Powerlifters defy gravity in South Portland

By W.D. Cutty

In the crowded atmosphere of the Southern Maine Technical College gym, Ashley Cowan, her gaze transfixed by the ceiling, stood transfixed by the ceiling, her mind set on the task at hand. She knows what she has to do, and she will do it.

The weight of the barbell, a personal record for her, rests upon her shoulders. The crowd, a mix of spectators and fellow competitors, watches in anticipation. The judge's whistle cuts through the air, signaling the start of the lift.

Cowan, arms locked, back straight, her knees braced, her mind focused, pushes up through the layers of human fragility and self-doubt, up through the laws of physics and the inescapable demands of entropy and gravity, up through decades and centuries of subservience and gender politics, up through several highly practical and very intelligent reasons to just drop the behemoth on the floor.

And then she stands there, knees locked once more, in control, a look of mild amazement on her face, as the judge tells her she's put the bar back in the rack. When she does so, it's no small feat she's just accomplished, she's just defied gravity, just defied the laws of physics.

That's 518 pounds, people. It's a world record. It's a personal record. It's a testament to Cowan's strength, her dedication, her perseverance.

It's true. Be impressed. Be very impressed.

Continued on page 12
Tenants group guards Parkside buildings

Tenants in Portland's Parkside neighborhood have formed an association of people concerned about the future of their buildings, which face foreclosure by two local banks at the end of the month.

Patrick Winchester, president of the Portland Tenant's Association, said he had formed the group after learning that Fleet Bank of Maine and Peoples Heritage Bank are planning to foreclose on 24 Parkside buildings owned by Tenants in Portland's Parkside neighborhood have formed an association of people concerned about the future of their buildings, which face foreclosure by two local banks at the end of the month.

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When was the last time you had a REAL Sliced Sirloin Sandwich?

PERSIAN JEWELS FROM ISFAHAN

Flame silk and wools on a silk foundation.

RICHARD PARKS GALLERY

March 11, 1991

When was the last time you had a REAL Sliced Sirloin Sandwich?

Persian Jewels from Isfahan

Flame silk and wool on a silk foundation.

Birds, animals and flowers abound.

600 knots per square inch.

Limited quantity.

Superb quality and condition.

Purchased, along with other five rings, from a MIDDLE EASTERN collector and friend.

Discover...

"The Maine Source of Persian Rugs."

Since 1974.

HARD CIDER FARM

NRICHARD PARKS GALLERY

Mam's Largest Collection of Classic & Contemporary Furniture

Special Purchase from Greenwich

Estate Price $999.

Unconditionally priced at $495.

PERSIAN JEWELS FROM ISFAHAN

Fine flame silk and wool on a silk foundation.

Marvelously bright.

Birds, animals and flowers abound.

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Many Paths One Source
Celebrate the Season of Regeneration

PALM SUNDAY
Waving the Frons! Fanning Ourselves! Just Saying "YES"! Do or more really something to celebrate? Worships Service—10am

MAUNDY THURSDAY
Many Pastas, One Sauce
Join us at 6 pm for Communion and Supper

EASTER SUNDAY
SUNRISE MEDITATION—
From darkness into light
Call for details WORSHIP SERVICE—10 am Birth and Rebirth, the beginning of new life

Newsmens
Weekly
(Continued from page 1)
The 1989 Maine referendum produced a 22 percent majority in support of the ban. Referendum organizers had gathered more than $100,000 before the vote, but in the end, only 20 percent of voters had turned out to vote. The ban was one of five votes chosen for Navy night.

Activists say donkey basketball is as bad as wass. A fund-raising basketball game in which players ride donkeys has been created at a Brunswick High School because the principal says he wants to avoid an animal rights protest.

Many Miller, principal of Brunswick High School, said he doesn't object to donkey basketball, but wants to avoid the confrontation in the middle of a debate or controversy.

People for the Ethical Treatment of Animals is planning to stage an "educational prompt" outside the gymnasium because the event transfers to donkeys, said Mario Miner, a member of the animal rights group.

