3-2-2000

Casco Bay Weekly : 2 March 2000

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The BOOM on the HILL

Munjoy Hill has attracted lots of new residents with lots of new cash. Is this the end of Portland's traditional working-class neighborhood? Chris Busby's story starts on page 8.
Though our regular off-white sale is over, we swear you can still get a great deal on our officially soft organic cotton knit sheets — 30% off regular price!

Get to the Pointe
Dancers of Modern Dances
Warm up for the rest of your body
FINER POINTES DANCE SHOP
511 Congress St., Portland
222-8180

WHEELOCK CAFE
A Contemporary Café
Where You Are The Theme
What is...
Post... Challenging...
Revealing...
Creative...
and from Low Fat to...
POTTERY PAINTING!
Open to all, even those who consider themselves artists!
26 Free St., Portland 775-3004
Mon. - Wed. 10 - 10
Sat. & Sun. 10 - 6
Closed Monday
Information booth is welcome!

O'CLAY CAFE
TASTY PASTA!

WELCOME THE DEPARTMENT OF HUMAN SERVICES TO THE NEIGHBORHOOD

GREAT PORTLAND NATURAL CHOICE
- BULK FOOD - ORGANIC PRODUCE - BULK HERBS & TIMMELS - VITAMINS
- NATURAL & GOURMET GROCERIES - PREMIUM VEGETARIAN & MACARONI LUNCH & DINNER
- BULK HOUSEHOLD CLEANSING SECTION
137 Marginal Way Portland 274-7711 • www.wholegrocer.com
Open 7 days M-Th 9 - 6 • Sat 8 - 6

THE WHOLE GROCER
GET A CONVERSATION WITH DEBORAH RULE

"They've gone through the fire. Life has had its way with us, and what's left are the bones."

Fifteen years ago, Cumberland artist Deborah Rule had a vision: "I imagined a wall full of masks I had made. Each was distinctly different..." Since then, Rule has hand-designed enough masks to cover several walls. Her most recent effort, a pagan series titled "The Bone People," incorporates the skeletal remains of animals.

I'm creeped out by the fact that you make masks out of bones.

These are completely bipedal... I'm颊ressed, there's so much going on here now - cutting bones, collecting bones for a long time and then cutting them up. I think that's beautiful. Their color and their texture... You haven't entirely missed it. Oh sheets!

Talk about a mask together, and you're like, oh, wait, this is definitely a human bone?

No, I ought to have said, "I had a human bone." Like these teeth on that plate - they're the remains of a body. I've been taking bones for a long time and just hanging them up. I think they're No. I might take casts, I'm bleached them, there's no meat hanging on them or anything.

I've been collecting bones for a long time and just hanging them up.

I think they're No. I might take casts, I've bleached them, there's no meat hanging on them or anything. I've been collecting bones for a long time and just hanging them up.

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CITY

Taking to the streets

Portland's needle exchange program closes one of its offices to concentrate on outreach services

BY CONNIE PACELLO

Portland's needle exchange program for intravenous drug users is closing its second office.

The program, run by the city's Public Health Division, has closed its office on the corner of High and Congress streets and will now concentrate on an expanded street outreach program.

According to its new coordinator, Barbara Ginley, the move was necessary due to the program's inability to recruit enough staff to staff the office.

The office, located at 142 High St., Suite 315, will now focus on providing outreach services to drug users, including peer educators who can provide information and support.

The program's move comes after a series of challenges, including a lawsuit by the city's former mayor,, who argued that the program was unconstitutional.

Ginley said she was disappointed by the decision but understands the need to allocate resources to areas where they are most needed.

The program has been operating for more than 20 years and has served thousands of drug users.

The move is expected to increase the program's ability to reach more drug users and provide them with the help they need.
**The BOOM on the HILL**

Munjoy Hill has attracted lots of new residents with lots of new cash. Is this the end of Portland's traditional working-class neighborhood?

**CHRIS BUSBY**

"I feel like a rich poor person," Darien Brahms said from her house on Sheridan Street atop Munjoy Hill. Brahms, a local musician, and her partner, Leyli Johnson, bought the two-unit, late-Victorian property — a house Brahms described as "an old, working-class home" — through Portland's New Neighbors program in December of 1998 for $750 down.

