Volunteer Camilla Sewall, second from left, created a project for the Refugee Resettlement Program that encourages Afghan women to create textiles that are now sold through Portland-area galleries.

Photos/Cam Makie

Good

CBW's guide to doing good in Portland

Got the idea that volunteering is all work and no play, that it's the domain of sanctimonious event-organizing, envelope-stuffing, charity-ball-going, civic-minded do-gooders? Well, GET OVER IT.

Because it takes all kinds to make a better Portland. And dozens of Portland-area organizations need your help, whether your expertise is in your head or in your hands.

All that tight-smile holiday good cheer is behind us now, and your New Year's resolutions are just a dim and distant memory. GOOD. Because it's time to seriously do something for your community. Not an easy-to-forget resolution. Not a half-baked effort to lend a hand. But a genuine commitment to help. This is the year you're going to stop thinking about getting involved and actually do it. RIGHT?

continued on page 7
WARM & WONDERFUL
Winter Boots for Women
- stylish - comfortable - fleece lined leather
walkabout
563 Forest Avenue, Portland
207-773-6601

AROUND EVERY SPORT
THERE'S A LIFE.
FILA SPORT.
WEAR THE LIFE.
Fila Factory Outlet
Freeport Fashion Mall
2 Depot Street, Freeport, ME • 865-0462
Open 10-6 seven days a week

Planned Parenthood
Real People, Real Life, Real Answers.
I can't think of anything extraordinary enough to say. I have never been taken care of so well at a health facility.
Now that Planned Parenthood is a participating provider with Blue Cross & Blue Shield of Maine, taking care of yourself is easier than ever. Make a New Year's resolution that's really worth keeping. Call Planned Parenthood today.
1-800-230-PLAN.

Keith Heldenbrand: "I could tell you all sorts of interesting things about our clients and what they bring here, but it's all confidential. Sorry."
Keith Heldenbrand runs Shhh-Confidential Records Center in the old Allen Storage and Moving building on Cumberland Avenue. All the electronic records are kept in a climate-controlled room, while paper records are stored in cardboard boxes stacked on huge shelves spread throughout the eight-story building. Heldenbrand also runs Confidential Destruction, a records destruction business. The slogan of both companies is "Maine's Best Kept Secrets." Heldenbrand is fairly close-mouthed when discussing business.

How did you get started in the storage business?
My family has run a recycling company in Westbrook since 1972. In the early '80s, a bank told us they had lots of records they wanted to get rid of but they were of a sensitive nature. We told them we'd take care of them, so we started Confidential Destruction. Then we noticed many of our clients had poor record management systems, so we started Shhh-Confidential.

How do you destroy confidential records?
We put the papers in a hammer mill that chops them into pieces smaller than a half-inch, making the pieces too small for anyone to read or tape back together.

Who are your clients?
That's confidential.

How many clients do you have?
That's confidential.

How many boxes of files do you store here?
That's confidential.

How many employees do you have?
That's confidential.

Do people store anything here other than files?
That's confidential.

Oh come on...
Well, a company keeps its Christmas decorations with us. One time we found a box marked "files," but there were shoes in it. Another time we found some files infested with little crawly things. We put the box in one of the vaults and lit off a flea bomb. The last thing we want are insects eating the files.

Anything else?
I could tell you all sorts of interesting things about our clients and what they bring here, but it's all confidential. Sorry.

For more information, contact Keith Heldenbrand at 780-1104.

Elite HAIR
JANUARY SPECIALS!!
MONDAY
1/2 Price for one process color (semi or permanent)
TUESDAY
1/2 price of Full Highlight
WEDNESDAY
1/2 off dyes
THURSDAY
1/2 price on special effect highlighting
FRIDAY
1/2 price cellaphones
780-1104
8 City Center • Portland

Planned Parenthood
207-773-6601

Put the great in Greater Portland!
TURN TO PAGE 15 FOR THE OFFICIAL BALLOT.
A review of the top news stories

Maine's Largest Selection of Surfing Videos!
and skiing and snowboarding and hockey and...
Micro Maine-ia!

122 beers, 30 drafts, 75 microbrews

Morganfield

121 Center St. • across from Civic Center
Portland's home for live music!
Ph: 774-JUKES

Politics & other mistakes

By Ed Duman

Fortune teller

A careful analysis of data leaked by sources at the Super Woman Institute for Advanced Economic Projections and Payroll Co. Flipping, has made it possible to predict the events of the next year with the same degree of certainty that guided Mark Twain.

James G. King advocates his promise to balance the budget without gimmicks. I believe it does not have the calculations done on a computer with a defective Pentium chip. But King says he’ll be able to put the state in the black by selling the Maine Music to the Minor Television Authority and selling the telescope to bringing oil.

January 2. Maine State Department of Environmental Protection officials working to meet federal clean air mandates, some access studies indicate the average person emits a gallon of methane gas each day. The GIP immediately assesses it will set up human expense teams near the sites of reduced芒 gas sources.

February 1. Maine State Forest Trash Court Justice Donn Kline says it’s making a closer look at tax and drug prices. The county is made up of Maine John Gut, former chairman with Waterford Hospital and mother of Manual Holdings.

February 2. Governor King, noting, state income tax refunds will be paid in equal amounts to all returns. The 2015 budget promises to be more on the side.

March 7. Due to a shortage of space in the national capital, the Republican governor tells the federal government it will change their John Ball’s offer to the House of Representatives.

April 3. Angus King begins his first speech in the House, stressing the history of political dedication to Maine.