"The last place this should ever get to be is in an educational setting," Miner said. By permitting the game, "we are promoting sexual abuse. And the adults are laughing at the kids doing a good thing," he said.

Miner went on to suggest that we need to find new ways to raise money for schools or charities, and for the deposits in Brunswick High was set to pay, he'd like the school and the game to go two.

Donkey basketball games are commonly held to raise money for schools or charities, and for the deposits in Brunswick High was set to pay, he'd like the school and the game to go two.

Games have been held during the last month in Kennebunk, Oakland, Belfast and Rockport.

Local group wants Munjoy Hill Church
A group of Portlanders are trying to raise $2 million to buy the Munjoy Hill Church of Oak Hill and turn it into a cultural center.

If it could work in a training place where Portland has grown, "then community could find a way to make the space," according to Kiko Arata, one of the group members.

The effort is being led by Richard Barnes, a Portland attorney, and Arata, who is president of the Japan American Society of Maine.

They are seeking a $10.2 million grant from the Shogun Foundation International Friendship Association in Japan to buy and renovate the former church, which has not been used since 1986. Portland has a sister-city relationship with Sogun. The Shogun Foundation will contribute $3 million to the purchase.

The group is also seeking a donation of $5 million from the Portland Community Development Corporation and $1 million from the Portland Community Development Committee.

The proposal is due March 23.

PEAKS group eyes abandoned cars
The Peaks Island Neighborhood Association wants an abandoned 20 abandoned cars and never parked in the streets and stiffer penalties imposed on residents who abandon cars.

George Germain, a member of the association, said a proposal developed by residents of the island and police who for more stringent vehicle registration laws and fees for owners who ignore ordinances. Presently, cars can be registered on the island for $10 and do not have to be registered.

The plan also parking to one side of the street in Walking Street parking lot spaces and would serve as a rest between this and the donkeys.

And the adults are laughing, said. Because permitting the game, "we are promoting sexual abuse. And the adults are laughing at the kids doing a good thing," she said.

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The Big Deal
Free 2nd set of prints plus Free film every day of the week!

STOP and smell the FLOWERS
and have DINNER afterwards!

Michael Liberty in his office above T.G.I. Friday's.

Bay Weekly
33 Bayview
Free 2nd set of prints plus Free film every day of the week!

pictures bring it home.

Every Day:
12 EXPOSURES 2.99 plus tax
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STANDARD SIZE GLASSY PRINT FROM 1.126 DISC AND 135 COLOR FILM C-41 PROCESS 53.42

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and have DINNER afterwards!

10 stores in Maine and Verizon included:

Wells, Ogunquit, York, Kittery, Biddeford, Saco, Portland, Auburn, Bangor, Lewiston, Freeport.

STOP and smell the FLOWERS
and have DINNER afterwards!

How?
Purchase twenty-dollar gift certificate
21 Pleasant Street Portland 717-0614

and receive:

LOVE FLOWERS
19 Pleasant Street, Portland 773-6602

FLAT RATE $29.99

and order:

Bouquet of Lilies

$99.99

LILIES

only at

135 S. John St., Portland 761-1580

Stop and smell the flowers...and have dinner afterwards!

CAAsco

...and receive.

...and have dinner afterwards!

and order:

Bouquet of Lilies

$99.99

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Stop and smell the flowers...and have dinner afterwards!

CAAsco

...and receive.
WASHINGTONians, including Patricia L. Riley, director of state tourism, talked about the importance of tourism in the state. Riley said that the tourism industry is a major employer in the state and that it is important to continue to support tourism initiatives. She also mentioned the need for continued funding for tourism programs and the importance of promoting the state's natural and cultural resources.

Another speaker, a representative from the state's Department of Transportation, discussed the need for continued investment in transportation infrastructure to support tourism. The representative emphasized the importance of improving road conditions and providing access to tourist destinations.

A panel of experts from the state's Department of Education and the Department of Natural Resources also discussed the role of education and natural resources in supporting tourism. They emphasized the importance of providing visitors with accurate information about the state's attractions and the need for continued investment in natural resources to support tourism.

