It's an invisible gas. It can cause cancer.
And it's seeping into the basements of thousands of Portland-area homes.
This tin cannister could tell you everything you need to know about the radon where you live.
What you don't know could kill you.
See page 8.
PORTLAND'S
UNDISCOVERED SHOPPING STREET

UPDATES

LOOKS LIKE A BUS STATION?
Ferry terminal glitches
The face of Portland's waterfront continues to change.
On May 31, Casco Bay Lines opened a new terminal located on the water's edge of Old Port. The new terminal, designed to accommodate both passengers and vehicles, is part of a larger development that includes a restaurant and retail space.

Another one bites the dust?
Demolition or preservation?
Once the bed bugs began scaring away the brick house at 78-78 Park St. Monday morning, the Portland City Councilors' limited control over the preservation of historic sites expired publicly.
Through postponing the demolition of the 19th Century building planned for Winter Street from May 24 to June 6, Casco Bay Lines successfully delayed the city's ability to make a preservation decision.

SAW DAYS IN SPUDVILLE
Sweet Potato Folds
If you're in the habit of picking up Sweet Potato Folds at the supermarket, you're probably wondering where the Sweet Potato Folds have been.
Men prosper, the staff decided to continue to no longer have the Sweet Potato Folds, and that it was probably for a quite a while, and then.

As the task force turns
Karen Sandford's resignation from Portland's Preservation Task Force last Friday picked at the facts that had been haunting the ground created by last year's referendum. For Sandford, the basis for her resignation was her belief that the task force would undermine, rather than support, the 1997 referendum on non-marine related development in Casco Bay.

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The Best Deal in Town-Hands Down!

25 loaded Olds Ciers at

Get the features you want plus Oldsmobile quality at Brown

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2 dr. Coupes  •  4 dr. Sedans  •  Front Wheel drive  •  Tilt steering wheel  •  Cruise control

Air conditioning  •  Electric defogger  •  Power steering  •  Power brakes  •  Automatic

Wire wheels  •  Interval wipers  •  Steel belted radials  •  Touring car handling package

Digital clock  •  Body side molding  •  AM/FM stereo cassette w/ Auto reverse, deck & scan

Door side guards  •  Accent stripes  •  Split divided seats  •  Value options up to $700*

800 Factory rebates  •  Discounts up to $700  •  NO PAYMENTS FOR 40 DAYS*

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Anjon's

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Specials 7 days 11am to 5pm

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Haddock, shrimp and clams served with french fries and cole slaw

YOUR CHOICE

$4.95

LOBSTER ROLL

served with chips and pickle

Dinner

Specials 7 days 11am to 10pm

2 BOILED LOBSTERS

served with lemon and drawn butter

YOUR CHOICE

$9.95

ONE POUND SIRLOIN STEAK

Served with potato or pasta and salad

All major credit cards accepted
The Malling of America

in the weeks since our cover story about the Old Port Exchange area, several of you have expressed your concern about the “malling” of other parts of Greater Portland — specifically the areas in which each of you live. We wanted warning just what it is that makes a place a mall. Smaller cities are places now, and the growth pain we feel is being felt in similar communities across the country. Development is generally viewed as and what lke-minded papers in the nation are saying about growth. Todd Oppenheimer has written extensively about urban planning for the North Carolina Independent. Here are his VIEWS:

Most growing communities like to consider themselves on the forefront of the new American landscape. We’re ripe with pedestrian, walkable subdivisions, shiny office “parks” and short, relatively unencumbered thoroughfares. In truth, if some coming trends are any indication, many cities and towns are still building a land of concrete dinmensions, generally because development is typically designed almost exclusively around the car.

But Los Angeles, the leader in car communities, recently determined that no amount of highway building, mass transit or staggered work hours would solve traffic problems. Instead, L.A. officials determined that the solution is to build shopping centers that are outdoor, public places, in the vein of James Rouse’s carnival-type malls in central parks like Rockefeller Center in New York. Since then, Los Angeles’ use of Rouse’s ideas has been built upon and popularized through retail development. The result: Public gathering spots have been replaced by closed and commercial offices, and traffic congestion has been reduced.

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It's a colorless, odorless, tasteless gas... and highly radioactive.

