Sam Carlo, a junior at Portland High School, is talking with the school's principal about improvements in the way non-English speakers are taught.
We don't mean to brag, but, ahem...

Stone Coast

Winners of 1997's Casco Bay Weekly Readers Poll
Best Free Happy Hour Eats!

Stone Coast

Winners of 1997's Casco Bay Weekly Readers Poll
Best Live Music Venue!

We still think $11,000 is a lot of money.

When we started Saturn, we had the opportunity to start from scratch. Which explains why our SL is packed with so much new thinking and technology — like a reinforced steel spaceframe · structure with crumple zones, dent-resistant doors and a powertrain that incorporates a lot of our own thinking. You know, stuff you wouldn't expect to find in a car costing around $11,000.

Libby Zemer, 50, is the kind of volunteer who keeps arts organizations going. At Portland Stage Company, she has given her time to costume work, backstage help, picking up actors at the airport, taking them on Freeport shopping trips, fundraising, organizing an interview team, and just about anything else you can think of.

How long have you been at Portland Stage?

Since the Flood. I got involved back in about '78, 'cause I was at that point responsible for helping to entertain some young executives who were on an exchange program.

Do you mind my asking how you have so much time to volunteer?

Well, I have a husband who had a good job... it's part of the way I grew up. My mother always did this kind of work, and it was always sort of, this community has given a lot to our family, and it's part of the responsibility.

There are a range of needs out there. Why did you choose this?

Well, I tutored kids at the hospital with long-term illnesses, and ran the Junior League thrift shop... I think people's heart draws them one way or the other, and I think you have to do what you will love, whether it's volunteer work or your work. So I... it's not that I haven't done that kind of volunteer work, but I thought that this was the best place for me to contribute.

Interview by Jonathan Adams; photo by Colin Malakie
Looking for a hot tip? Visit JavaNet at 37 Exchange Street, Portland. Or call 1-800 JavaNet for immediate Internet access.

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Needle works
Portland's proposed needle exchange program could save lives, but it needs legislative approval and cash. 

Despite popular support from city officials, health workers and other legislators, Portland's proposed needle exchange program is still months away from the streets. Before health workers can begin handing out free needles and counseling the heroin addicts who receive them, must first gain lawmakers' final approval for the program's granting commission. Then they'll have to find a means to pay for it.

Supporters of a free needle exchange say having to complete those steps could delay the program's start until at least August. Meanwhile, some junkies have no doubt that the continued circulation of used needles, exchanging their needles to deadly victims such as HIV, which causes AIDS, and hepatitis C, is a death sentence. In 1991, state lawmakers decreed the possession of up to 10 hypodermic needles, sharing the way to publicly owned needle exchange programs, like the present ones favored by health officials.

But the bill sponsor, state Rep. Elizabeth Mitchell of Portland, included an unusual requirement that lawmakers must directly approve the program's opening again. Meanwhile, people are sharing needles, knowing Portland will not come aboard. Officials from the state Bureau of Health are to propose program guidelines. Despite the Legislature's newly approved record of new rules, state Rep. Richard Thompson of Augusta, who chairs the committee, said the group will recommend bills. The proposed bill would ban the possession of more than 10 hypodermic needles. Portland, he said, has been asking the Legislature to make new rules. It's another reason why Portland's needle exchange program would open. Nicholson said it would likely be staffed by city health workers, whose wages would be paid by private funding. Portland could then offer the service from the public health office in City Hall, or from a van that would travel to various less

The Legislature's judiciary committee is scheduled to receive the draft regulations for needle exchange programs on June 20. A public hearing is set for 3 a.m. on 3 a.m., at the Division of Motor Vehicles in Augusta.

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The challenge facing Portland educators is to identify what educational program is appropriate for each child's current level of learning and to develop an individual student plan to help them progress. The goal is to provide an educational environment that is academically challenging and multicultural, while also respecting the individual needs of each student. The Portland school district has implemented a tiered system that allows students to progress from a six- or seven-year ESL program to mainstream classes after two years, if they meet certain criteria.