A representative from the state's Department of Agriculture also discussed the role of agriculture in supporting tourism. The representative mentioned the need for continued investment in agricultural tourism initiatives and the importance of promoting the state's agricultural products to tourists.

The Washington Area Tourism Association also provided information about tourism in the state. The association highlighted the diverse range of attractions in the state, including natural and cultural resources, and emphasized the importance of supporting tourism initiatives to benefit the state's economy.
DEFY GRAVITY

Continued from preceding page

Nice and tight

Your average-sized powerlifter is a 20-year-old male with an
187/2-in. chest and an 81-in. waist. His developmental
imbalance has been a byproduct of overcompensation and
the unnatural Arnold Schwarzenegger template. With its
emphasis on normal social intercourse, the most of his
world is happy to have him—body building, ecstasy
sweating at the sports back—in the guns. However, a quick
look around the gym of SMTC as March hit would tell
you that while there are two or two people here
with that description, powerlifters like Daley belong to every
imaginable psycholological profile, social (and body)
type. They flatter, this is your Master Powerlifting and Bodybuilding
Championship competition combination and a powerlifter or
some discerning individual, could not be made to fit in to
that description.

The conventional wisdom is that you cannot
be happy to leave him—bulky, sweating, seriously
overdrawn at
the occasional Arnold Schwarzenegger movie. With such
ment has been stunted by an overabundance of testosterone and
powerlifters who stand on either end of the bar to the judges, who
are a pleasure to be with and an excellent organizer—much to his
setting a goal and hitting that goal. It's a challenge to
myself. I want to see if I can get myself back in that kind of shape. It
would be a fun thing to
do."

I feel good to be back doing it.

No finish line

Sue Pelletier has been taking ticks and watching the door
door all day, and, for the rest part, had a good time. When the
event began, however, she was not so neutral about it.
The announcer kept referring to the women lifters as girls,
and the mainline kept referring to the men lifters as men.
Sue was not so sure about that.

She was, in fact, a "female," an advanced stage of feminism. But after
two years of living in the shadow of death, Sue is back on
the platform, pumping iron and hugging it.

"I weighed in at 46 pounds today," she said, "and I'm at 45
pounds now, so I'm happy with that. I think it's a great job because
I'm going to compete under the rules of the U.S.

pelletier's hope is Shirley Corson, a very handsome, very
accomplished former track star from The Forks, Maine. After her unofficial,
world record score of 616 pounds ("unofficial" only because the event
was not an international meet), Corson talked briefly about her
future.

"Women powerlifters peak in their early 20s," she says, "and
I'm 23. I want to do 600 pounds someday. That may or may not
happen in the next five years, but I'm going to do it.

"I'm a fan of my daughter that I really like," she says. "It's a picture
of a woman sitting on a weightlifter's bench and across
the bench, she says, "is the finish line. That's what
happens to the world. We have more power-over-our
own lives, and more control over ourselves and our futures.
And we're close to tears many times today," she says.

"Maybe it's because I'm a woman, or just because I'm a human
being. I'm seeing something impossible being done. It's very
exciting and stressful at the same time. It makes me feel
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Don't forget to wave that flag

The Gulf War is over, and the message being broadcast from Portland is: We've won. We have. We feel good about ourselves, therefore we are great. Get a flag and wave it.

And people in Portland have been waving flags.

It's as if we were supposed to be celebrating what you are celebrating. Presumably, "protecting our interests" means protecting the things we value our way of life, our form of government. Americans should do whatever they think is best for themselves and the values that shape American domestic policy. We should be able to look back and see those good things developing in our wake as we travel around the world.

Consider that trail now.

CitiCitizen

Being a witness to my country to its currency of the United States and its allies. Though children are starving in the darkest streets of Kuwait City, the kids unclothed,burgals in a well-stocked market and the Reading Ellen Liburt's book, The Portland Republican, is a New Hampshire native. She has lived in Portland for 24 years, is a Democrat, and is currently a member of the 10th District Council of the Portland Republican. She is also a former member of the Portland City Council and has served as Mayor of Portland.

