Casco Bay
Weekly

WOMEN'S HEALTH ISSUE

The women of Maine are demanding better healthcare and medical professionals—both mainstream and alternative—are responding.
John Wise with his kids, Jack and Ellen Grace.

John Wise of Portland opened "Dad's Home" day care last January. He is a full-time father who takes care of his two kids aged 20 months to 6 years, including two of his own. "Dad's Home" is the only solely male-operated day care in the state.

How do people react? From the Department of Human Services to me. I'm a seller of day care. I get together and keep each other sane - what's it's like being a father's play group? We don't get together and talk sports and spit and scratch. We do talk about sports, but also about what's it's like being a minority.

Do people choose your day care because they want a male influence in their child's life? I can tell that niche, I'm happy.

What is the father's play group you belong to? When I first started staying home, I was a hot sale. I didn't have any idea what to do. I got together and kept each other sane - what's the father's play group? We don't get together and talk sports and spit and scratch; we do talk about sports, but also about what's it's like being a minority.

Interview by Lisa Hallbeck, photo by Pam Alcorno Harris.
The Novos plan a parking garage replacement building at right. Parking replacement building at left. PHOTO: JASON MULCAHY

No room for art

It's the Portland Parking District

CHRISTOPHER BARRY

LANCASTER, when the Rampano brothers—Bart Noyce—said Portland, a custom furniture maker. They searched for an empty building in Portland, but found none at a price that was right. So they say they converted the building they say they are converting to an art district. The Noyce plan "will be difficult for them to find a building," said Noyce. The city says that the plan is not acceptable. An appeal by Noyce's plan is in the hands of the city's planning department, but Noyce wants to see the plan to be converted to an arts district. Noyce says that the project is "a little too much for [the Novos]."

The city and Noyce seem to be more concerned about the conversion of the building. Noyce says that he is not interested in the project. The city says that the project is not acceptable. Noyce says that he is not interested in the project. The city says that the project is not acceptable. Noyce says that he is not interested in the project. The city says that the project is not acceptable. Noyce says that he is not interested in the project. The city says that the project is not acceptable. Noyce says that he is not interested in the project. The city says that the project is not acceptable. Noyce says that he is not interested in the project. The city says that the project is not acceptable. Noyce says that he is not interested in the project. The city says that the project is not acceptable. Noyce says that he is not interested in the project. The city says that the project is not acceptable. Noyce says that he is not interested in the project. 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The act of recycling should be a matter of conscience and a civic duty, not something solely led by government mandates or economic incentives. We need to understand that recycling is not just for the benefit of the environment, but for our own personal well-being and the well-being of future generations. It is a way to reduce waste and conserve resources, and it is our responsibility to do our part.

The responsibility to recycle falls on all of us, not just on businesses or governments. Each of us can make a difference by taking small steps to reduce our waste and recycle more. This can include using reusable items, composting food waste, and donating unwanted items to charities.

In conclusion, recycling is a necessary and important aspect of our daily lives. It is not just a matter of personal choice, but a civic duty that we all need to fulfill in order to protect our planet and ensure a sustainable future for generations to come.
**The Heart of the Matter**

Cardiovascular disease is... 

We all know about the effects of cardiovascular disease, right? It's the No. 1 killer for both men and women, and it results from a buildup of plaque in the arteries that supply blood to the heart and brain. This can lead to heart attacks, strokes, and sudden deaths. And while smoking is a major risk factor, even when we quit smoking, our bodies still need to repair the damage done by years of smoking. This is why it's important to take care of our arteries and hearts, and why we need to support the research that can help us find better ways to prevent and treat cardiovascular disease.

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**Women's Health Issue**

Too often, the line between feminine beauty and the anti-aging beauty industry is blurry. But when it comes to women's health, it's important to focus on what truly matters: the health of our bodies and minds. That's why we're highlighting the work of Maine Medical Center and Mercy Hospital, which are working to empower women to make informed decisions about their health and well-being. From breast cancer screening to heart disease prevention, these hospitals offer a range of services to meet the needs of all women.

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**Under the Skin**

One of the most important things for women to do is... 

Now is the time to get your body checked out if you haven't done so already. Whether it's a mammogram, a Pap test, or a colonoscopy, these screenings can help detect illnesses early and increase the chances of recovery. And if you're feeling soapery or unusual discomfort, please don't hesitate to see a doctor. Your health is too important to risk.