May 15. King announces he will utilize the first budget to pay off some of the public service programs for the state.

June 30. A 14-hour training session is offered to volunteers.

July 15. King offers the state a forum to discuss the situation of the state.

Amaryllis

- for wonderful gifts, jewelry and shoes

Don't miss our winter sales with savings of 20%-60% on selected winter clothing and shoes.

Amaryllis

129 Exchange St., Portland • Ph: 726-2249

From the cover letter.

FOR HANDS TO WORK

January 2, 1995

Low-income

Low-income

The center offers a range of services to the homeless, the elderly and people in need of social services in the Portland area.

180 Waterhouse Rd. • Portland, ME 04101

The center will accept donations of furniture and clothing for those in need.

Health care

The center offers a range of medical and dental services to the homeless, the elderly and people in need of social services in the Portland area.

35 Forest Ave. • Portland, ME 04101

The center will accept donations of medical and dental supplies for those in need.

The Center for Therapeutic Recreation, Inc.

The center offers a range of therapeutic recreation and fitness programs for the homeless, the elderly and people in need of social services in the Portland area.

457 High St. • Portland, ME 04101

The center will accept donations of recreational and fitness supplies for those in need.

Low-income

The center offers a range of services to the homeless, the elderly and people in need of social services in the Portland area.

50 Waterhouse Rd. • Portland, ME 04101

The center will accept donations of services for those in need.

Health care

The center offers a range of medical and dental services to the homeless, the elderly and people in need of social services in the Portland area.

35 Forest Ave. • Portland, ME 04101

The center will accept donations of medical and dental supplies for those in need.

The Center for Therapeutic Recreation, Inc.

The center offers a range of therapeutic recreation and fitness programs for the homeless, the elderly and people in need of social services in the Portland area.

457 High St. • Portland, ME 04101

The center will accept donations of recreational and fitness supplies for those in need.
I am always happy to buy good books from bookshop off the main hallway.

Books you want NO Training Service Unit of for information.

EACH MONTH

773-4033

772-5456.

to

8155.

879-3286.

377 Spring St, Portland

377 Spring St, Portland

175

377 Spring St, Portland

175

8155.

Calling at 8155.

144

Avo/Fersmeals,

Children

helping

reading and

 offending

cooking,

office. There are

Parents

transfer

Fitzpatrick at 879-3286.

view.

and

Parents

parents

transfer

Mercy Hospital

144

The hospice is on

po~ents

offer

a

work

with

144

WIMedical

helping

reading, writing,

activities

uses Mers in reoding,

175

undergo a minimum

Mercy Hospital

144

rehabilitation

2393-195 .

to the project . The money goes to

Sewall's

and

The group had a booth at last summer's Maine

Festival, and currently its handmade items are for sale at the Jameson Gallery and

and

ideas for marketable items . So far the idea has paid off. The women make

and

to

and

the market economy .

friends

were

and

where

who

and

and

Family

Crisis Center

and

where

Baxter

and

and

Parents

Avo/Fersmeals,

and

with

Once

Ellis, helping other people find solutions to personal problems has sparked interest in a possible career in psychology. And though she'll warn that working at the hotline "looks good on a college application," she says that has almost nothing to do with her motivation. Most rewarding is the impact her work on the hotline has had on her own life. Learning to talk to people has changed her perspective on others.

"I'm no longer afraid of talking to people who aren't like me," she says. The new finds herself having conversations with people she wouldn't normally talk to. Ellis is enthusiastic about the hotline, she spends time making presentations to other kids who will know about it. She's even missed school so she could spend the weekend helping refugees. Although Ellis only requires a six-month commitment, she's already been on the hotline seven months, and she plans to stay on until college, where she might look for another hotline to assist. Young people interested in volunteering should call 774-TALK. 

Ellis Ellis helps Afghan women break out of their isolation and into the market economy. When it comes to emotional and behavioral health problems, you want treatment from a professional and focused on achieving therapeutic results.

JBI Monument Square is conveniently located in Portland, Maine's dynamic West End. It's a 40,000 square foot, newly constructed, fully integrated component of Jackson Brook Institute's advanced network of services, designed for immediate access, competent evaluation, individualized treatment with understanding and sensitivity.

JBI Monument Square provides condition-specific diagnoses and effective treatment with the goal of achieving optimum functioning. We offer the full spectrum of behavioral health services, including individual, couples, group and family therapy for children and adults as well as medication treatment and monitoring. 

Please call JBI Patient Services 24 hours a day for information or to make an appointment. Call (207) 761-2200 or 1-800-JBI-2200. 

Eve become a member of Portland's jogging community and meet the women of JBI Monument Square in a new, full-service health and wellness center.

1-800-JBI-2200
Andy Dixon learned about the Community Resource Center in the course of his non-real estate job, and he always had the "right" time to do it. "It's just like anything, you just have to make the time," he says.

Opening horizons and opening eyes

Not so long ago, 76-year-old Andy Dixon thought volunteers "were older people who were retired and wanted to keep active." But when he started volunteering at Maine Medical Center, he found all age groups were involved. That was the first stereotype he corrected.

Two years ago, Dixon helped the Prelude Street Resource Center purchase a new building — not as a volunteer — but on a professional basis. Dealing with the agency was an eye opener. He liked the people and was impressed by Prelude Street’s commitment to doing "work that no one else wants to do." He was still in college, and now he sees it as the building committee, where he was able to contribute his professional real estate knowledge. The time commitment consists of two meetings per month, but Dixon likes to help out at more Prelude Street events. Recently, he passed the staff and some clients at their hot cider and cookie event. He’s found donating his time is actually "[Volunteering) makes you more open," he says. "Probably the basic thing is that you get to spend time with people."
A volunteer goes to the dogs

Annie Eagan falls in love every week at her volunteer job—mostly with dogs. "I look at this face," says the 34-year-old vice president of Dynavex, a sleepy-groundhog-size who's been at the shelter a few days. "That's why I do it."