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Letter

I've been cheated, been mistreated

I came to be there, not to die. To hear newsreader: If your car is about to explode, be sure to lock your doors, and don't bother with the windows - they're going to be blown out. I have been cheated.

First, Americans seem to love a good fight. We are too quick to organize, whether in the recruiting halls or in the streets. We demand and expect results, but we have no trouble raising a ruthless and effective army. We love strong leaders, and we want them to lead us to victory. We want them to say the right thing, to be decisive, to be in control.

Second, Americans love wealth and privilege. Though children are starving in Washington, D.C., the White House kitchen is well-stocked and the staff is comfortable. We expect our leaders to have the resources to buy the best. We want them to be able to travel the world and meet with leaders from other countries. We want them to have the resources to buy the best, to travel the world and meet with leaders from other countries.

Third, Americans love their land. Wood nevertheless defeated incumbent Robert "Chuck", not because of his record, but because of his personality. Wood was a strong and visible advocate for the people of Maine. He was a strong and visible advocate for the people of Maine.

Fourth, Americans love our country. When Bush arrived, there was nonpartisan Mayor Wood. When Bush arrived, there was nonpartisan Mayor Wood. When Bush arrived, there was nonpartisan Mayor Wood.

Fifth, Americans love our culture. We love our music, our art, our literature. We want our leaders to be able to appreciate the arts and to support them. We want our leaders to be able to appreciate the arts and to support them.

Sixth, Americans love our history. We want our leaders to be able to appreciate the past and to learn from it. We want our leaders to be able to appreciate the past and to learn from it.

Seventh, Americans love our tradition. We want our leaders to be able to carry our country forward into the future. We want our leaders to be able to carry our country forward into the future.

Eighth, Americans love their families. We want our leaders to be able to support their families and to provide for them. We want our leaders to be able to support their families and to provide for them.

Ninth, Americans love our future. We want our leaders to be able to plan for the future and to prepare us for it. We want our leaders to be able to plan for the future and to prepare us for it.

Tenth, Americans love their friends. We want our leaders to be able to make friends and to maintain good relationships with them. We want our leaders to be able to make friends and to maintain good relationships with them.

In conclusion, Americans love our country, our culture, our history, our tradition, our future, our families, our friends. We want our leaders to be able to love all of these things.

The American people are proud, America. We have won. We feel good about ourselves, therefore we are great. Get a flag and wave it.
How's built in 1912. Ray's prohibitionist views and his belief that a very funny film should not be a support for corrupting the young. His films are a unique blend of entertainment and social commentary. Ray had a natural talent for weaving together social issues and humor in his films, making them both entertaining and thought-provoking. His films often featured innovative storylines and unique visual styles, which set him apart from other filmmakers of his time.

Music, movies, and other events are taking place in various venues across Portland and the surrounding area. The Portland Symphony Orchestra is performing a program of works by Debussy, Saint-Saëns, and Stravinsky at the Merrill Auditorium. Tickets range from $10 to $100, with varying availability. The Portland Symphony Orchestra will also perform in various locations throughout the city, including the Portland Civic Center and the Merrill Auditorium. For more information, contact 774-1067.

In addition to music, a number of plays and performances are taking place in Portland. The Portland Stage Company is currently performing "A Christmas Carol," which runs through December 29. Tickets range from $15 to $70, and reservations can be made by calling 774-1067. The Portland Stage Company is located at 1224 Congress Street, Portland.

There are also a number of other events taking place in Portland, including several art exhibits and workshops. An exhibit of contemporary art is taking place at the Robert S. Muse Gallery, located at 105 Forest Avenue. The exhibit features works by a number of contemporary artists and runs through January 10. Admission is free, and the gallery is open from 10 am to 5 pm, Monday through Saturday.

Several other art exhibits are taking place in Portland, including an exhibit of contemporary sculpture at the Portland Museum of Art, located at 167 Cumberland Avenue. The exhibit features works by a number of contemporary sculptors and runs through January 27. Admission is free, and the museum is open from 10 am to 5 pm, Tuesday through Sunday.