The Portland school system has recognized the need to provide a more comprehensive ESL program to help students make a smooth transition from their home countries to the U.S. The district has also established a multicultural program to help students learn about their cultural backgrounds and the American culture.

The Portland school district has been under scrutiny for its ESL program, with questions being raised about the effectiveness of the program and the support it provides to students. The district has been working to improve its ESL program and has made some changes, such as increasing the number of ESL teachers and providing more resources for students.

The Portland school district is committed to providing a quality education to all students, regardless of their background. The district is working to ensure that its ESL program is effective and that it meets the needs of its diverse student population.
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A vote for chaos
More on the Eastern Prom trail, and other planned experiences

ANDREW GARRAF

This is in response to the essay you have published in the Eastern Promenade ("Walk this way," 12/24). "His law to the wind," 12/25). I have questioned the thinking that has gone into the Eastern Promenade trail. Reading the proposed essays, I am pleased with the intelligent and thoughtful writing presented by Nukara Smith and Sharon Wendel. I am delighted with the careful consideration afforded to the trail design, which I believe has always been an asset. If a paper is written by someone who has been to the projects you have discussed, the statement may be true. The "modern" approach may be the face of our age of planning and design. Certainly, the distance between "all things for all people" and "improvements of community quality" is a different one. The distance between a "quality of life" that has been the hallmark of Portland's urban development projects is a different one. And when I came here 25 years ago, Maine embodied the idea that Portland was a place where people could enjoy a quality of life that was based on community and family and spend the rest of their lives here. Secure access for all will be an achievement of the Eastern Promenade project and every project. Life holds danger, mystery, difficulty and opportunity. The engineering of these factors out of our environment is the cruelest of all. An example of this modern disease is the implementation of a perfect trail around the Eastern Promenade (an ideal place to walk your million-dollar bike). I am very excited about the proposed modifications to the Eastern Promenade trail. I am glad to see that the proposed project will provide a more accessible and enjoyable trail for everyone, including those who use wheelchairs or have difficulty walking.

When I walk through my city, I do not want to lose.

While it might be true that planning for accessibility should be improved, I believe that Portland is a city where people can enjoy a quality of life that is based on community and family and spend the rest of their lives here. Secure access for all will be an achievement of the Eastern Promenade project and every project. Life holds danger, mystery, difficulty and opportunity. The engineering of these factors out of our environment is the cruelest of all. An example of this modern disease is the implementation of a perfect trail around the Eastern Promenade (an ideal place to walk your million-dollar bike). I am very excited about the proposed modifications to the Eastern Promenade trail. I am glad to see that the proposed project will provide a more accessible and enjoyable trail for everyone, including those who use wheelchairs or have difficulty walking.

I know what I want to lose in Portland is the past 25 years for more than I loved what I have gained. The supposedly pedestrian design process produced the Federal Hill Park, the East End, the Middle Street development. The Cumberland County Civic Center, Congress Square and Harbor Station, the empty lots on Fore, Danforth, York and Commercial streets. It was all produced by a process that was more concerned with providing a "product" for the design team than with providing a "process" for the community. I have been a student of this process for years and have been a student of the process for years. It is responsible, informative and entertaining. A large group of dedicated, hard-working students and professors make mistakes. An apology was printed on the front page of the Portland Press Herald.

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We hope you will join us! Thanks for 10 wonderful years!

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Aerosmith blasted out songs soured with obscurity of stage right. "To do," she explains, "is actually become part of buttons carried the less-than-sprightly Undemann. "To have more control over our the winners are nearly always the folks proportion of our image," she says, "is a lesson of recent history.

When a candidate becomes totally持ってこえ、a photo of the candidate campaign of the guy who paid for it. brooches to consider a likeness of marine history. Oldham does not sell.

When the votes are finally tallied, the winners are mostly always the kids with the Mandew advertising materials. Taked the 17010 U.S. Senate race for academically "Chicago, Connecticut—and a large door of Correne Sohon." Oldham gives up to see if he could even get out of the contest."