Brahms, whose family is from the Hill, began her adult life in a garity apartment on Federal Street, at the foot of the Hill, in the mid-'80s and gradually "made it to the top." She's representative of the new wave of home owners and apartment renters who've been surging onto the Hill in the last five years: young, middle-class, childless and proud to be part of a history-rich, off-maligned neighborhood in the midst of a full-scale renaissance. Many are New Neighbors like Brahms (the program has helped finance 64 homes on the Hill); others are retirees or out-of-state buyers attracted by (relatively) lower prices. They're all changing the face of the Hill.

Historically one of Portland's poorest neighborhoods — the home of working-class blacks, Italians, Jews, Armenians and other immigrants, as well as Portland's earliest African-American residents — Munjoy Hill is struggling to shed its reputation as a rough place, even as residents worry more about the gentrifying effects of new development than about its long past.

"If it is assuming people have concluded the Hill is a bad neighborhood for a long time," Brahms said, "I am not sure where that came from, other than being where the insurmountable in this woppy town." 

"I had very little role here because there's nothing," the artist who lives on West End Street nodded her quizzical head. "That's gonna to me next." 

Munjoy Hill's 37 streets haven't been this noisy since cars last roamed its streets. Footsteps will again resound from the 102 steps of the newly restored St. Lawrence Church, which has opened for community gatherings this spring. Banging hammers, snarling saws and whining power drills can be heard all over the Hill, as new home owners and entrepreneurs renovate once-empty houses and build on the crest of the economic boom.

The benefits of this economic revival haven’t yet penetrated the pockets of power houses inside the neighborhood — sociological "eyes peas," said Ben Dudley, the Hill’s state representative. "However, there’s a water view, maybe a view of downtown, then you’ll get some people in here. But when you get into the neighborhood, it’s still a very real, very poor neighborhood.

Hill families are struggling at the same time young couples, singles and out-of-staters are rediscovering "Portland's First Neighborhood.

According to demographic statistics recently compiled by the Hill neighborhood’s Web company that compiles statistics for the real estate industry, the median income of Munjoy Hill households, however, is $29,458, slightly more than half of that of Portland as a whole. The average income of Hill households, with children, however, is $32,507, not far below the $36,216 of Portland families with children. Incomes are near the poverty level, qualifying them significantly in the next five years, prompting Portland School officials to consider closing Adams — a course of action sure to provoke vigorous opposition from the neighborhood's parents and community leaders.

"Wherever there's a water view or maybe a view of downtown, then you've got some people of means. But when you get inside the neighborhood, it's still a very, very poor neighborhood." — State Rep. Ben Dudley

In order to secure state and federal grants, the developer's owners, Mountfort Housing Limited Partnership, had to turn out residents who made over 80 percent of the current median income — $37,600 for a single person or $57,000 for a family of four, though Mountfort provided those displaced with $1,500 to defray relocation costs, the former tenants still must find homes in Portland's tight housing market.

As new money and new residents surge in, some fear Munjoy Hill is in danger of losing touch with its identity as a diverse yet close-knit neighborhood of working families and asphalt workers. Mountfort Housing Limited Partnership is working to preserve the area's unity with efforts to ease housing pressures by offering affordable, below-market rents for some of its predominately two- and three-bedroom townhouses.

As buildings are fixed up and become more affordable housing there is recently displaced some residents of Munjoy South, a 140-unit complex off Fore Street. As new money and new residents settle in, some fear Munjoy Hill is in danger of losing touch with its identity as a diverse yet close-knit neighborhood of working families and asphalt workers. Mountfort Housing Limited Partnership is working to preserve the area's unity with efforts to ease housing pressures by offering affordable, below-market rents for some of its predominately two- and three-bedroom townhouses.

