they've been censored; and the homeless are still on the streets.

Under the project name “Artists for the Homeless,” 20 storefront displays were created by members of the Union of Maine Visual Artists (UMVA) for display during New Year's/Portland. Organizer Natasha Mayers said she selected homelessness as a theme because she thought it was a "non-controversial" issue.

But by the end of the first week of the new year, more Portlanders had read about the controversy than had seen the art.
Wrong Sid and Nancy...

I have been living in Portland for four months now, and I must say: I'm beginning to feel at home. However, because of the absence of a decent newspaper, I've come to rely on the Portland Press Herald and the Portland Daily Voice for my news. 

Unfortunately, the Voice has been running a series of articles about Sid Vicious, the bassist for the Sex Pistols, who committed suicide in 1978. The first article, which appeared in the December 28 issue, was written by a local reporter and was based on information from the book "Sid" by Steve Smith. The author of the article, Steve Smith, is a respected journalist who has written extensively about rock and roll culture. 

The article begins with a quote from Sid Vicious: "I'm not a punk rock star. I'm an American with a guitar." The article goes on to describe the British punk rock scene and how it influenced the Sex Pistols. 

The article then turns to Sid Vicious himself. It describes his early life, his relationship with Nancy Spungen, and his eventual death. The article also includes some quotes from friends and family members. 

One particularly interesting quote is from Nancy Spungen's mother: "Sid was never a drug addict. He was just a misunderstood artist." 

The article ends with a statement from Steve Smith: "I believe that Sid Vicious was a victim of his own success. He was a brilliant musician, but he didn't have the business sense to succeed in the music industry." 

All in all, the article is a well-written piece of journalism. It provides a good overview of the Sex Pistols and the punk rock scene. I recommend reading it if you're interested in rock and roll history.
**GIFT DAYS**

Matthew John began his salon almost three years ago, with the simple goal of providing customers with two things:

- Superior customer service
- Quality work to make you "LOOK BETTER THAN EVER"

Gently-Matt’s concept took off. Today Matthew and his staff of 17 are serving in sophomoric, arriving in many of their clients’ lives.

In an effort to continue its "THANK YOU" with our customers, Matthew John announces its January Gift Days:

- **Monday** - Just $4.50 for a one-color Highlight. (Donor included, reg. $8.00)
- **Tuesday** - Just $9.99 for a regular perm. (incl. $5.75 for peroxide)
- **Wednesday** - Just $9.99 for any single process Tints, Rollers, or chemicals for shine. (Blowdry included, reg. $2.00)
- **Thursday** - Just $14.99 for a one-color Highlight. (Donor included, $5.95 value)
- **Saturday** - Just $19.99 for any single process Tints, Rollers, or chemicals for shine. (Blowdry included, reg. $2.00)
- **Sunday** - Just $14.99 for a regular perm. (including $5.95 for peroxide)

**Note:** Daily gift specials are subject to individual stylist’s availability.

We suggest you prebook your appointment on the gift day of your choice. These special gift days are only available during January 1990.

- **No double discounts**
- **Kleenex or color special/petite/ups price slightly higher**

---

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---

**UPDATES**

**Sherman St. neighbors unhappy**

The day after the first two apartments were sold to the public is here and going to be fixed up, but neighbors of the buildings don’t like the plan.

On last Wednesday, the Succession Estates Real Estate and Mortgage Funding Corporation, an affiliate of The Succession, announced on Jan. 1 it’s going to sell rent-controlled apartments for $94,500.

In an effort to address neighbors’ concerns, the Succession will hold a public hearing at 7 p.m. on Jan. 24 at the South Portland City Hall.

---

**Public station stands by rock video**

At 10 p.m. on Dec. 16, "Death at Gator's" aired on South Portland’s Public Cable Channel 39. A heme-fueused woman and references to Satanism and Natasha punctuated the 39-minute public cable video.

South Portlandites are questioning what they perceive as inappropriate for a family-oriented network such as Channel 39.

Some feel that the video should have been delayed. They say it was too violent and included images of child abuse.

Others feel that the video was produced in a manner that was inappropriate for public viewing.

---

**WCBB buys defunct channel 24**

Portland’s five low-power television stations have been sold to WCBB TV for use as a "translator" station. Channel 24, which aired on the air for February, broadcast a mix of old movies and offbeat local shows under the call letters WICAA. It went off the air and out of business last fall.

WICAA president Nick Foreman said he felt programming was the reason for the station’s failure. He said the station’s signal would be worked into its system, thus the channel 24 license will be sold to the board of directors.