The '98 election will, no doubt, produce its share of political memorabilia to make campaign pins easy to produce. But a candidate doesn't have to be rich to stick. Simple and stupid works. "One of the candidates was to have buttons carried the last-four digits of your Social Security number, and the Republican challenger caroused the last-two digits of your Social Security number, and to have the campaign of the guy who paid for it. That's because the only way to decipher his name was to turn the button over. A

The weirder the political paraphernalia, the more likely the candidate will get stumped at the polls.

As Dinius. As Maine embarks on another for-tailed election year in 1998, candidates for public office might want to peruse before adopting their campaign buttons, bumperstickers and brochures to consider a likeness of marine history. Oldham does not sell.

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Calm, cool and conversational

When I walked into Portland City Council on the way to make this town a better, gentler place to live, I was eager to see the outcome of the debate on a bill to ban the sale of alcohol after 1 am on Sunday. The Billings Brew Band was playing on the stage in the space that used to be Portland's Panorama. I picked up a cup of steaming coffee and walked over to a table near the stage. The piano was tuned, the room was warm, and the air was filled with the sound of music. This was the kind of place I'd been looking for - a quiet, cozy spot where I could enjoy a cup of coffee and a good book.

I ordered a latte and sat down to read a book. The pages turned easily under my fingers, and the aroma of the coffee filled the room. I was content and at peace, happy to be in a place where I could find solace from the stresses of the day.

I finished my coffee and stepped outside into the cool night air. The stars were shining bright, and the city was quiet. I felt a sense of relief wash over me as I walked home, content and happy to be alive.

I decided to stay a little longer and enjoy the music. The pianist was playing a beautiful piece, and the guitar player was strumming along, creating a soothing melody. I closed my eyes and let the music wash over me, feeling a sense of peace and contentment.

Eventually, I decided to head home. I stepped into the car and drove through the city, feeling a sense of calm and serenity. I was grateful for the simple pleasures of life - a good cup of coffee, a good book, and the soothing sounds of music. It was a night that I would always remember.
Splashing a little color on this drab wintery world
Start with our preformed white pottery, paint your own - returned for a glazed and fired piece!

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A Concert to Support Civil Rights in Maine

"The Maine Won't Discriminate Chorus" (featuring members of The Maine Gay Men's Chorus and Women in Harmony)
"Parody Tonight!" (formerly the Casco Bay Steppes)
"Bits of Broadway" (performed by the Portland Lyric Theater)

January 17, 1998
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Adults: $12, Children $6
Tickets @ Door Drop Me A Line Love Flowers CD Authority

Good news: There’s some pattern to your chaos after all. Using gold and copper foil on tan (or), plus oil paint and oil sticks, artist Martha Oatway shows that opposing concepts can and do exist together. Oatway mixes shapes both rigid and fluid, searching for the overlap between freedom and discipline, the intuitive and cognitive, the organic and inorganic and other unlikely bedfellows, taking the viewer on a journey through the known and unknown. Oatway’s work shows through Feb. 20 at the USM Area Gallery, Portland Campus Center. Hours: Mon.-Thurs. 8 a.m.-10 p.m., Fri. 8 a.m.-5 p.m., Sat. 9 a.m.-5 p.m. 780-5009.

Submissions for the calendar must be received in writing by the Thursday two weeks prior to publication. Send your calendar listings to Allen L. Dammann, Casco Bay Weekly, 561 Congress St., Portland, ME 04101.
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If you suffered damage from the ice storm and cold of '98, get the advice and help you need from the experts at this show.
MAINE HOME & REMODELING SHOW...
January 16-18...
Cumberland County Civic Center

Home Remodeling is Always in Demand
All aspects of home building and remodeling are covered at the Maine Home & Remodeling Show. In addition to contractors and suppliers, a full roster of interior decorators, carpeting, lighting, roofing, and landscaping, plus manufactured homes, kitchen cabinet suppliers, pool installers, modular home manufacturers, log home builders, and painting, flooring and stoving courses are available.