Created naturally within the earth and released continuously into air and water, radon in the open quickly and harmlessly disperses. Trapped in a closed space—such as the foundation of any building—radon over time can kill anyone exposed to enough of it.

Radon is second only to cigarette smoking as a cause of lung cancer, and state researchers estimate it will kill 75 Mainers this year. More than a third of the houses tested by the state have unsafe levels of radon. Recent estimates from the Environmental Protection Agency (EPA) suggest that when we have a better, sampling; 40-45% of Maine homes may have higher than acceptable levels of radon.

If those estimates are correct, more than 30,000 households in the Portland area may be receiving dangerous amounts of radon. And this dangerous amount received, according to researcher Anthony Nero, may be "at large an exposure of radiation yearly as those people living in the vicinity of the Chernobyl nuclear power plant died in 1986."

Radon is a byproduct of U and thorium decay, with concentration sampling where the decay of potassium-40, a naturally occurring trace element in the earth's soil. In a two-bedroom apartment, the average amount of radon released continuously into air and water. Six people at once can kill the city: the EPA has established a radiation standard for radon. Radon levels below 14 pCi/L (200 picocuries per liter) are considered safe. But in some areas, radon concentrations are up to 30,000 times higher than the national average. Researchers have found that radon levels are related to the age of the building, the size of the building, and the amount of radon in the soil. In general, radon levels are higher in older buildings and in buildings with more outside air.

The state Environmental Protection Agency (EPA) has released figures based on data collected over the last 10 years. The agency has interpreted the Clean Air Act, which requires the EPA to assess the state's radon levels, to mean that all states must establish a radon standard. The state's standard is based on a survey of radon levels in buildings in the state. The survey was conducted by the state's health department and the EPA.

The state has also established a radon reduction program, which includes the following:

- The state provides free radon testing for homeowners.
- The state provides financial assistance to homeowners who test their homes for radon.
- The state provides technical assistance to homeowners who test their homes for radon.
- The state provides financial assistance to homeowners who reduce radon levels in their homes.
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The state's radon reduction program is one of the most comprehensive in the nation. It has been praised by the EPA and other federal agencies for its effectiveness in reducing radon levels in homes.

The short and hard life of radon gas

If you were a radon molecule, your life would be short and violent.

You were born in the lungs of your mother, radon broke up. You live with the shame that your mother, a highly radioactive, brilliant white smoke, was forced primarily to make clock hands and tacky wallhangings glow to the darks.

Your life is short. Your radioactive half-life is just 3.8 days. If you were worth a dollar on Thursday morning, by Sunday noon you'd be worth about 50 cents, and by Wednesday night you'd be down to two bits.

Radon, 228, your great great great grandfathe­ ther, was around when the earth was formed. With a half-life of about 4 billion years, it'll still be hanging out at Dewey's when you're in the rest home as you die, parts of your body float away. Scalp scientists have the god to refer to these decaying bits of flesh as your "daughters."

Your only revenge is that your kids decay even more quickly than you do.

RADI

That pretty much sums up the EPA's position as well. The agency has interpreted the Clean Air Act, which they say mandates an enforceable, as intended by the House of Representatives and the Senate. The EPA says it's not necessary to implement the act because the state has already established a radon standard. The state's standard is based on a survey of radon levels in buildings in the state. The survey was conducted by the state's health department and the EPA.

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RADI
The Maine Real Estate Commission, which licenses all real estate brokers, has mandated that brokers be given the opportunity to have a property tested for radon and offer the test to their clients. Adding a radon test to the real estate addendum is one of the simplest things a broker can do to protect the interests of his clients and the environment.

The commission has guidelines as to what the test should entail. The first step is to place the radon test device in the lowest level of the building. Depending on where you live, the commission's guidelines, which are currently in force, call for the test to be done over a period of three days at the lowest level of the building. The test device is then sealed and sent to the lab. The commission's rules as to who should do the testing, or when the testing is done, the first time a test is done, the foundation of the house, the testing period, and the cost, also vary from state to state.

The real estate commission says that you should be careful to have a property tested for radon if levels were found well in excess of the EPA guidelines, then that apartment clearly would not be fit. The commission was the only way for tenants to determine the radon level in their apartment. Landlords aren't obligated to test for radon.