The Hill's base in 1659. The local Indian tribe was less than pleased with his plan and built a fortified garrison at the foot of the hill. Samuel Cleaves, a Saugus blacksmith and mill owner, built a forge in 1661. The local Indian tribe was less than pleased with his plan and built a fortified garrison at the foot of the hill. Samuel Cleaves, a Saugus blacksmith and mill owner, built a forge in 1661. The local Indian tribe was less than pleased with his plan and built a fortified garrison at the foot of the hill. Samuel Cleaves, a Saugus blacksmith and mill owner, built a forge in 1661. The local Indian tribe was less than pleased with his plan and built a fortified garrison at the foot of the hill. Samuel Cleaves, a Saugus blacksmith and mill owner, built a forge in 1661. The local Indian tribe was less than pleased with his plan and built a fortified garrison at the foot of the hill. Samuel Cleaves, a Saugus blacksmith and mill owner, built a forge in 1661. The local Indian tribe was less than pleased with his plan and built a fortified garrison at the foot of the hill. Samuel Cleaves, a Saugus blacksmith and mill owner, built a forge in 1661. The local Indian tribe was less than pleased with his plan and built a fortified garrison at the foot of the hill. Samuel Cleaves, a Saugus blacksmith and mill owner, built a forge in 1661. The local Indian tribe was less than pleased with his plan and built a fortified garrison at the foot of the hill. Samuel Cleaves, a Saugus blacksmith and mill owner, built a forge in 1661. The local Indian tribe was less than pleased with his plan and built a fortified garrison at the foot of the hill. Samuel Cleaves, a Saugus blacksmith and mill owner, built a forge in 1661. The local Indian tribe was less than pleased with his plan and built a fortified garrison at the foot of the hill. Samuel Cleaves, a Saugus blacksmith and mill owner, built a forge in 1661.
The neighborhood was literally moving up the Hill like a tide.

— Linda Hogan, executive director of the East End Children’s Workshop.

The newest hottest neighborhood in town

The energy (from the REW project) is moving up the Hill, said Linda Hogan, executive director of the East End Children’s Workshop, whose Family Workshop complex is now the "gateway" to Munjoy Hill, a near the center of Washington Avenue and Congress Street. "The other energy push is from Marginal Way being developed. When you have Commercial Street and India Street parking from one end and Marginal Way waving from the other. The energy is literally moving up the Hill like a tide.

Waterfront issues should all be addressed with the Hill in mind. "There's the potential for something of the highest quality to happen, but there's also potential for a lot of mess," he said. "It's hard to find good retail spaces you can afford."

"Some of the locals may see change as something dangerous of losing [its roots]. A significant portion of the population is struggling to redefine its identity."

While Palmer is sensitive to the character and history of the neighborhood, he finds his business can grow with it. "Some of the locals may see change as something dangerous of losing [its roots]. A significant portion of the population is struggling to redefine its identity."

Like Palmer, Trettel is sensitive to the character and history of the neighborhood, and finds his business can grow with it. "Some of the locals may see change as something dangerous of losing [its roots]. A significant portion of the population is struggling to redefine its identity."

As the planning process continues, Sprague believes parking, retail, commercial development and infrastructure issues should all be addressed with the Hill in mind. "There's the potential for something of the highest quality to happen, but there's also potential for a lot of mess," he said. "We can't afford to lose it all. We can't afford to lose it all. We can't afford to lose it all."

Parking is still accessible. There's tons of walk-up traffic."

"What's good is everyone, especially the businesses, were supportive of the programs going on on the Hill, ought to be supportive of the programs going on on the Hill, ought to be supportive of the programs going on on the Hill.

"It's hard to find good retail spaces you can afford."

"Some of the locals may see change as something dangerous of losing [its roots]. A significant portion of the population is struggling to redefine its identity."

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"Things on the Hill are just going to pop like you wouldn't believe, I showed one house 18 times."

— James Griffin, real estate broker

Baron hopes Hill residents will still tell their friends to get in on the ground floor. "We're not going to be able to get this kind of exposure again," she said. "I think we've lost a lot of our momentum because of the recession."

Peter O'Donnell may not know what's going to happen, but he has been on the school board if Adado is at stake. O'Donnell, who represents Munjoy Hill on the City Council, said he is not going to the next school board being run by current Councilor George Carey, who is a graduate of the University of Maine in Orono.