Included in this year's program are Eastern Homes Home Improvement, Normand Home Building, Martini Country Homes, Habitat Plus & DDave Homes, Lloyd's Dri Power, Custom Pools, Blinn's, Goldblatt's, Longwood, Westbrook Pool and Spa, and Maine Rock. Home Center will be displaying the versatility of granite countertops for the kitchen, the bathroom, and the family room with stone fireplace, beautiful master suite plus 3 more big bedrooms. Impressive new home with dramatic 9 foot high ceilings, Transom windows, study, and family room with stone fireplace, beautiful master suite plus 3 more big bedrooms.

Home Financing & Equity Loans are Popular Topics
And, as in past years, learning how to pay for and protect those home improvements is a part of the Maine Home & Remodeling Show's program with representatives from the area's leading lending institutions, mortgage companies and insurers on hand.

Typical of many of the exhibitors offering financial services are Paine Webber, Maine State Housing, People's Mortgage Bank, First Mortgage, G.G. Mortgage, American Express Financial Advisor, along with John Waisman and Prudential Insurance Company. These exhibitors show attendees how to learn first-hand about the home-financing products available to them, as well as how to select the right mortgage broker with the help and expertise of professional mortgage brokers with an average home-buyer only money on interest and points, but also in trying to find the best product or service. Attendees will be able to shop for the lowest competitive interest rates, and talk with representatives about some of the creative financing programs currently available for the seasoned home owner.

Real Estate Professionals Are on Hand...
With the home-buying market heating up during this time of the year, there is an opportunity to talk with experienced real estate professionals from across the state, as well as the seasonal home owner.

HOME FURNISHING PRODUCTS THAT MAKE A HOME
One of the newest ways to begin a home improvement project is to use a professional to help with the planning. Five-year shoppers will have a wide selection of home furnishings to choose from.

Special emphasis is given to the unique, traditional feel of Home Remodeling Show. Maine Red Roofing, new siding, and roofing, insulation, and wall systems are available.

Included in this year's program are Eastern Homes Home Improvement, Normand Home Building, Martini Country Homes, Habitat Plus & Dave Homes, Lloyd's Dri Power, Custom Pools, Blinn's, Goldblatt's, Longwood, Westbrook Pool and Spa, and Maine Rock. Home Center will be displaying the versatility of granite countertops for the kitchen, the bathroom, and the family room with stone fireplace, beautiful master suite plus 3 more big bedrooms.

Energy-Efficiency
Energy-Efficiency is a key theme of this year's show. "McGregor," noted the year's energy-efficient products, "which are designed to help save energy and money." The show's environmental emphasis and the availability of home installation services will be part of the show's distinct character.

The Waterloov Panel System...••
The Waterloov Panel System offers a new dimension to energy-efficient home remodeling with a unique system of electronic air purification. Developed in Connecticut, the Waterloov Panel System is available at major home centers across the state.

The Waterloov Panel System is a non-chemical, non-filtration system that uses electronic air purification technology to remove allergens, bacteria, viruses, and other airborne pollutants from the air. It is a simple, low-cost, low-maintenance system that is easy to install and use.

There are several benefits of the Waterloov Panel System:
- Energy savings: By reducing the amount of energy required to cool or heat a home, the Waterloov Panel System can help lower energy costs.
- Improved air quality: By purifying the air in a home, the Waterloov Panel System can help improve indoor air quality and reduce the risk of respiratory problems.
- Enhanced comfort: By purifying the air in a home, the Waterloov Panel System can help improve comfort levels and reduce the need for heating or cooling.
- Environmentally friendly: By reducing the amount of energy required to cool or heat a home, the Waterloov Panel System can help reduce the environmental impact of heating and cooling.

The Waterloov Panel System is available at major home centers across the state. For more information, quotes, brochures and details, please visit the Waterloov Panel System website or contact your local dealer.