Anyone can test for radon at an initial cost of less than $50 by purchasing a charcoal container, placing it in an appropriate spot in their building, and returning it to a qualified lab several days later. It's very important instructions are followed to the letter--poor placement or improper sealing could invalidate a test.

If you're interested in learning more, a professional help is available. Regardless of who does the testing, or where the testing is done, the first step is to place the test device at the lowest level of the house. But radon technician Dana Woodbury believes that more people should be shown untrammeled how to do the test properly. She says that many brokers are using the addendum, according to Carol Leighton, who works for the public service in Tolland County. The tried and true method is to place a charcoal container in the lowest level and then turn the test into the lab. The container is placed on the first floor, not in the bathroom or kitchen where moisture and ventilation fans may greatly affect results. A test period of three days is recommended, but a week might be necessary if there is a lot of moisture in the house. The test device is designed to provide two sets of results: one for the charcoal container and one for the charcoal used in the test device, but the charcoal container is not necessary if the test is done properly.

When the test is done, the test technician will send the test results to the client. If the level of radon is high, the client will be advised to do some long-term testing to find out if the levels are consistently high. Do not rush around and begin renesting your life on the basis of one test. Repeat tests are usually done with an alpha tracking device. If the levels are high, you will next be advised to install a ventilation system. The cost is still relatively modest, usually under $60, but more than one alpha tracker is needed for long-term testing.

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If the readings are above the EPA's suggested safety level of 4 pCi/L, you will be advised to do some long-term testing to find out if the levels are consistently high. Do not rush around and begin renesting your life on the basis of one test. Repeat tests are usually done with an alpha tracking device. If the levels are high, you will next be advised to install a ventilation system. The cost is still relatively modest, usually under $60, but more than one alpha tracker is needed for long-term testing.

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If music be the food of love, play on; Give me excess of it... from Shakespeare's "Twelfth Night"
Flying Down to the Beach! Hip and fabulous! For the first time ever, "An Island Woman" will be performed in Nova Scotia by the "Flying Down to the Beach" cast. Showtime is at 8:00 PM. Tickets are $20 each. For more information, call 774-3369.

Barking in New York: "Barking in New York" is an exciting new comedy that will be performed at the Theater at the Center. The show is directed by Rebecca Goodale and features an all-star cast. Tickets are $25 each. For more information, call 774-3369.

High School Musical: "High School Musical" is a hit musical that will be performed at the Maine State Music Theatre. The show is directed by Michael Hurst and features an all-star cast. Tickets are $30 each. For more information, call 774-3369.

The Big Easy: "The Big Easy" is a hit musical that will be performed at the Portland Civic Theatre. The show is directed by Michael Hurst and features an all-star cast. Tickets are $30 each. For more information, call 774-3369.

The Maine Museum of Art: "The Maine Museum of Art" is an exciting new exhibition that will be opened at the museum. The exhibition features works by local artists and will be on display through August 5. Hours: Mon-Fri, 10-4. For more information, call 774-3369.

Winnipeg: "Winnipeg" is a hit musical that will be performed at the Theatre at the Center. The show is directed by Rebecca Goodale and features an all-star cast. Tickets are $25 each. For more information, call 774-3369.

New York: "New York" is a hit musical that will be performed at the Portland Civic Theatre. The show is directed by Michael Hurst and features an all-star cast. Tickets are $30 each. For more information, call 774-3369.

Seattle: "Seattle" is a hit musical that will be performed at the Maine State Music Theatre. The show is directed by Michael Hurst and features an all-star cast. Tickets are $30 each. For more information, call 774-3369.

Saratoga: "Saratoga" is a hit musical that will be performed at the Portland Civic Theatre. The show is directed by Michael Hurst and features an all-star cast. Tickets are $30 each. For more information, call 774-3369.

Vancouver: "Vancouver" is a hit musical that will be performed at the Maine State Music Theatre. The show is directed by Michael Hurst and features an all-star cast. Tickets are $30 each. For more information, call 774-3369.

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## Entertainment Cruises!

This summer, enjoy an evening cruise with Longfellow Cruise Line. Come aboard the Longfellow II for an evening of music and dancing with views of the picturesque Casco Bay. Take advantage of our snack and cocktail bars available on every cruise.