Eagan has been volunteering at the Animal Refuge League shelter in Westbrook for two years. She estimates that she averages eight to 12 hours per week at the shelter, but during her last vacation she devoted 30 hours.

All started when a friend told her the League needed help. She initially expected to spend a couple of hours on Thursday morning walking dogs. But the hours stretched out because Eagan wouldn't leave until all the dogs had been walked.

And then there was the cat, who needed to be held and fed. But it's not all kitty-cuddling and puppy-smooching. "I also did handing out a lot of bedding, a lot of cleaning kennels, whatever." And handling strays can be tricky. When dogs are scared they can be aggressive, and some dogs are just the "vets, don't ask questions type." The over-eager Eagan says she learned how to handle those dogs with advice from the staff.

It's not easy to do what Eagan does. The shelter always needs volunteers, but free access to the animals only comes to those who've worked their way up. Shelter Director Joan Douglas says long-term volunteers are given free table-readiness. The problem now is to avoid getting too attached. She invested one dog when she started volunteering. She now has three cats and two dogs, and taking more pets home is out of the question. The Animal Refuge League places no time limit on an animal's stay, and only terminally ill or incurably vicious pets are ever put to sleep. Eagan says it's harder when people are forced by circumstances to give up their pets, such as when an elderly person needs to move into an assisted living facility. In those cases the shelter may make a special attempt to get the pet adopted. In one case like that an older tabby cat was brought in and the shelter put him where he could easily be seen. This healthy couple adopted it before long. It's this dedication to the unique relationship between animals and humans that makes Eagan especially fond of the shelter's motto: "They put in the extra effort to get a dog a home, and then they could report to the person that they found it a nice home, and make them feel much better."

Eagan's expertise in the animal welfare business has prompted some thoughts about a career change. But the 34-year-old marketing director says she likes her regular job. If she could, though, she'd become a "professional volunteer." For now she says she can't imagine not working at the shelter.

"Sometimes so little as taking (the dog) for a walk, and you feel so appreciated," she says. "It's going somewhere it's not used to and smelling the park and it's just great. It really is just great. It really is.

Clare Vloheren is a feature writer based in South Portland.
Dumb and dumber

With the New Year's Day bowl game behind us, it seems apt time to examine an ever-present problem of the community that's growing in popularity in southern Maine: The John Beef.

The game is a little like this: Let's say you own a business. You figure you're paying too much in taxes, or rent, so you opt to shut up shop and look for a better deal in another town. The community that you just up and left, though, is left high and dry, and asks whether you can roll over bodies to get to work, and where you were plated, with a little sauce and mixed on a daily basis. The fake second offices were in a climate-controlled underground vault that was adjacent to the Broad River motorway and offered an opportunity for people to support Beef's. The result was a counteroffer, which is forthcoming. You stay put, you cut your expenses just as you were doing before, and you win.

But we do fault the cities and towns for engaging in this fruitless squabbling and ill-will that's now festering within the two communities, particularly in Bath, which Boeing is interested in as a potential site for a new industrial park for $300 per square foot. But in the final moments Brunswick's raid on the overpriced and underfunded firm fromfarming, Brunswick would burn $20 million to build a new building, which it will then lease for $0.00 per square foot. Incidentally, Bath pays just $30.80 per year to the town in property taxes.

CIVD has franchised this sort of competition for some time. We've seen Portland scramble to devise tax breaks to prevent firms from departing to South Portland, and South Portland scramble to prevent this kind of interference.

We don't blame the companies. It's in their nature to push for the best possible deal. But we do fault them and town for engaging in this strategy, compelling corporate greed. Why should they want the time and energy fighting one another when they should be teaming together to hire investment from outside Maine or the U.S.?

Perhaps the most discouraging aspect of the most recent battle is the tender and Biltmore that's now/monthly overburdened with corporate greed. Why should they want the time and energy fighting one another when they should be teaming together to hire investment from outside Maine or the U.S.?

The John Beef isn't worth the price of admission. The state and Maine community should have had the creativity not to squabble with their neighbor, but to instead cooperate for the good of all. (WC)

It's a start
Me, me, benevolence me

By Elizabeth Pooley

When I first relocated at the Portland Press-Herald Regeneration Center (PRI) in the fall of 1992, I could see something of local history. I had recently moved to my native Portland after two years in San Francisco, where I had taught history from the woods to the woods. I lived with a young woman who had moved here on a whim. That spring I fell in love with the old city and the wreck of the old buildings. I walked over bodies to get to work, and where I was seated, with a little sauce and mixed on a daily basis. The fake second offices were in a climate-controlled underground vault that was adjacent to the Broad River motorway and offered an opportunity for people to support Beef's. The result was a counteroffer, which is forthcoming. You stay put, you cut your expenses just as you were doing before, and you win.

But we do fault the cities and towns for engaging in this fruitless squabbling and ill-will that's now festering within the two communities, particularly in Bath, which Boeing is interested in as a potential site for a new industrial park for $300 per square foot. But in the final moments Brunswick's raid on the overpriced and underfunded firm fromfarming, Brunswick would burn $20 million to build a new building, which it will then lease for $0.00 per square foot. Incidentally, Bath pays just $30.80 per year to the town in property taxes.