In addition to art exhibits, several workshops are taking place in Portland. A workshop on digital photography is taking place at the Portland Workshops, located at 110 Fore Street. The workshop is taught by a professional photographer and runs from 10 am to 4 pm, Saturday. Admission is $150, and reservations can be made by calling 774-1067.
Entertainment Weekly

**STAGE**

**FRIDAY, 3.22**

**SONNY BONO SHOW**

**MONDAY, 3.25**

**TUESDAY, 3.26**

**WEDNESDAY, 3.27**

**THURSDAY, 3.28**

**ART OPENING**

**SATURDAY, 3.23**

**SUNDAY, 3.24**

**CONCERTS**

**THURSDAY, 3.21**

**SUNDAY, 3.22**

**FLYING TIGERS**

**TUESDAY, 3.26**

**UPCOMING**

**FRIDAY**

**FRI, MARCH 23**

**FLYING TIGERS**

**SATURDAY, 3.23**

**FRIDAY, 3.22**

**FLYING TIGERS**

**SUNDAY, 3.24**

**NEVILLE BROTHERS**

**TUESDAY, 3.26**

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**WEDNESDAY**

**TUESDAY, 3.26**

**SATURDAY, 3.23**

**SUNDAY, 3.24**

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**TUESDAY, 3.26**

**SUNDAY, 3.24**

**WEDNESDAY 3.27**

**FLYING TIGERS**

**TUESDAY, 3.26**
SPECIALS
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Maline Photographers 1991

The Master Society of Art is hosting a juried exhibition of photograp­

brownstones, and fine homes: the clients of the master school of photograp­

No matter what the season, one can sense in the photographs the sugges­

Fry in the life cycle theme of Pieta by Susan Crowe. The exhibition opens

Baxter Gallery, Portland

The Festival Church at Seal Harbor, on Washington St. and River St.,

The City of the Lost Lady, Books, Inc., Main St. in Damariscotta.

Drinker's surrealistic car skeletons emerging, ghost­like,

Examining the costumes and artistry in the exhibition of "The Big Job,"

the artistry in the exhibition of "The Big Job,"

and Pan Winter . Cedrone works in

at

124 Maine Oil Painters, Inc. and the Maine Art Society, through March

Atlantic in Bar

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March 31.

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March 31.
OFF THE CLOCK

HELP

WELLNESS

The Library Museum of American Music will present the world premiere of its newest CD, "American Stand-Up Quartet," featuring the music of 22 American composers. The program will include works by John Cage, Elizabeth Pappas, and others. The event will be held at the Maine Maritime Academy, 160 Wills Ave, Deer Isle, ME, on March 26, at 7:30 pm. Tickets are $15 at the door, or $12 in advance. Call 207-276-5725 for more information. 

Squishy Mudpies & Other Delights

Monday-Thursday Evenings

Boone’s

2 for $1

Save on the wine of the green!

Monday-Thursday Evenings

Portand’s favorite for the price of one. With the couple, expires 5/31/91.

THE RED LIGHT REVUE

on

THE ASTMELCLUB

MAY 10 – 11

THE AMERICAN SAILOR'S TEA PARTY

New England's largest, live music, dancing, drinking, with a great view

Casco Bay Weekly

Welcome to Casco Bay Weekly. This new and exciting magazine will be in our reader's mailbox with an alternative to Benetton

Squishy Mudpies & Other Delights

A handpicked day of fun for adults who want to play!

Boys & Girls Club of Southern Maine will host the day's festivities.

SUNDAY, APRIL 6

9:00 AM - 12:00 PM
Portand, ME

SPOONSORED BY:

Casco Bay Weekly • Squid's Bay Market • SQUIRREL'S HOMEMADE DINE • THE Monitor • UNIVERSITY OF SOUTHERN MAINE LIFELINE

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On March 28, Portland, ME will be the site of the 4th Annual Maine Boatbuilders Show. The show will feature exhibits by 30 boatbuilders from across New England. The event will be held at the Portland Yacht Services, 207 Market St, Portland, ME. For more information, call 207-774-1067.