"I think there's a lot of nervousness out there," he said. "The people who I think would be very supportive have been out of commission."
Station Blues

Why spend $1.3 million for a temporary main station? That’s a question Portland city councilors were asking at their Feb. 28 meeting. It sounds like another of the bureaucratic smear campaigns that have been plaguing the notion of passenger trains in Portland for more than a decade.

The Portland main station was supposed to be located on the stem at Lake Street Corner, but the Armory project was canceled in January. Now, the city is looking at spending $1.3 million to extend the line. Even if that happens, it will take at least two years, and probably a lot more time than that, to build the new station.

Jeff Hyatt, the city’s transportation director, and the Sewall Street station will also be used as a pedestrian/pedestrian facility. Currently, Portland’s main station is a bother to service trains than Bayside or East Deering, where it would disturb

1.20.00 (entitled “Stop printing ignorant muck,” I wish to advertise in and distribute CASCO BAY WEEKLY

CBW's weekly in town that sometimes actually does some real

Superintendent Mary Jane McCalmon, you quote me as:

Mercy said Sewall Street is a better

impressive

standard for respect, fairness and truthfulness needed in

go.

I could help her: GET THE FUCK OUT OF TOWN ruthless and could turn a trick on everyone who crossed her

Gover years: “An art scene in South

priced out of the area.

Waiting for the point

in staging “Waiting for Godot”

Judy is one of the most important thinkers of the 20th century, out of Maine. Was

in the Feb. 17 “News-o-rama,” there was a note

Arts coverage in Portland, and all of

The arts and arts-related businesses and organizations that were

it is too bad that CBW can’t have a place on

“Waiting for something interesting,” 2.24.00), this effort

talent passed his test. What a

Mr. Wilkins sums up the source of this collective

before the local talent. And make sure she’s carrying your flag.

waiting for a railroad station

Or is it the latter which is really boring

boredom is the object of aesthetic

appreciation, a subject central to any

unbelievable. To make fools out of the ignorant. To

Treat Beckett as a phone book; it is

Mr. Wilkins is a very, very boring

I couldn’t help but wonder if a similar appeal to local

Were it not for Mr. Soul’s venues - not to mention shelling om

enough thought and research into the

as we as

a question Portland city councilors were asking at their Feb. 28

and the city extended train service to the north of the city. The extension would not reach downtown to between 209 and the Portland main station would be

1.20.00 (entitled “Stop printing ignorant muck,” I wish to advertise in and distribute CASCO BAY WEEKLY

56’ eong 51..

Casco Bay Weekly welcomes your letters. Please keep your thoughts

less than 300 woMs (longer letters may be edited for space reasons),

Paul

Or is it the latter which is really boring

unbelievable. To make fools out of the ignorant. To

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56’ eong 51..
Martin's legacy
Exploring the dark side of roller-skating

ARTS, ENTERTAINMENT, WEIRDNESS

Don't reach up and sprawl against the rink at Happy Wheels in Portland.

By Sarah Fazio

Arsenal

To a skater, which is another way of saying I'm right and you're wrong

Long before I ever saw a wheelie or even a wobble, I was told by two

Many a time I've been told that the idea that roller-skating is a

Dale explained his way was from the
time before there was a helmet, something he

When we've tried to explain to you that

I was afraid of skating. This was the only way

I wasn't afraid of skating. This was the only way

I had only learned to skate as

I was afraid of skating. This was the only way

I was afraid of skating. This was the only way

I expected some response from my peers about

I'm afraid of skating. This was the only way

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I was afraid of skating. This was the only way
MUSIC

Thursday, March 9th

The Bitter End presents two CDs and a show.

Friday, March 10th

New Expanded Menu including

Across from Union Station

~ Running Budweiser

Fax: 207-774-1959

Take Out Delivery

Tenor saxman Kyle Coulton might

The title implies, Frahm is the title of Frahm's

Rib Room, 157 High St, Portland, at 8:30 pm. Tix: $10-$12, $7 students and seniors.