CIVD has franchised this sort of competition for some time. We've seen Portland scramble to devise tax breaks to prevent firms from departing to South Portland, and South Portland scramble to prevent this kind of interference.

We don't blame the companies. It's in their nature to push for the best possible deal. But we do fault them and town for engaging in this strategy, compelling corporate greed. Why should they want the time and energy fighting one another when they should be teaming together to hire investment from outside Maine or the U.S.?

Perhaps the most discouraging aspect of the most recent battle is the tender and Biltmore that's now/monthly overburdened with corporate greed. Why should they want the time and energy fighting one another when they should be teaming together to hire investment from outside Maine or the U.S.?

The John Beef isn't worth the price of admission. The state and Maine community should have had the creativity not to squabble with their neighbor, but to instead cooperate for the good of all. (WC)

overheard

by Keith Polden

The case of Joe Green, the Maine motelier who was awarded $75,000 for being forcibly stopped while driving drunk, made the National Enquirer (Dec 30) Whimshrop top oR Richard Leaires, who believes that Brunswick was overpowered and sneaky. Regional cooperation now seems more distant than ever.

The John Beef isn't worth the price of admission. The state and Maine community should have had the creativity not to squabble with their neighbor, but to instead cooperate for the good of all. (WC)

I've never heard of anyone living in a city in my 30 years of law enforcement.

Then you must have missed the OJ story on page B1
WHAT'S YOUR STORY?

No one ever expects it will happen to them, BUT...

"After high school, I laughed when Mom and Dad wanted me to go to college. I got married, then the kids came. I never thought about it ever changing." "It was like a dream. I gave the promotion as much, we bought a new car, and bought the house on the ocean with the fence and a tennis court. Suddenly it all came rushing back. Today's work means knowledge and skills I've never used. We still have the car and the mortgage, except now it's a bad dream." "It was a dream. I gave the promotion as much, we bought a new car, and bought the house on the ocean with the fence and a tennis court. Suddenly it all came rushing back. Today's work means knowledge and skills I've never used. We still have the car and the mortgage, except now it's a bad dream." Andover College can help!

If you're not prepared for life's changes, get the skills and knowledge you need to succeed in the workplace at Andover College.

• Get your associate degree in just 16 months
• Lifetime Placement Assistance to all of our graduates
• Financial Aid available to qualified applicants
• 27 years of excellence in business education

Call for information:
774-6126; 1-800-639-3110
Day and Evening classes start January 23!
Walk out of the house right now...don't let him hit you again.

Jumping from bed to bed won't solve your problem.

If you get into a battle with your 4 year old, you're a bully if you aren't and an idiot if you lose.

The marriage dissolved because of marital problems, not because of sex with your neighbor.

**Silver Screen**

**Dance**

**Facts**

- *Jewelry Supplies*  
  1102 N. Ocean Blvd.  
  Hurley Farms  
  Gold & Silver  
  Watches  
  24/7 hours a day  
  845-3344

**Silver Screen**

*WHERE*  

Gaining on to stealing weight after CBS & CNN, an agent, who's been embroiled to conform times with theaters.

**General Cinemas**

- *Christmas Vacation*  
  12:15, 2:35, 5, 7:25, 9:25  
  - *Dumb & Dumber*  
  12:15, 2:35, 5, 7:25, 9:25  
  *Pulp Fiction*  
  *The Lion King (G)*

**Premiere Screen**

- *Dumb & Dumber*  
  12:15, 2:35, 5, 7:25  
  - *The Lion King*  
  *The Lion King (G)*

**Cafe & Show**

- *Dumb & Dumber*  
  *The Lion King (G)*

**Hummings through the years**

**I.Q. Walter**

- *Dumb & Dumber*  
  *The Lion King (G)*

**The Movies**

- *Dumb & Dumber*  
  *The Lion King (G)*

**The Movies**

- *Dumb & Dumber*  
  *The Lion King (G)*

**Nicelandic**

- *Dumb & Dumber*  
  *The Lion King (G)*

Continued from page 17

**Avant Russie**

Yudanov challenges just perceptions in the same way

- *Dumb & Dumber*  
  *The Lion King (G)*

**Preble St.**  

Commercial (207-772-5235)

Where he takes pictures of the past as the present

- *Dumb & Dumber*  
  *The Lion King (G)*

**Prairie Bread**

The Toast of the New Year!

- *Dumb & Dumber*  
  *The Lion King (G)*

**Bakery Court**

- *Dumb & Dumber*  
  *The Lion King (G)*

**Hall of Fame**

- *Dumb & Dumber*  
  *The Lion King (G)*

**Franklin's**

- *Dumb & Dumber*  
  *The Lion King (G)*

**Prairie Bread**

The Toast of the New Year!

- *Dumb & Dumber*  
  *The Lion King (G)*
Portalnd's Greatest Party Store 

Do you want to have the best party ever? If yes, then you must visit Portalnd’s Greatest Party Store. They have the largest selection of party items for your post holiday party ideas. Let us create a mid-winter party theme for you today! Also, a full variety of party plates, cups, and napkins for your every day parties. We carry a lot of party rentals for all your parties, chairs, tables, coffee urns, charcuterie fountain, and much more. 603 Warren Ave., Portland 774-2281

London 

$529

- Round trip air
- 6 nights hotel taxes
- Continental breakfast
- VIP train transfer
- RI transfers airport to hotel

Young Travel Service

146 High Street, Portland, ME 04101

LONDON 

$529* 

- Round trip air 
- 6 nights hotel taxes 
- Continental breakfast 
- VIP train transfer 
- RI transfers airport to hotel 

Young Travel Service 

146 High Street, Portland, ME 04101 

Call us for a great price to other European cities. 