Whether it's the safety of a child, or a pet, the Waterloov Panel System is designed to help keep your home safe and healthy. It is a simple, low-cost, low-maintenance system that is easy to install and use.

For more information, please visit the Waterloov Panel System website or contact your local dealer.

Energy-Efficient Windows...••
Energy-Efficient Windows are available at the Maine Home & Remodeling Show. These windows are designed to help keep your home energy-efficient and comfortable. They are available in a variety of styles and colors to match your home's design.

The energy-efficient windows are designed to help reduce the amount of energy required to heat or cool your home. They are made with high-quality materials and are designed to last for many years.

For more information, please visit the energy-efficient windows section of the Maine Home & Remodeling Show website or contact your local dealer.

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The Maine Home & Remodeling Show...

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• Home Garden Centers
• Cropped Lighting
• Specialty Fertilizers
• Benches & Benches

Now this year is National Health Care Counseling Month so a natural way for us to talk about the importance of getting to know your bodies is by adding to your daily routine. How you can do this is by doing simple exercises that keep your muscles flexible. How about spending time with your family or friends? How about doing something you enjoy and like to do? How about taking a walk around town or even just going for a drive? How about trying something new? How about taking a class or learning a new skill? How about volunteering your time to help others? How about doing something for yourself? How about doing something for your body?

SPECIALTY FOODS ARE NEW

From the kitchen of the region’s finest chefs comes a selection of specialty foods that continue to grow! An expanding variety of fresh produce, frozen foods, and dried fruits are available at wholesale prices. Family members of all ages will enjoy stepping by for the Fun Learning Center, where visitors can experience the thrill of DIY-er learning hands-on activities from America’s #1 Education Publication. Discounted up to 30% from bookstore prices, the specialty foods are available with limited quantities. Elk Family Learning offers an opportunity to learn about these fresh, healthy, and delicious foods.

PRIZES, SOUVENIRS, SKI TICKETS...

Attendees are also able to win great prizes and souvenirs for participating in the event. All availability depends on the event. At the end of the event, there will be a drawing for a variety of prizes, including a $500 gift card to a local business. At the end of the event, there will be a drawing for a variety of prizes, including a $500 gift card to a local business.

USPS "FREE" A CONTINUOUS REVEALED

With such locations as the Internet and the space-station packages being delivered to your door, step in step, we have to forget the responsibilities that came with expecting the globe to be a step by step. The only thing that can be considered "free" are the USPS packages that are delivered to your door.

TEAM RIGHT AT EGYPT

"A" CHORUS LINE

Revival!

Jan. 26

MERRILL AUDITORIUM at City Hall
A Place for Everyone
25 Market St, Portland, ME
Sunday, January 25
8:00 p.m.

B.B. King

Fueled by Big World Productions
at Jean & The Soul Cats
Saturday, January 31
3:00 & 8:00 p.m.

PCA Great Performances
A Chorus Line

Sunday, January 25
8:00 p.m.
Now Open for Breakfast
50 State St. - Portland, ME - 207-774-3360

For truly fine jewelry, you've got to come downtown Mon. through Sat. 9:30 - 4:00
Thursday 9:30 - 8:00

For Ordinary People!
Oak Street Theatre
School for the Performing Arts
Classes start January 26th
Call 775-5103 for a complete schedule.

Springer's
Trusted Jewelers 127 Years
Downtown Portland • 100 Congress St. • 207-774-1633
Mon through Sat 9:30 - 4:00 Thursday 9:30 - 8:00
For truly fine jewelry, you’ve got to come downtown.

January 20, 1998 29

Acting...

Don't miss our Winter Sale
20% off January 14th - 26th
Closed January 21st - 22nd for renovation.

Big Sounds From All Over

A Joyful Noise
An Evening Of Glorious Gospel
Gary Hines and Billy Sheehy
The Silver Leaf Singers
The Maine Mass Choir

Sebago Seconds
Second to None.

Maine, Women's & Children's factory seconds & closeouts.