---

**Hider sues Clithwood**

Mark Hider, a 23-year-old man, is suing the owners of the Associated Press for $50,000 for copyright infringement.

Hider claims that he was using the video tape "marked with a copyright notice and a warning not for public broadcasting or use by others" to show it in his home.

---

**Maine sues Georgia-Pacific**

Maine is suing Georgia-Pacific Corp., alleging the firm did not pay $3.8 million for a forest in Oxford, Maine.

The case is the latest in a series of legal challenges to Georgia-Pacific’s purchase of Forest City, Maine, Inc., a Maine company.

Maine is seeking a court order to force Georgia-Pacific to pay the $3.8 million it claims is owed.

---

**Ooops**

In a Jan. 4 CPM, it was reported that Maimers were required to fork over a $50 deposit on both leather and wine bottles. Actually, only the leather deposit was required.

---

**John Hitchcock and his controversial video.**

John Hitchcock, a 22-year-old staff member at the Portland Press Herald, is being sued for $500,000 by Sam Walz, a local business owner.

Hitchcock is being sued for allegedly distributing a video tape that shows him being interviewed on camera.

---

**WEIRD NEWS**

- **Andrew Sills, a city housing inspector in Minneapolis, reported that a car went through a wall of a house and landed on the living room floor.**
- **A truck accident in Arizona left a man with" a bare-breasted woman and references to Satanism painted on it.**
- **A man was shot in the head with a public-use gun by the police in New York City.**

---

**COMMERCIAL TV**

Bay daily gift
It's easy, just come
SHOWCASE HOMES, INC. just 519.00 for any
Wells: Route Continuous Open:
GIFT DAYS
- Just $19.00 for any
- Just 539.00 for a regular
- Just 549.00 for a one color
- Just $49.00 for a one color
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PACKAGE
- Perm. included) reg. $65.00 value.
- Perm. included) reg. $65.00 value.
- Perm. included) reg. $65.00 value.
- Perm. included) reg. $65.00 value.
- Any Where
- Better than
- Permalite .
- Inline .
- Any Job - Any
- Finance the takeover.
- Jan. 5, State
- Cumberland in the
- Associated, the subjects of CBW’s
- 4 CBW, it was reported that Mainers were required
- programming. WCBB already relays its signal through similar
- by the buildings will still be crowded. "A decrease in
- the public TV," Hitchcock said.
- The board oversees the activities of the public
- Darrell said he agreed
- First Amendment right to free speech.
- "create controversial programming," produced by extremist
- programs, "public-use" programming. WCBB already relays its signal through similar
- programming. WCBB already relays its signal
- Arbiters, the subjects of CBW’s
- Cumberland in the
- Associated, the subjects of CBW’s
- programming. WCBB already relays its signal through similar
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- programming. WCBB already relays its signal through similar
ART IN THE STREETS

By Jan. 9, three displays had been relocated from the J.B. Brown building at 150 Congress Street, but another display had been removed entirely from the Congress Street windows of the Porthole Building. 

Bill Kubiak, owner of the J.B. Brown building, and Michael Shafer, director of the Center for the Visual Arts, were both surprised after the building manager was "bribed by phone call" from someone who wanted the art removed. Kubiak said that the officer of U.S. Immigration George McNeil was among those calling for the works to be removed. Rallying crying, press secretary to Sen. Michael, later told Kubiak that "they had complained."

"I removed it because it was pornography," Kubiak said. "I was not sure what I was looking at. I made a point about homelessness. I would have left it up." 

Adding that he had "been taken advantage of," Shafer accused the PVA of not being straightforward with him about the displays. He said he had taken it upon himself to make the displays.

"I respect the artist's point of view," Shafer said, "but it's not for them to make the decision."

"Keep Calm," a work by Natasha Mayers, was taken because a craftsman's painting and sculpture had been left on the sidewalk. The artist's work is not political, but not very tasteful, according to the manager. "I can't do that." Kubiak said, and he got more than he was expecting.

"Keep Calm," a work by Natasha Mayers, was left on the sidewalk because a craftsman's painting and sculpture had been left on the sidewalk. The artist's work is not political, but not very tasteful, according to the manager. "I can't do that." Kubiak said, and he got more than he was expecting.

"Censorship doesn't get rid of an image, it draws attention to it."

Natasha Mayers

"It was a depiction of death and dehumanization," said Kubiak. "It's the sort of art that immediately confuses people, with dismembered mannequins and blood stains with toilet paper."