Christmas in Europe 
Weekend Special: December 10-17 

$529* (excluding airfare)

- Round trip air 
- 5 nights hotel taxes 
- Continental breakfast 
- VIP train transfer 
- RI transfers airport to hotel 

Christmas in Europe 
Weekend Special: December 10-17 

$529* (excluding airfare)

- Round trip air 
- 5 nights hotel taxes 
- Continental breakfast 
- VIP train transfer 
- RI transfers airport to hotel 

Life-Health Casco registration begins on January 11, Classes begin on per person per occupancy available until 1/31/2023

Smith Hall on Falmouth Street, City tour Round trip air 4040, 780-5646.


Fortune when he visits an old world·renowned world known as The Big Easy Portland. 780-1207.

Into Val! 883-2460.


Denny's Original Night Live, 35 Forest Ave, Portland. 774-5554.

Tribal, trance/live 

Music: Rock, Pop, Alternative, Jazz

121 Exchange St, Portland. 780-1207.

Horror of All Ages with Michael Sullivan... with Steve Sullivan with Ray Grimsley- drum set at 7:30. Cost: $5.

Spring Point Rockin' Rhythm (karaoke) Spring Point - under 21, with Steve Sullivan. 774-0444.


The Big Easy, 31 Exchange St, Portland. 774-0444.

Dane's Comedy Bar on Exchange, Portland. 774-0444.

Spring Point Rockin' Rhythm (karaoke) Spring Point - under 21, with Steve Sullivan. 774-0444.


The Big Easy, 31 Exchange St, Portland. 774-0444.

Dane's Comedy Bar on Exchange, Portland. 774-0444.

Spring Point Rockin' Rhythm (karaoke) Spring Point - under 21, with Steve Sullivan. 774-0444.


The Big Easy, 31 Exchange St, Portland. 774-0444.

Dane's Comedy Bar on Exchange, Portland. 774-0444.

Spring Point Rockin' Rhythm (karaoke) Spring Point - under 21, with Steve Sullivan. 774-0444.
CO914eew

For more information or to obtain registration information call: 1-800-800-4876, or 772-9600. Registration begins on Thursday, Jan. 7, and 9 a.m.

several acts expose, topic of a scintillating film, "CAfe 286", playing at The Movies, Portland, at 7, 8 and 9 p.m. as the Cathedral Chamber of all time, with Donald Margulies' "It's not the hunting and the fishing, but the people that爆炸 in your mouth?)

"It's not the hunting and the fishing, but the people that exploded in your mouth?"

"It's not the hunting and the fishing, but the people that exploded in your mouth?"

"It's not the hunting and the fishing, but the people that exploded in your mouth?"

"It's not the hunting and the fishing, but the people that exploded in your mouth?"

"It's not the hunting and the fishing, but the people that exploded in your mouth?"

"It's not the hunting and the fishing, but the people that exploded in your mouth?"

"It's not the hunting and the fishing, but the people that exploded in your mouth?"

"It's not the hunting and the fishing, but the people that exploded in your mouth?

"It's not the hunting and the fishing, but the people that exploded in your mouth?"

"It's not the hunting and the fishing, but the people that exploded in your mouth?"

"It's not the hunting and the fishing, but the people that exploded in your mouth?"

"It's not the hunting and the fishing, but the people that exploded in your mouth?"

"It's not the hunting and the fishing, but the people that exploded in your mouth?"

"It's not the hunting and the fishing, but the people that exploded in your mouth?"

"It's not the hunting and the fishing, but the people that exploded in your mouth?"

"It's not the hunting and the fishing, but the people that exploded in your mouth?"

"It's not the hunting and the fishing, but the people that exploded in your mouth?"

"It's not the hunting and the fishing, but the people that exploded in your mouth?"

"It's not the hunting and the fishing, but the people that exploded in your mouth?"

"It's not the hunting and the fishing, but the people that exploded in your mouth?"

"It's not the hunting and the fishing, but the people that exploded in your mouth?

"It's not the hunting and the fishing, but the people that exploded in your mouth?

“Cafe 286”, playing at The Movies, Portland, at 7, 8 and 9 p.m.
The way Web sites should be?

Let's say you're a big time real estate developer. You've got a million acres of land scattered out there, and you're wondering how you're going to sell it to the masses. Then you discover the Net. Being technologically adept, you buy up a computer and set online. Lacking inspiration, you sit there twiddling your thumbs. 

You're in luck. Wolf, cert. there's a new Web site run by the state of Maine, and a month after it was launched it's starting to attract attention — if accidentally — from Internet geniuses. Maine's frontier subject in cyberpace wrapped a 1,600-state-of-the-Art in Dec. 30, with about half of those links in the past two weeks, when the state began posting its location on other Web sites.

Richard Cambron, Frances Hodsdon and Robert Andruitil

The simplest way to understand the Web potential is to punch around on a computer equipped with a CD-ROM drive. If you don't know anyone who's equipped, stop by Lechmere, LearningWorks or Sears at the mall for a demonstration. 

Let's say you're interested in the history of civil rights. On a multimedia encyclopedia, you can type in “Martin Luther King" and instantly get a semblance of biographical information and a portrait. Following the links by pointing and clicking, you can hear excerpts from King's "I Have a Dream" speech on video graphics clips of the March on Washington. Click on other names that appear in the text and you're likely to end up with other civil rights leaders.