SEBAGO
WAREHOUSE STORE
55 Husson Drive, Bangor, ME 04401

NEW HOURS
Tuesday, 10 a.m. to 6 p.m., 11 a.m. to 6 p.m.
Saturday, 10 a.m. to 6 p.m.

For truly fine jewelry, you've got to come downtown.

perform ance

Maliun's the jealous husband & the flying doctor
translated by Albert Bormel
'Maliun deftly delineates the passions delighting the eye and tickles the fancy bone.'
Portland Press Herald

Cloning may be the latest rage among scientists, but uniformity has no place in the Orion Ensemble. Formed in 1998 by Roberta Montavc and Bobbies Sam Sher, in fact, the diversity of backgrounds may be the ensemble's greatest asset. Embracing collective experience that includes classical training tobonus Scott, new cellist by painter Jean Gouy and soloist Steve Oyens's performance with such greats as Dizzy Gillespie and Anthony Braxton, the group isn't afraid to pursue a variety of musical avenues — producing a characteristic and vibrant sound. The Orion Ensemble performs as part of the Oak Street Theatre's World of Music series, sponsored by WMPG. Jan 21 at Oak Street Theatre, 92 Oak St, Portland, 7:30 pm.
Tel. 883-5747.

center stage

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Tel. 883-5747.
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review

Reviving old slide of paintings by Richard Wilson is ongoing at The Nightcrawler, 51 Oak St, Portland (Thurs-Sat. 7 pm-midnight). 874-6488. Pragmatic but also rare beauty, Enterprise Records on Congress Street and others not to lose his best name, has come up with a unique idea for an exhibit of his small gallery catalog reached through the Mount Desert and Harry's Door. Where you'd normally see paintings on the wall, but here you'd get a group of empty frames. The thread is woven on an automatic slide carousel mounted on a high platform, which projects images onto the opposite wall. Since opening last fall, Dad has found slides of work by famous painters ranging from Mondrian at the Guggenheim, I've longed since a moment not to The Nightcrawler to see a new retrospective of work by Portland artist Richard Wilson.

Though Richard Wilson is a first-rate artist, it's not easy to find his work in local galleries. Although his work is in a number of private collections, he has always been willing to lend his paintings for exhibitions. His work is often humorous, dealing with the absurdity of mass media, and his paintings are often accompanied by poetic text. He has shown at the Portland Museum of Art and has been the subject of several exhibitions, including "The Natural," a solo show at the Museum of Fine Arts, Boston.

Richard Wilson is a child of the 1980s, and his work reflects the values and attitudes of that era. His paintings often depict scenes of everyday life, but with a sense of humor and irony. He has a talent for capturing the essence of a moment, and his work is often seen as a commentary on modern society.

His work has been displayed in a number of important exhibitions, including "The Eight," a group show at the Whitney Museum of American Art, and "The New York School," a solo show at the Museum of Modern Art. He has also been the subject of several major publications, including "The Art of Richard Wilson," a major retrospective published by Harry N. Abrams. His work is widely collected, and his paintings are often sold at auction for high prices.

Despite the challenges of finding his work in local galleries, Richard Wilson continues to be an important and influential artist. His work is a testament to the power of art to transcend time and place, and to the enduring relevance of the human experience.
Forced farce

PSC's latest serving of Molière fails to charm

JASON WILKINS

The audience can't be faulted for its spirited and long-lasting applause. Indeed, it is almost a shame that Molière fails to charm; it is but another opportunity for a fine production to pass us by. A well-executed piece of theatre can brighten even the most mundane day, and Molière's works are no exception. If the audience is looking to be entertained, then this is the show for them. If not, then perhaps they should consider going to see a movie instead.