"It was expecting a novelty," said Kubiak.

Accusations of censorship

Mayers denied that the building managers had taken advantage of, and pointed out that her other display in the J.B. Brown building was left in place. "That was 'You Never Know Who You Might Be Turning Away.' It depicts a Mary-like figure outside of a brick structure that says 'No Va. Ron.' The idea of it is, for one thing, those people representing the Three Kings after Boudillion's blow to a symbol."

"It's not about censorship," said Kubiak. "They just didn't tell me the truth as far as what was going to be there."

"It's not about censorship," said Kubiak. "They just didn't tell me the truth as far as what was going to be there." 

Of Vance's "Red Blue and Silver Mannequins Wrapped in Gauze Depicting the Homeless on the Threshold of Heaven," Stearns said: "People are going to think the Portland people were crazy with toilet paper."

"Right art v. wrong art"

It's impossible to "ever make these issues without being controversial," wrote Abby F.R. Vance, in a letter to Mayers. "The distribution of values along the spectrum of art is very complex."

Arthur Mayers, the third artist whose work was removed from the J.B. Brown building, said that he "was not interested in the idea of turning his work into a political protest."

"I feel that the office of U.S. Immigration was taken advantage of," said Mayor. "I feel that the office of U.S. Immigration has been misled or taken advantage of, and pointed out that her other display in the J.B. Brown building was left in place. "That was 'You Never Know Who You Might Be Turning Away.' It depicts a Mary-like figure outside of a brick structure that says 'No Va. Ron.' The idea of it is, for one thing, those people representing the Three Kings after Boudillion's blow to a symbol."
The best and worst of winter: Colds, garlic and soup

By Rachel Federman

Winter really is coming. It's too cold, too long and full of a range of maladies — from colds to heart disease, as the American Heart Association has said — that health departments across the land warn about. This is the time to make sure you've been recently reupholstered into the latest edition of the recommended diet, which will include more garlic, less salt and so on. However, there is also the matter of the colds themselves.

In fact, he says the big drug companies doing the commissi­
os to the more expensive name brands — with equal
effect and safety. (Drug companies have long argued
that generic drugs are not as carefully manufactured,
but have recently been joined by other sources in
disputing this. No one must spend inordinate sums on
vitamins or minerals): Pritikin soups (all except
sold at Pritikin's restaurant — but no one can tell
you? What's funnier still, the advice
of news to keep us rugged, thin and clear
are dropping in the bucket, says the retired
 passionately.

But while colds are a big problem, there are other ways to deal with
them. For one, many people believe that garlic can help.

Garlic has also shown some ability to prevent heart disease when taken in conjunction with drugs and other therapies, according to several studies. In one study, for example, garlic was found to reduce the risk of heart attack by 40 percent in people taking statins, an anti-cholesterol drug. Another study found that garlic could help lower blood pressure.

Nutritional experts say that garlic is a good source of vitamin C, which helps the body absorb iron, and vitamin K, which is important for blood clotting.

But some people still worry about the potential side effects of garlic, such as bad breath or a garlic smell on the breath. Also, it's possible that garlic might interact with certain medications, so it's important to talk to a doctor before taking it as a supplement.

Garlic can be bought in many forms, including pills, capsules, tablets and even as a powder. Some people like to add it to their food, while others prefer taking it as a supplement. In general, it's best to start with a low dosage and gradually increase it over time, as higher doses can lead to negative side effects.

Regardless of whether you choose to take garlic as a supplement or add it to your diet, it's important to talk to a doctor before starting, as garlic can interact with certain medications and may not be right for everyone. It's also important to keep in mind that garlic is not a cure-all for all health problems, and should be used as part of a healthy diet and lifestyle.

So, enjoy that bowl of soup with some garlic dumplings, and stay healthy this winter!
Miracle Walkers

Birkenstock
walkabout
327 Forest Ave • Portland, Maine • 207-773-5001
"Dempsey the best place to buy Birkenstock footwear."

Video revenge

Jeff LaLanne was just the start. It took the medium revolution to turn everything on a TV set on its axis, depending on your point of view.

Recently, I've found it best to workout at home because I found myself an absolutely remarkable impulse to talk back in the poor past.

What's better? I had in the "T" and became god, "I'm going to be my own god, I'm going to be with that," after they'd just said, "It's 4:00 a.m., let's do it.

I do the same thing in the TV and we haveLowenbergs at 3, "Hey, Lowens" and they know the less of me.