Frahm and drummer Rick Montalbano, 40 disease

Said it's the title of Frahm's

Rib Room.

Saturday, March 11th

Easy Reader's Pub, 87 Commercial St, Portland.

Sunday, March 12th

~ Running Budweiser

Fax: 207-774-1959

Take Out Delivery

Tenor saxman Kyle Coulton might

The title implies, Frahm is the title of Frahm's

Rib Room, 157 High St, Portland, at 8:30 pm. Tix: $10-$12, $7 students and seniors.
SUNDAY, MARCH 5
- ROCK-OFF FINALS

Young Americans have some funny ways of dancing. Some stamp around in a rhythm known as "swing," while others dance with a "rock" to a steady rhythm. The music of the Greek dance "batoto yetu" is accompanied by pounding percussion. They dance in groups, wearing traditional African clothing. This event is a great way to experience different cultures.

SATURDAY, MARCH 4

- BATOTO YETU

The Greek dance "batoto yetu" will be performed at 8 PM at the Central Maine Civic Center. The dance is accompanied by traditional Greek music, creating a festive atmosphere.

FRI., MARCH 3

- TAI CHI

Tai Chi is a traditional Chinese martial art that focuses on slow, graceful movements and deep breathing. It is known for its health benefits, including stress reduction and improved balance. Join in the morning for a quick pick to start your day.

THURS., MARCH 2

- TAI CHI

Tai Chi is a traditional Chinese martial art that focuses on slow, graceful movements and deep breathing. It is known for its health benefits, including stress reduction and improved balance. Join in the morning for a quick pick to start your day.

WEDNESDAY, MARCH 8

- COOL TUBES

Join us for a fun and relaxing evening at Cool Tubes, where you can cool off and have fun on the water. This is a great place to unwind with family and friends.

TUESDAY, MARCH 7

- ROAD RAGE TOUR

This tour is perfect for those who love to see the sights. Join us as we explore the beauty of Portland, Maine, with a tour guide who knows the city like the back of their hand. You'll see landmarks, scenic spots, and hidden gems that you might not have discovered on your own.

TUESDAY, MARCH 7

- FAT TUESDAY MARDI GRAS SPECIAL

Join us for a fun-filled Mardi Gras Special at 7:30 PM at the State Theatre. Enjoy live music, delicious food, and a lively atmosphere. Tickets are available for $20.

SUNDAY, MARCH 5

- DONATE YOUR CAR, BOAT OR CAMPER

Donate your used car, boat, or camper to the National Kidney Foundation of Maine. Your donation can help support programs for patients and families in Maine.

- CASCO BAY WEEKLY

The Casco Bay Weekly is your source for news and information about the Portland area. Stay connected with the latest events and happenings in your community.

- GEORGE RABOS

Monday, March 6

- Refinding My Way

The Refinding My Way exhibition features works by 16 gallery artists at the Gallery at 108 High Street. This exhibit showcases a variety of styles and mediums, offering something for everyone.

- TIMOTHY CICHOCKI AND TONY BALDWIN

The Portland Toastmasters Club presents "Quick Picks" through "Best Of" on Thurs., March 2 at St. Luke's Universalist Church, 15 Pleasant St., Portland, at 7 PM. Tickets are available for $15/20.

- TIMOTHY CICHOCKI

Timothy Cichocki gives a lecture on "Steps We Can Take toward the Civil Rights Movement" at the Portland Toastmasters Club. Tim is a member of the Executive Board of the national Toastmasters and provides leadership for the Portland Toastmasters Club. The lecture is open to the public and is a great opportunity to learn more about the Civil Rights Movement and its impact on society.

- WILD GINGER

Wild Ginger is a great spot for a quick meal or a leisurely dinner. Try their delicious Asian-inspired dishes and enjoy the cozy atmosphere.

- MELA EGÒ

Mela Ego is a unique store offering a variety of traditional and contemporary African clothing, jewelry, and accessories. It's a great place to shop for handmade items and support local artisans.

- SALE!!

Great savings at our annual winter sale! 50% OFF most clothing available through April 10. Visit us for a wide selection of clothing, accessories, and home decor.