BORDERS

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A Casebound Book

The Casebound Book is a great solution for personal use or as a "portfolio" for the artwork, documents, etc. - a great solution for caseworkers to present their clients. The binding is set in the same way that a traditional book is bound. The pages are hinged with Japanese paper so that the pages lie flat for viewing. Each student will create a 24-page album appropriate for personal use or as a "portfolio" in a 24-hour period. The album structure makes this an excellent class. Each student will wind up with a 24-page album appropriate for personal use or as a "portfolio" in a 24-hour period. The album structure makes this an excellent class. Each student will wind up with a 24-page album appropriate for personal use or as a "portfolio" in a 24-hour period. The album structure makes this an excellent class. Each student will wind up with a 24-page album appropriate for personal use or as a "portfolio" in a 24-hour period. The album structure makes this an excellent class. 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performing arts

Dorothy Robinson Lecture Hall and the Stage 1-4 Performing Arts Center hold various events throughout the month. Check the schedule for details.

Health

Asthma and Pulmonary Disease Center offers free asthma and COPD workshops. Call 771-3209 for more information.

Happenings

Star of Sea Dance Kids learn the basics of tap, jazz, and ballet, Wednesdays from 3:30-4:15 pm (4-6 years old). At Casco Bay Movers Dance Studio, 239 Fore Street, Portland.

Summer Camp Fair

Waynflete School Gym, 360 Spring Street, Portland, Maine. Wednesday, January 21, 5:00-8:00 PM.

FREE ADMISSION

$200. "Campership" will be raffled off to one lucky family.

Tickets for the waynflete Camp Fair and more opportunities from New England's favorite camps. Day camps, overnight camps, special interest camps, and more. For more information, call 774-3478.

Bowdoin College Student Union Presents

ARROW

"King of Soca"

 owl dynamic to mis-

 October 12, 8:00 pm

 Free show

 Detailed Smith Union,
 Morrill Lounge

 "Jails, Hospitals & High

 October 18, 8:00 pm

 Tickets $12.50

 Pickard Theater

 all shows are on the Bowdoin campus
 207-725-3375 • For more information

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is high energy & motivating. It's the combination of a fun workout with world-class instruction that makes it a force for fitness.

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will make you want to challenge yourself to improve yourself. From beginners to advanced, KARDO KICKBOX will build a powerful self image, empowering yourself to become your own master.

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is for you. There are classes for people of all ages and all fitness levels.

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Comfort Food in a Cozy Atmosphere

Food cooked with a soulful spirit

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START OFF 1998
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PORTLAND SYMPHONY ORCHESTRA

SATURDAY, JAN. 24, 5:00 p.m.
Cumberland County Civic Center
PORTLAND, MAINE

Robert Russell, director

The Maine Home & Remodeling Show
January 16th, 17th & 18th, 1998
CUMBERLAND COUNTY CIVIC CENTER
PORTLAND, MAINE

Robert Russell, director

The Best Way To Lose Weight And Stay In Shape!

Working out on a TreadMaster® once a day for just 30 minutes a day, 5 times per week, is one of the best ways to stay in shape and stay young in your 50s. With an ongoing workout program on your TreadMaster® for 45 days, you can experience these extraordinary benefits:

• Lose weight and keep it off
• Toned and sculpted lower abdomen
• Tighter buttocks
• Firmer, more defined arms
• Toned back

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"The meals — served in oversized white bowl-plates — are big enough to satiate the truly famished. And the quality's high enough to please even Portland's picky eaters. The menu is wonderfully inventive, with entrees like marinated sirloin with a peppercorn crust served with a braised leek-and-horseradish sauce. Or crispy duck breast cooked up with seasoned cabbage, bok choy and scallions. The wine list is commendable, the service is professional and the surroundings have the pleasantly mysterious feeling of a Far East speak-easy done up in ochre tones."

http://boston.sidewalk.com

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653 Congress Street
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Sunday: 9:30 a.m.-1:30 p.m. - Wednesday-Sunday 5-10 p.m.
In Portland's Arts District near Longfellow Square.
Free parking next door behind Joe's Smoke Shop.
Entrées 6-9+"
When the movie begins, Will is a janitor at the Massachusetts Institute of Technology, where he meets a student named Leonard (Robin Williams) who is fascinated by the idea of a computer program that can solve complex mathematical problems. Will is skeptical, but Leonard convinces him to help write the program. As they work together, they uncover a series of clues that lead them to a hidden treasure.