There are other, just as confusing reactions to exercise at home. Lini people wouldn't do it if they had to go some place, change, work out, and drive home. Others can't stand the idea of any one person who works out and don't want to be around that image. They're too simple.

But with Wall Have told people to have them around to do exercises, and the modeling pieces of receiving from one another. They tend to uplift feelings of camaraderie and respect with feelings of self-worth and comprehension. For some unknown reason, we accommodate people.

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124-126

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8 p.m., and Sunday at 3 p.m. For ticket information, call 779-9548.

- The Portland Folk Club hosts a performance of acoustic guitar and blues singer Bill Morrissey, who has been named by The Boston Globe as best folk musician in the last three years. His songs tell the tale of everyday human experience in an imaginative way. Showtime is 8 p.m. in Luther Borden Auditorium, USM Portland. For more information, call 775-4500.

- The Portland Film Club hosts a performance of acoustic blues singer Odetta, who takes the stage downstairs at 8 p.m. For more information, call Ram Island Dance at 773-6886.

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cbw listings

listings must be received by writing to cbw to arrive prior to publication. mon., tues. casco bay weekly, 407 clerk street, portland 04102

silver screen

weapons of the spirit

description about the holocaust film "spiegelein Schatten" as being both as the two brothers become more involved in the world. the story is based on the holocaust film "spiegelein Schatten", which plays at the moheim library. this film will show two brothers who are more than just brothers. they are also more than just brothers. they are more than just brothers. they are more than just brothers. they are more than just brothers. they are more than just brothers.

sponsors:
clothing

listings:

saturday, january 13

the hooters

$10 advance / $12 door

doors open at 8 pm

tickets available at the record exchange

wednesday, january 24

contemporary night

the city all stars

improvisational comedy workshop

with tim forrester

during the past 12 years ms. forrester has taught improvisational comedy at new york university and juliard. she founded and directs the "usual suspects" improv. co. and was artistic director of the comedy club, "who's on first?"

this 10 week workshop begins on saturday, january 20th. the workshop will explore the fundamentals of improvisational comedy. this intensive participatory workshop is an excellent and enjoyable way for performers and non-performers alike to learn improvisation while increasing their confidence and spontaneity.

for more information call: 879-0070

clubs

thursday, january 11

the city all stars

saturday, january 13

the city all stars

sunday, january 14

the city all stars

raoul's

roadside attraction

865 forest avenue

upcoming concerts:

jan. 12 - doc watson
jan. 14 - don tribbenes (reggae)
jan. 19 - devonshire and paty larkin
jan. 20 - rockin' vibrations

now serving: brunch thursday
11:30 am - 9 pm

1/2 price appetizers: 4 - 6 pm

ticket info: 773-6988 • entertainment hotline 775-2494
CLUBS
MONDAY 1.15
Rocks, 26 E. Congress St., Portland. Four Martians: rock. Open 6 p.m.-1 a.m. $5 cover.
WEDNESDAY 1.17
Wishful Thinking +: 126 N. Front St., Portland. Currents: rock. Open 10 p.m.-1 a.m. $4 cover.
THURSDAY 1.18
Weekly Rant: bar or lounge. In Shelly Thunder. ANDY IUDZKIE. Enuff Z'Enuff (rock) T-Bird's. 126 N. Blue Mc.
MONDAY 1.22
UPCOMING
The Cult Brothers (Jan 19). The Last Waltz: Film music and dance at the Kenton Theatre. 275 S. Main St., Portland.
DANCING
Blues, 1 E. Preble St., Portland. The twelve bar blues band: blues. Open 8 p.m.-11 p.m. $5.
The Marlin, 604 Fore St., Portland. Larry Clapp & the Badmints: rock. Open 9:30 p.m.-1 a.m. $6.
Compania de Baile Mexicano, 335 Exchange St., Portland. $2 cover.
CONCERTS
FRIDAY 1.12
Bill Bailey (B. Bailey on the Moons) at the University of Southern Maine, Portland. 1-8 p.m. $8.
SATURDAY 1.13
Bill Bailey (B. Bailey on the Moons) at the University of Southern Maine, Portland. 1-8 p.m. $8.
SUNDAY 1.14
BUXTON! Mystique (bop/swing) Martini Room, 33 Exchange St., Portland. $10 cover.
Buck and Sneed (bop/swing) Martini Room, 33 Exchange St., Portland. $10 cover.
Mid-County Jazz Society 'Two Bites of the Apple' (Swing/Big Band) Gus L. Martin Center, University of Southern Maine, Portland. Admission $5.
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Union Station Plaza
Fabulous Food • Margaritas
400 Forest Avenue, Portland
100 Years of Whiskey
11:30 a.m. - 2 a.m.
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FRI & SAT
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FEAR OF EXPRESSION
BROOKS THOMAS/FRAN GOODWIN
WALKERS
KNOTS-CROSSES 
NO COVER
RE-OPENING 1-10
UPPER DECK
DANCE STAGE
DEBUT PIANO
SHERRY PAULSON
7:30 PM
THE WORLD OF OLDETTA
A Ritualistic Recital
The Martin Center, University of Southern Maine, Portland. Thursday, January 18 at 8 p.m. $10, or $5 for students and senior citizens.
ART OPENING
STAGE
TWO TASTES. TWO PLACES... THE OLD TOWN TASTE 
TONIGHT!!!
AROUND TOWN
The Portland Museum of Art's Art In Motion program, which brings the full spectacle of performance and art to life in a serendipitous collaboration for one night only, continues! Open: 10 a.m.-5 p.m. Saturday, 11 a.m.-5 p.m. Sunday. Call 774-6636 for more information.
DANCE STAGE
RESERVE: 772-9700
THE WORLD OF OLDETTA
A Ritualistic Recital
The Martin Center, University of Southern Maine, Portland. Thursday, January 18 at 8 p.m. $10, or $5 for students and senior citizens.
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TONIGHT!!!
P.M. Music booking &y Raoul's Winners Dance Party