- TEAPOT SHOW & SALE

The 6th Annual Teapot Show & Sale opens on March 9, 6-8 PM. Featured are antique and collectible teapots, cups, and other collectibles. The event is held at the Portland Civic Center, located at 617 Congress St., Portland.

- CLASSES BEGIN February 29

Classes will be offered in February, March, April, May, June, and July. Check out our schedule for a variety of classes, including ceramics, pottery, painting, and other creative arts.

- BRACKETT STREET VETERINARY CLINIC

Brackett Street Veterinary Clinic specializes in small animal care. Services include vaccinations, flea and tick control, and pet grooming. Contact us for your pet's health and wellness needs.

- PORTLAND POTTERY

Portland Pottery is a community pottery studio offering classes, workshops, and sales. They are open Mon.-Sat. 9-5, and offer a range of clay and metalworking classes for all ages and skill levels.

- CALL SOON • SPACE LIMITED

Call us today to reserve your spot in our upcoming classes and workshops. We have a variety of options available, including pottery, glassblowing, and jewelry making.

- CLAY & METALSMITHING CLASSES

Clay & Metalsmithing classes are available at Portland Pottery. Contact us for more information on our upcoming classes and workshops.

- CASKET/CASKET LININGS

Casket/Casket LININGS are available for purchase at Portland Pottery. We offer a variety of options to suit your needs and preferences.

- PORTLAND • 727-3334

Visit us at 118 WASHINGTON AVENUE in Portland for all your clay and metalworking needs. Call us at 727-3334 for more information or to schedule a class.

- THE CENTER FOR EXCHANGE

The Center for Exchange is a nonprofit organization dedicated to the promotion of cultural exchange. They offer a variety of programs and events, including workshops, lectures, and performances. Visit their website for more information.

- LEIMO

Leimo is a young Angolan dance troupe led by Julio Leimo. Translated as "our children," they perform traditional African dances and percussion. Leimo has been practicing with Leimo during his residency at the Center for Cultural Exchange. The event is open to the public and is a great opportunity to see these talented dancers perform.
OPENING


GALLERIES

Found Art

Tossing a pebble in a psychedelic pond

There is a lot of something wonderful to be found dovetailing the commonplace and McLuhan's Christlioth is almost on the horizon.

When he discovered a house rat outside his studio, Christlioth, a particle who teaches art at the University of Pennsylvania, bought a cat and let it eat a rat. The placement was not

opened and unexpected but something happened when Christlioth heard and saw a "This accidental juxtaposition of geometric and animal form was like a pebble in a pond." he wrote in an article's statement accompanying an exhibit of his work at the Edmonds Council Gallery in Woodstock. "Like waves of a stream, associative and holistic messages spread outward from that single "art" statement.

He went on to make a painting of a butterfly, then a bird, a fish, a spider and a wild cat with Christlioth Edison's precious around a whole plate. On which never the bed. The table setting meets to result against an endless essay complete with concrete social and delirious terms.

Christlioth's always knew right away what such picture symbols should be presented with complete urgency. "Tell me, if ever there was a thing that I could do with the way they move," he said, "I think these are unconscious revelations for them." He compared the style of the color spectrum magic images into five traditions in which whose use fantastic color to enhance the illusions: "They're real" but with an air of something spiritual about them. "And," he said, "they're always apparent."

FIND ART'S

Found Art, 7 East 4th St., Portland

SUBMISSIONS FOR THE VISUAL ART SECTION

Subscription to the visual arts section should be received two weeks prior to publication. Send to Claire Costigliola, Creative Resource Center, 273 Main St., Yarmouth, ME 04096-2191.

VISUAL ARTS

OTHER VENUES

The Suicide Machines adapt so well to this new radio-friendly sound, it's hard to believe they haven't been doing it all along. Songs like "Temporary I Don't Mind," "Permanence Holiday" and "Gangs" are so catchy and fun that the issue of selling out seems a bit silly. And they haven't lost any of their raw, punky power. "Einstein," "Goodbye for Now" and the shocker "I Hate Everything" show they still got it in ya. Many songs have a sheen of pop drive and they continue to have a nice sense of humor. The first single, "Temporary I Don't Mind," is in love sung to a hug and a "I Never Promised You a Garden" for the fastest part come in at a long time. Whether they're old or not, the Suicide Machines make some terrific music.