The film explores themes of friendship, intelligence, and self-discovery. Will Hunting, played by Matt Damon, is a brilliant but troubled young man who has struggled with his past and his identity. Leonard, played by Robin Williams, is a janitor at the MIT who has a gift for finding solutions to complex problems. Together, they form an unlikely partnership that leads to a series of adventures.

In addition to the main characters, the film also features cameo appearances by celebrities such as Snoop Dogg and Bill Murray. The soundtrack includes songs by artists such as Wet Wils and The Lonely Island.

The film was a critical and commercial success, receiving widespread acclaim for its writing, directing, and performances. It was nominated for several Academy Awards, including Best Picture, Best Actor (Matt Damon), and Best Supporting Actor (Robin Williams).
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- Individual Counseling
  799-4229
- Massage Therapy
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- Orthopedic Therapy
  799-4229
- Psychological Therapy
  799-4229
- Yoga
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**African Dance Class**

**LEISURE INTIMACY SKILLS THERAPY GROUP**

Aweekly intimacy skills therapy group is being offered to men and women who are seeking to enhance their experiences and relationships with others. The group is designed to assist in developing skills and strategies for improving communication, enhancing intimacy, and navigating challenges in relationships. The group will be held on Thursdays from 6:30 to 8:00 pm. Please call for more information.

**Light of the Moon**

**Psychic Spiritual Advisor**

**WOMEN OF SIZE GROUP THERAPY**

Large Women Who Wish To Explore Life Issues Group Beginning Thursday, Jan 6th 7pm-9pm Openings Available

**Gotman Whole Health Massage & Reiki**

**Focusing on**

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**GROUP THERAPY**

**WOMEN'S SUPPORT GROUP**

**ANN E. SCHAEFFER**

**GROUP BEGINNING THURSDAY, JAN. 6TH 7PM-9PM OPENINGS AVAILABLE**

For more information contact: The InTown Counseling Center

**The Yoga Center**

**Knowledge Intuitive Tarot & Astrology Readings**

**SACRED BODYWORK**

**Shirodhara**

**A Brief History**

**Focusing on**

**WOMEN'S SUPPORT GROUP**

**GROUP BEGINNING THURSDAY, JAN. 6TH 7PM-9PM OPENINGS AVAILABLE**

For more information contact: The InTown Counseling Center
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EASILY WITH OUR SIMPLE AND EFFECTIVE WEIGHT MANAGEMENT PROGRAM. SATISFACTION GUARANTEED. WHAT YOU WANT TO BE CAN HAPPEN.

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Looking for a sexy partner but am looking to share

Get what you want.

I'm not looking for a sex partner but am looking to

meet a man that will share

my fantasies and will

spend the night with

me.

I am in my 30's and feel like a teenager when in bed.

I like to please and please you.

I am 5'6" and have a

great body and nice to the

eye. I'm a cute chubby

brunette.

I'm a cute chubby 301-854 Marie

looking for

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“From our family to yours,
Thanks!”

A New Year’s message from the Bennett family at Oakhurst Dairy

We are proud to be Maine’s only major family-owned dairy. As the third generation, we owe a lot of our success to the high standards of quality our parents and grandparents established.

But we dedicate this New Year’s message to all the others who help us bring you “the natural goodness of Maine”:

• First, to our Maine dairy farmers, who maintained the top rating of any milk supply in the region.
• Next, our fellow employees at the plant, who once again garnered Oakhurst a perfect score of 100 from the U.S. Government.
• We also salute our route drivers, who safely deliver Oakhurst products fresh to nearly 2,000 accounts from Kittery to Fort Kent, and throughout New Hampshire.
• Finally, the grocers who keep Oakhurst Milk, Orange Juice and more so cold and fresh.

Next time you enjoy a glass of Oakhurst, raise a toast to them. In return, they join us in making this promise to you: to keep delivering the freshest taste in your dairy case for years to come.

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