You deserve an evening of entertainment and unique coastal views. Come join us... Longfellow Cruise Line.

### Schedule of Entertainment

<table>
<thead>
<tr>
<th>Day</th>
<th>Date</th>
<th>Time</th>
<th>Band</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wed</td>
<td>June 28</td>
<td>7:30-9:30 pm</td>
<td>Royal River Philharmonic Jan</td>
</tr>
<tr>
<td>Sat</td>
<td>June 25</td>
<td>7:30-9:30 pm</td>
<td>Bellamy Jazz Band</td>
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<tr>
<td>Fri</td>
<td>July 1</td>
<td>7:30-9:30 pm</td>
<td>Royal River Philharmonic Jan</td>
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<tr>
<td>Sat</td>
<td>July 2</td>
<td>7:30-9:30 pm</td>
<td>Bellamy Jazz Band</td>
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<tr>
<td>Mon</td>
<td>July 4</td>
<td>7:30-11:00 pm</td>
<td>Red Lite Revue</td>
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<tr>
<td>****</td>
<td>Fireworks cruise • $25.00 per person  ****</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Thu</td>
<td>July 7</td>
<td>7:30-9:30 pm</td>
<td>Bellamy Jazz Band</td>
</tr>
<tr>
<td>Fri</td>
<td>July 8</td>
<td>7:30-9:30 pm</td>
<td>Royal River Philharmonic Jan</td>
</tr>
<tr>
<td>Sun</td>
<td>July 10</td>
<td>7:30-9:30 pm</td>
<td>Red Lite Revue</td>
</tr>
</tbody>
</table>

Sunset / Harbourlight Cruise: 7:30-9:30 pm • $12.50 per person

Moonlight Cruise: 10 pm to 12 Midnight • $15.00 per person

### New Arrivals Weekly

**A Special Selection of Natural Plant Covering**

**MORE...**

The AMB Project • Dropping Pontoon • Free Antiques, 1905 Irish Pub • Free Fashion and Books • Free Food • Free Theater and Music

**Medication for Men**

Spend a relaxing evening on the Casco Bay with our live music and dance. For more information, contact the Portland Audubon Society at 770-4354.

**Parking Development Clinic**

180 Portland, Free Public Park paw to see the river view. At 7:30 pm. For more information, call 770-4354.

**A Special Event at the Inns of Acadia**

80 Congress, Portland. Don’t miss this special opportunity. For more information, call 770-4354.

**Energy Live!**

Enjoy a night of music and dancing with views of the Royal River and Bellamy Jazz Band. Fri. July 15, 7:30-9:30 pm. For more information, call 770-4354.

****Bellamy Jazz Band**

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(207) 774-3578
Playwright Jim Fisk and director John Boylan have been documenting the characters and stories of the Portland, Maine community. Their latest production, "Fido: I wanted to see how..." directed by Jim Fisk and written by John Boylan, explores the life of a dog named Fido, who becomes the center of attention in a small town. The play examines the relationship between Fido and his human companions, highlighting the importance of empathy and understanding in the human-animal bond.

Fido's adventures are the result of a community-wide effort to raise funds for the local animal shelter. The play is performed at the historic Rundle Theatre, where performances begin at 6 pm and tickets are available. For more information, visit www.fidotheplay.com.
RICE: THE BREAK-FAST OF CHAMPIONS

Tips for weekend warriors

To start off your day the right way or to give yourself an extra energy boost, try these tips for boosting your powers.

1. Springtime: In addition to eating well, it's also important to get some extra energy from the summer sun. To do this, try to eat more fruits and vegetables. These contain vitamins and minerals that help your body function at its best.

2. Summer: In the summer, it's important to stay hydrated. Drink plenty of water to keep your body cool and avoid heat exhaustion.

3. Fall: In the fall, it's important to eat healthy and stay active. Try to eat more whole grains and avoid processed foods. Exercise regularly to stay healthy.

4. Winter: In the winter, it's important to stay warm. Try to eat hot foods like soups and stews. Drink plenty of hot beverages like tea or coffee.

Remember, it's important to eat well and stay active every day to feel your best.

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