The Suicide Machines play the Stink, 625 Congress St., Portland, on Thurs., Mar. 9 at 9 p.m. Info: 870-7979.
All hands

This season at the Portland Trailblazers, coach Dr. David S. Hurst, MD,762 Auburn St., Portland 878-5510, looks forward to seeing Food-Mold-Dust Chronic sinusitis, bronchitis or ear infections? appointments available to treat?

Miss Oregon and other local beauties will be among the participants in the upcoming Food-Mold-Dust tournament. The event will be held at the new arena in town, which is expected to open next month.

David S. Hurst, MD
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MARCH 2, 2000

MOVIES

Women's Basketball

Women's Basketball

Women's Basketball

Women's Basketball

Women's Basketball
Dear Personals Lady,

I'm a 27-year-old woman, looking for someone who is similar in age and values. I am kind, honest, and looking for a serious relationship, not just a fling. I have a great sense of humor and enjoy spending time with interesting people. If you're looking for a serious connection, please give me a call. Thank you.

Sincerely,
[Name]
Do You Have Asthma?
We need your help to study an investigational medication for the long-term management of asthma.

Participate In The Study Must:
- Be 13 years of age or older.
- Experience asthma symptoms more than twice a week.
- Use a bronchodilator (a drug that helps tighten the lungs to expand) but still be experiencing symptoms.

You may receive compensation for your time.

To learn more, call the Asthma Treatment Study at 207-774-9839.

The Asthma Treatment Study

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Providing a special massage technique called "Massage Therapy". Refine your body with various therapeutic modalities. Change routines to make the massage more effective. 2 regular schedules, beginning September and January.

Speci/ists in "Massage Therapy" work closely to implement the care for you. Special. The programs in 2000 can be conducted by 10000 's of licensed and medically trained practitioners.

Call the office at 207-777-2111.

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### WEEKLY WELLNESS DIRECTORY

#### Casco Bay Weekly

**Douglas Smith, M.D., F.A.C.S.**
Psychosurgery of Maine
35 Harborview Dr., Eastboothbay
761-1616

**Christopher Reed, D.C.**
Chiropractic
drugless treatments of all ailments
722-5878

**Brendan O'Sullivan, D.C.**
Chiropractic & Physical Therapy
32 Franklin St., Portland
722-8700

**In Touch Professional Massage**

dr. lindsey levie, P.T., O.T.R.
124 High St., Portland
722-8780

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**The Yoga Center**
377-0593
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Recent research shows that people who exercise regularly significantly improve physical health, emotional well-being, and mental stability. Exercise has a positive impact on various aspects of health and can help maintain a healthy weight. Regular exercise can also reduce the risk of chronic diseases such as heart disease, diabetes, and certain types of cancer. It is essential to incorporate physical activity into daily routines to maintain optimal health.

#### Tai Chi Classes

**Takayama Health Center**
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### Light of the Moon

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### Parenting Group

**CHRISTOPHER BEACH**

**TAI CHI CLASSES**

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**LIFEWORKS CHIROPRACTIC CENTER**, Portland, Maine, 797-5544

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### DATING SERVICES

**BETTER THAN EVER!**

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### THIS PERSONALS PAGE

**THE PERSONALS START ON PAGE 21!**
Others...

men seeking:

- Athletic, 30s, seeks bi-curious SWF, non-smoker.
- Seeking a fun, adventurous guy.
- SWM, looking for something different.
- SWM, interested in discrete encounters.

women seeking:

- Seeking a fun, adventurous guy.
- SWM, looking for something different.
- Seeking a discreet relationship.

couples seeking:

- Married couple, seeking discretely.
- Couples, looking for adventurous encounters.
- Swinging couples, seeking like-minded individuals.

Additional classified ads are available in the full document.
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