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The Children's Sewing Academy will offer a variety of classes for children of all ages, including beginner to advanced sewing techniques. The classes will be held at the Portland Community Center, 225 Commercial St, Portland, ME. For more information, call 207-775-1553.

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The Portland Jazz Band will perform at the Portland Stage Company, 12 College Rd, Portland, ME. The band will play a variety of jazz standards and originals. For more information, call 207-773-1782.

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The Portland Yacht Services will host a boat show featuring over 200 boats from across the country. Visitors will have the opportunity to view and purchase new and used boats. For more information, call 207-774-1067.

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The Portland Public Library will host a book sale featuring over 10,000 books. The sale will be held at the Portland Public Library, 151 Rockland St, Portland, ME. For more information, call 207-773-0060.

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The Portland Opera will perform their production of "The Magic Flute." The opera will be held at the Portland Opera House, 151 Rockland St, Portland, ME. For more information, call 207-773-0060.

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The Portland Yacht Services will host a boating safety seminar featuring expert speakers. The seminar will cover topics such as boating laws, weather conditions, and safety equipment. For more information, call 207-774-1067.
HOW TO USE PERSONAL CALL®

- A FREE service for Casco Bay Weekly advertisers.

- Ask the person you call PERSONAL CALL®.

- Tell the person you call PERSONAL CALL®.

- When they confirm they are using a PERSONAL CALL®, you can change your message as often as you like, because the operator can let them know you have changed your message.

- When you call the 800 number, you will receive your greeting in 10 seconds.

- You will be asked to record your greeting on a 30-second tape.

- Once you have recorded your greeting, you will be able to change your message or delete your greeting at any time.

RESPONDING TO AN AD WITH PERSONAL CALL® SERVICE:

You must announce the name of the person who placed the ad along with the important details of the ad.

When the person replies, you must announce the name of the person who placed the ad along with the important details of the ad.

Please have an accounting of all advertising.

Get the person to respond to your ad.

Have the person call your ad number.

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roommates

April Lampshade Monument 30 large 775-3184 days. $375 . 2215 first washer/dryer hook - up .


garage, parking ,

112 utilities . Avail .

2-family, 1

Victorian House) 400 sq. living, former parsonage, good condition , unique and ancient craft .

available .

Corporate/Publicity,

400 sq. wpm .

wonderful , great condition .

1/2 heat, wall-t<¥all

5-10 heatl... Very quiet, secure building .

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Corporate/Publicity,
Happy Easter - Happy Spring

We've gathered several varieties of fresh seasonal flowers and greens to create this glorious celebration of color. Presented in a clear egg shaped vase, this striking centerpiece is certain to say "Happy Easter - Happy Spring."

FTD Easter Basket Bouquet

Wonderful spring flowers bloom from this versatile hand-crafted bamboo basket. This delightful centerpiece filled with a variety of fresh spring flowers welcomes Easter and the return of Spring!

Send this bouquet anywhere in the country.

$27.50 / $30.00 / $32.50

Bunny Basket Bouquet

Get your family and friends really hopping with this bunny shaped wicker basket bursting with colorful spring flowers for Easter.

A Harmon Barton Exclusive

$25.00 / $30.00 / $35.00

Bunny Bud Vase

This whimsical ceramic bunny hugs a delightful array of fresh spring flowers. A gift that is sure to charm the hearts of young and old this Easter.

A Harmon Barton Exclusive

$17.50

Let Easter bring the gift of Spring!

Glory of Spring Bouquet

This glorious collection of color welcomes spring into your home. Fresh spring flowers abound in a Handsome white-washed basket to capture the joyful feelings of Easter and Spring.

A Harmon Barton Exclusive

$30.00 / $35.00 / $40.00

Easter Bud Vase

This simple but stunning arrangement is bursting with spring color. Freshly picked flowers grace this lovely porcelain pearlized glazed bud vase.

A Harmon Barton Exclusive

$20.00

ORDER EARLY! EASTER WEEK IS MARCH 25-31