Now imagine that, instead of following links on a single desk, you're navigating the contents area of thousands of networked computers around the globe. Sites on the Web vary in complexity and sophistication, but most include links to related sites, allowing endless explorations. (Warning: It's easy to get lost on a "bear-went-over-the-mountain" image, and accidentally clicking on what's on just one more screen... hours and days can pass by without notice.)

Much of the Web's content is still long on looks and short on substance. Like, for instance, the new Maine Web site. What you won't find there is a page with a photo of Jack Kemp, who's also on line, and short on substance. McKernan's new site can be expanded by that of Angus King, but the text is 

- Wayne Curtis

**Byte ME**

Dispatches from the electronic frontier

 Royale Treatment

care, repair
system

Now, one chemically damaged middle-aged hair again is facing silky smooth with added shine, manageability and natural

Goldsmith’s Sporting Goods

WE KNOW SPORTS!!

GOLDSMITH’S OF CHESTER

PROVIDING SUPERIOR SERVICE TO SOUTHERN MAINE SINCE 1907

2 Exchange

Order by phone 829-6727. Visa & MC Accepted.

GOLDSMITH’S OF CHESTER

PROVIDING SUPERIOR SERVICE TO SOUTHERN MAINE SINCE 1907

2 Exchange

Order by phone 829-6727. Visa & MC Accepted.

GOLDSMITH’S OF CHESTER

PROVIDING SUPERIOR SERVICE TO SOUTHERN MAINE SINCE 1907

2 Exchange

Order by phone 829-6727. Visa & MC Accepted.
Planned Parenthood. Real People, Real Life, Real Answers.

Planned Parenthood is the only place I feel comfortable when it comes to my health care. I wouldn't think of going anywhere else.

Now that Planned Parenthood is a participating provider with Blue Cross & Blue Shield of Maine, taking care of yourself is easier than ever. Make a New Year's resolution that's really worth keeping. Call Planned Parenthood today - 1-800-286-PLAX.

Factory Outlet

Wool Blankets

SALE

50% Off

Beautiful, warm, wooden blankets made in Maine.
Size: 60" wide x 84" long.
Colors (all plaid): black watch, red-blue, green-blue-red, green-blue-purple, and more.

Welcome Home Blankets by Casco Bay Wool Works

34 Danforth Street, Portland
(Big, brick warehouse bldg. near Giobbi's Restaurant)
Hours: 9-3 Tues.-Sat. • Phone: 772-8170

SALE ENDS JANUARY 14

Culture club

Five years ago, all those drum-wielding John Gyma-era bands were training through the pain and suffering as an essential rite of passage. People who would experience their exterior deterioration started searching for a place to disappear. At that point, noise. Native American music was big. West African muscular was big, but somehow the sharing of Toot's Quotum music seemed to hit the right. Everyone liked a good chant once in a while, right?

Making a hands across the mountain features of good feith, legions of Juhn purchased the music CDs in experience, and some biend charmingly described, 'the weirdness of other worlds.' Though the hands didn't exactly reach other galaxies, there was talk of an inner calm attained by the listeners that was, 'If it works, all right.' And the movement was good.

Searching for some connection to another's culture is a late-20th-century phenomenon reflecting Western man's alienation from his own. In other parts of the world, we see the feeling of other integrated cultures and we try to copy them. ('Doo'wop'), then, or now, as we try to engulf the signposts of those cultures without understanding the light.

When we attend performances that emerge from societies very different than our own, we should study them to understand the significance of the presentation. We don't have the full understanding required to appreciate the culture as a whole. The best we can do is to be a "goofy," 'amazing' or "mystical.' The best we can do is to be a "goofy," 'amazing' or "mystical.'

When we see Huun-Huljir to stand most certainly hear there, we get the above excitements and more. Their music is moving. Kagur-d or Khovshig, the ensemble's leader, plays a two-stringed fiddle stuck in his boot. There are also those three-stringed bowed instruments, gurdan and raag. made of ankle bones and testicles. Yes. Exotic. But the focus for non-Tuvan audiences is the singing (ruva is a tiny former Soviet republic located in Central Asia). Their singing style is called Khivshig — meaning "throat." All the throat tones, those tones, can produce sounds that are particularly non-Western sounds. Though khvshig has been compared to Huun-Huljir to stand most certainly hear there, we get the above excitements and more. Their music is moving. Kagur-d or Khovshig, the ensemble's leader, plays a two-stringed fiddle stuck in his boot. There are also those three-stringed bowed instruments, gurdan and raag. made of ankle bones and testicles. Yes. Exotic. But the focus for non-Tuvan audiences is the singing (ruva is a tiny former Soviet republic located in Central Asia). Their singing style is called Khivshig — meaning "throat." All the throat tones, those tones, can produce sounds that are particularly non-Western sounds. Though khvshig has been compared to Huun-Huljir to stand most certainly hear there, we get the above excitements and more. Their music is moving. Kagur-d or Khovshig, the ensemble's leader, plays a two-stringed fiddle stuck in his boot. There are also those three-stringed bowed instruments, gurdan and raag. made of ankle bones and testicles. Yes. Exotic. But the focus for non-Tuvan audiences is the singing (ruva is a tiny former Soviet republic located in Central Asia). Their singing style is called Khivshig — meaning "throat."

Outdoors

Local Stuffs: Gig, a multi-venue celebration of local music.