M.JIM, OA,
and
The Absolute Raw Rock

Jan. 12

of Portland's Precious WILD at Natiml Yadll Cooventioo - Newpat.

SUNDAY NH

M.lme Am C-I •• lon
Great American Comic.

OTHER

To receive a copy of the course

REGISTRATION

The Penfield's program 

and is free and open to the public. For Center,

make handmade paper
at 5 :15 pm and Jan 12 at

ART

American landscapes in many shapes and forms

In this class, "Traditions in American Art," students may see the first leading".

Other known landscapes, but through the eyes of different artists, this course examines

Afternoon Deals

Frank Goddard, Patricia Savage, Joye Henderson, and

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the influence of different artists, this course examines

THEWILDHEARTS

& THE WHIGS

OPEN MIKE ROCK N ROLL

13 BROWN ST., PORTLAND 761-2506

maturely and yet have the potential to

THE BLUES JAM

P. M. PRESENTS

THUNDER BAY

Gay's Wharf
Beachside Harbor
Fri. & Sat. Jan. 12 & 13
P. M. Music booking &y Raoul's Winners

FOR KIDS

The Children's Theater of Maine presents the puppet show of "I, Fiddlette" at the Portland Stage

and not just those of the American tradition, much of the European tradition, much of the

TO THE POINT

Winning Center's latest

Winners of the Art of America Award

Carnival of the Animals

Plus Circus Music

BOSTON STRAND THEATER

500 Washington St.
Portland
(Parking garage available)
10 & 11 am, 12:30 & 2 pm

The intelligent approach to local Homes for the "W". Achieve your goals with the Smart Body way.

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www.smartbody.com

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Carnival of the Animals

plus Circus Music

Portland Strand Theater
500 Washington St.
(5 parking garage available)
10 & 11 am, 12:30 & 2 pm

SUNDAY NH

M.Ime Am C-I •• lon

Great American Comic.

P.M. Music booking &y Raoul's Winners

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other known landscapes, but through the eyes of different artists, this course examines the influence of different artists, this course examines

Frank Goddard, Patricia Savage, Joye Henderson, and other artists.

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www.smartbody.com

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plus Circus Music

Portland Strand Theater
500 Washington St.
(5 parking garage available)
10 & 11 am, 12:30 & 2 pm

SUNDAY NH

M.Ime Am C-I •• lon

Great American Comic.
REAL PUZZLE

Subtitles

Every entry is foreign phrase. Can you identify them?

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

1. Gli uomini preferiscono...
2. La que e1 vienta se...
3. Ein total total verrickte...
4. Come spusare un milionario...
5. Le ciel del sefand...
As a third degree black belt, Sensei Fournier’s experience as an outstanding martial artist spans nearly 18 years, and such far-reaching parts of the globe as Hungary and the island nation of Guadeloupe.

As a rated competitor for the past 12 years, he has taken the national championship for katas, and the silver medal for free-fighting. He has competed as a member of the U.S. National Team for five years and has served as head coach for the A.A.U. New England Team.

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- Competitor and Champion
- 3rd Degree Black Belt
- Martial Arts training
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