Coastal Worlds: Building Better Worlds

Pine bowl: A有多人手握的多色小圆木; one with six small holes and one with four small holes. Each hand is moving a small stick up and down into the pine bowl.

Other:

Chinese: Multi-ethnic Flooring Association (affiliates)
Completely independent 
Complete kitchen 
Complete bathroom 
Computer Training Course offered at Technology Training Center, 22 Lemont St., Portland, 775-1140.

Uncensored Decorators Song meets Montana's, 1-800-341-4341.

How Science and Technology May Affect You

The best we can do is to be a "goofy," 'amazing' or "mystical.' The best we can do is to be a "goofy," 'amazing' or "mystical.'

This year, try the personal...
DINNER SPECIALS
Appetizer
Plan Tastings, Fresh Mattel\r
Baked Caesar and Meat\r
Cream Puffs. 29.95
Dinner
Island Baked Chicken with 179 cheese, oven roasted turkey and\r
served and it's on the page menu . Monthly specials . Oven roasted turkey everyday - makes great
in a smoky - free environment, seven nights a week.
28 Traffic Lighthouse
Just Ten Minutes
of Portland
RoTISSERIE
served and it's on the page menu . Monthly specials . Oven roasted turkey everyday - makes great
in a smoky - free environment, seven nights a week.

CATERING
CHUP STAVAS' FOODWORKS. Prepared full line of house specialty sandwiches, salads, soups, ac\r
sorbed, fresh baked bread and pastries. 48.00 + tax. Catering specials, all designed to be \r
offered, Mon.-Thurs. 11:30 am - 9:00 pm. On 
10 Pine, Portland . 772-3540.

ECLECTIC
BISTRO DULAC. Specials, appetizers, specialty salads, and lunch 11:30 a.m. - 2:30 p.m. . 2 p.m. - 7:45 p.m. . tuesday through saturday.

PORT NECK HOUSE. Take out fresh baked pastries and great local beers. Serving on the weekend.

CRICKETS RESTAURANT. Great food at reasonable prices . Their homecooked meals with an en\r
trance. Cold in the unique atmosphere of Portland.

FOODEES. Sixteen locations throughout the state of Maine . Established in 1995. 29 Exchange St., Portland . 773-7400.

ITALIAN
BELLA MUDA. Rustic Italian atmosphere . High end Italian cuisine . Specials, all designed to be 
offered, Mon.-Thurs. 11:30 a.m. - 9:00 p.m. Fri.-Sat. 11:30 a.m. - 10:00 p.m. Sun. 12:00 - 8:00 p.m. .
772-2717.

JORDAN'S SEAFOOD RESTAURANT. Great seafood . We have the freshest catch from the sea our way. 398 Commercial St., Portland . 775-7400.

SEAFood
BROOK'S FISH HOUSE. We have the freshest catch from the sea our way. 398 Commercial St., Portland . 775-7400.

Website: www.cateringwine.com

FOODEE'S
41 Middle Street
Portland, Maine
Serving breakfast of day
Fresh Local produce.

Monday - Fri.: 7-2
Satsun 8-2
Happiness no charge
774-2972

FOODWORKS
47 INDIA STREET • PORTLAND • 773-9741
"On the cutting edge of the Old Port"
Start the New Year with... California's Best Merlot's

We stock your favorites: Merlot's including:

- Arrowood
- Beringer
- Mondavi
- Duckhorn
- Plus fine cavaires, parirs, and imported cheeses.

10% OFF SELECTED GOURMET ITEMS TO RING IN 1995!!!

Portland Wine & Cheese
Tel 775-6445 • Fax 775-5304
144 Middle Streeet in Portland's Old Port

THE RAPID Merlots including:

Celebrate 1995 with 10%·50% OFF everything in both stores at
Rapid River Co.
from January 2-16, 1995

H.O.U.S.E. Mon./Thurs 10-6 pm
Friday & Sat 10-9 pm

HAIR EXTENSIONS!

Specializing in all types of Hair Extensions and non-surgical hair replacement.

Made To Your Measure - Short Hair Longer - Longer Hair Longer

Call and ask about our new hair extension technique.
Hair Alternative Clinic, 170 US Rte. 1, Freeport

One Performance Only!!

Christopher O'Hey
Sunday, January 15 4:00 p.m.
Portland High School

Concerted one of the most brilliant and versatile performers on the main stage, pianist Christopher O'Reilly's winning and romantic style has won him a stellar international following and more than his fair share of awards. 

For more information contact: 207/774-5212, Ballad Newlands, HUMANA

Jean-Pierre Rampal
Friday, January 27
8:00 p.m. • City Hall Auditorium
Rampal, the oboist of this time, has become a major attraction. He is perhaps the most popular, and best oboist of all time. He will be accompanied by the Portland Symphony Orchestra and conducted by Michael Morgan. This is the only performance and the only date in New England.

For more information call 207/774-5212

BANGOR THEOLOGICAL SEMINARY Bangor + Hanover + Portland

Bangor Theological Seminary
Portland Campus
159 State Street
Portland, ME 04101

Open House
Thursday, January 26, 1995
5:30 to 7:30 p.m.

SPRING 1995 COURSES
Creation, Ecology, and the Christian Tradition - 3 credits
Instructor: Robert J. Shook

Social World of Early Christianity - 3 credits
Instructor: Kenneth L. Colburn

Luther Reformer in a Revolutionary Age - 3 credits
Instructor: Glenn M. Miller

Spiritual Renewal in Our Lives and Churches - 3 credits
Instructor: H. William Gregory and Carol R. Kerr

Issues in Medical Ethics - 2 credits
Instructor: Marvin M. Ellison

Spirituality in World Religions - 3 credits (Brunswick)
Instructor: William D. Opholzger and Paul Huns

For more information call: (207) 774-5212
20% OFF
YOUR ENTIRE ART MART
PURCHASE,
with this coupon,
not valid with any
discounts or sale items.
Expires 2/15/96.

The Art Mart
Portland's Source
for Art Supplies
10% Pro & Student Discounts
Special Orders & Charge Accounts Welcome

Hobbyist, Student, Professional Grades
305 Commercial St, Portland, ME 04101
775-4244

Utrecht

FRIENDS
When you need Propane, Oil Heat, or
Service anytime of the day or night,
call us. We'll be there.
That's what friends are for.
That's what friends are for.
That's what friends are for.

I

I

I

76,776,564,133,248
Pizza Varieties
(really)
We did the math so you don't have to! With six
different styles and sizes of pizza shells and 63
available toppings you could eat here every day
for literally billions of years without eating the same
pizza twice! And each pizza you eat would be made
to meet our exacting quality standard. "Cmon In and
challenge us! Eat one of our delicious combinations
or create your own!

A WORLD OF PIZZA
FSDees
688 Forest Avenue • Woodfords Corner • Portland, Maine
Phone (207) 774-4100 • Fax (207) 874-4922

MUSIC BABBLE OPEN HOUSE
an absolutely FREE learning experience for children birth-3 years & their parents
Saturday, January 7, 1995
Williamson West Church, Portland
10:00-11:30 A.M.
• Information Session
• Nutritional demonstration class—all are invited to participate
• Refreshments & Informal Questions/answer session
Registration for Winter Session beginning January 14.
Call 856-2559 for details or to register your child for Winter classes.

This Winter...Warm Up To Continuing Education
UNE offers Continuing
Education Courses and Workshops for Teachers, Social Workers, Nurses, Providers, and Other Professionals.

This Winter...Warm Up To Continuing Education
UNE offers Continuing
Education Courses and Workshops for Teachers, Social Workers, Nurses, Providers, and Other Professionals.

NEW YEAR'S RESOLUTIONS
CAN WE HELP?
Remember how you began last year promising to do
something about your phone line? Well, we want to
encourage your calls would be answered
promptly and courteously, no matter what!

Well, another year has passed and you have not set up a
system to guarantee, no matter what nature
ends, your phone calls will be answered.

Sentry telecommunications would like to help. We
offer 24 hour coverage of your phone lines, digital and
alpha numeric pages, as well as order entry. Whatever
specific needs your business or profession has, Sentry
can design a system for you.

Please call for your free initial consultation.
January 16
NEW ENGLAND'S BIGGEST
WET T-SHIRT CONTEST
Show off your sexy body!

$1,000 IN CASH & PRIZES

MON: Open at 4 p.m. • FREE BUFFET
TUE: TOPLESS WAITRESSES
WED: BIRTHDAY NIGHT
THU: Open at 4 p.m. • FREE BUFFET
FRI: Open at noon • FREE BUFFET
noon to 7 p.m.
SAT: Open at 4 p.m. • FREE BUFFET
SUN: Open at 3 p.m. • TOPLESS WAITRESSES

VOTED AMONG AMERICA'S TOP 10
ADULT ENTERTAINMENT CLUBS...FEATURING WORLD FAMOUS
ENTERTAINERS!

FEATURE: NATALIE SMITH APPEARING JAN. 9 - 14!

BINGO
$1,400 State Limit & Win Topprize
Atlantic City! Win in the Maine State Region.

CASH CORNER BINGO

ST JUDE CHILDREN'S RESEARCH HOSPITAL
CASH GROWTH BINGO BALL 180
385 Maine St., Portland, 772-7772

992-0006

PROOFREADER
Casco Bay Weekly is looking for a part-time proofreader
who is a detail-oriented professional who works well under pressure.

SUNDAY SATURDAY FRIDAY (all hours)

CHILDREN'S LIBRARIAN
The McArthur Library has an immediate opening for a
Librarian, a professional position requiring qualifications for public
library, and a high level of customer service.

LADIES...
Sunday, January 22
AMERICA'S MOST WANTED
The East Coast's #1
MALE DANCE REVUE.
DOORS OPEN AT NOON
SHOW STARTS AT 1 PM

CALL 992-0006!...Every...Every...

Casco Bay Weekly classifieds
775-1234 FAX-775-1615 VISA/MC ACCEPTED

January 3, 1991 93

340-4627

Casco Bay Weekly classifieds
775-1234 FAX-775-1615 VISA/MC ACCEPTED

January 3, 1991 93

340-4627
If you don't like the weather

wait a minute.

If you don't like your oil company

call us.

The Maine winter is something we're all stuck with. Thankfully, you can exercise some freedom by choosing a reliable heating oil company – one that will never let you down.

We're on the road around the clock to keep our customers comfortable, in the nastiest of conditions.

And now, we'll even give you 30 days to pay – at the lowest cash price.

Make the best of winter; weather the season with Good Friends.

Brunswick
Coal & Lumber
14 Spring St., Brunswick
729-9921 or 1-800-339-9921

DownEast
Energy
172 Maine St., Bo. Portland
799-5350 or 1-800-244-5350

ER
Warren
14 Depot St., Kennebunk
985-3356 or 1-800-286-6364

Yarmouth
Fuel
55 Main St., Yarmouth
846-5507 or 1-800-244-5350

*For credit-approved heating oil customers with accounts paid in full.