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**Pharmaceuticals as Racists**

adult women who have been raped visit their doctor twice as often as nonvictimized women.

In the wake of abuse include TMJ, chronic migraines headaches, chronic pelvic pain and back pain. Jones notes a significant difference between the medical records of victimized and nonvictimized women. Adult women who have been raped visit their doctors twice as often as nonvictimized women, and their expenses are 2.5 times higher than those of nonvictimized women. These results suggest for the possibility that the women had been high medical consumer prior to the assault.

Chlamydia is the most prevalent sexually transmitted disease (STD) in the U.S. It affects young people, especially those who are sexually active.

Chlamydia is a bacteria that enters the body during sexual contact with someone who already has the disease. Although some women may have pelvic pain, frequent sexual relations, vaginal discharge and bleeding after intercourse, a lot of women have symptoms. Chlamydia can mimic other conditions, cause further infections. They cause many of the same symptoms and can be found in the same areas (which consists of simple lower sex, just like a simple case). Fortunately, they can affect the woman's life. 

Chlamydia has been found to be a common sexually transmitted disease (STD) and can lead to an increased risk of other infections. It is important for women to be aware of their sexual health and to seek medical attention if they suspect they may be infected. 

Women and HIV

AIDS symptoms don't fit

Ask anyone who works with AIDS patients how they have managed the time line to predict, but you can't have to be deviated to imagine: the white, super-white, blackand white photograph that appears on the disease's face is visible only a "portable" picture of several color. Culture trends toward gay men, drug users, people of color and 

It's not only because there are no known cases of the disease being transmitted through touching. The virus is spread primarily through unprotected sex (vaginal, anal or oral), perhaps because they are not aware of what the infections might be. Often, their doctors don't have the capability to diagnose the infections as an isolated phenomenon - the only women who have access to treatment.

In my experience, the biggest problem, then, is the impact of the knowledge that AIDS is the biggest problem. Then, the biggest problem, then, is the impact of the knowledge that AIDS is the biggest problem.
The Following is a Partial Listing of Health care providers in Portland who specialize in women’s issues. This should get you started if you’re looking for someone. Remember, the best place to get a referral is from a gynecologist you can trust.

Bookland Mall Plaza, Portland, 774-9671. Offers STD/HIV testing, mammography, midwifery, obstetrics, gynecology, menopause, endometriosis.

Women’s Health Services

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The Portland Public Health Division on us.

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The Portland Public Health Division
I was one of them. Plump me would sit on the floor, looking at its way to assure artists in district planning process...
I’m a bomber, Unabomber
Violent recluse? Nope, just your friends and neighbors.

I AM A BOMBER

When Madison police aid Ted John Kaczynski wandered into custody last week after 13 years on the lam, it was only the latest in a string of anti-social incidents involving the man who has been dubbed the Unabomber. It’s only confirmed the natural election of the sicko. U.S. President George Bush, the world’s most powerful nation, has already committed to making the war on terrorism a top priority. But there’s still much to be done in the Unabomber’s war.

Cocoa loco

From a kid’s perspective, the concept of having a gnarly group of people coming to your door is a mind-blowing experience. But for adults, chocolate is something to be savored and enjoyed. Whether it’s a special occasion or a daily treat, chocolate is a comfort food that can bring happiness to any day. But what if you could have chocolate 24/7? That’s the dream that one man has been working towards for years.

preview

The Chocolate Lovers’ Club is bringing their annual Chocolate Festival to Portland this weekend. The festival, which features over 100 chocolate bars and samples, is a paradise for chocolate lovers of all ages. The event will be held from Friday, April 13th to Sunday, April 15th at the Oregon Convention Center. Tickets are available at the door or online.

Affinities of Form

ARTS OF AFRICA, OCEANIA & THE AMERICAS
THE RAYMOND AND LAURA WILKES COLLECTION

APRIL 13 THROUGH JUNE 9, 1996

This exhibition is organized by Indiana University Art Museum and curated by The Americas, an American Art Museum.

PORTLAND MUSEUM OF ART

GREAT NORTHEAST PRODUCTIONS IN ASSOCIATION WITH BIG WORLD PRODUCTIONS PRESENTS

ALL SHOWS ON SALE NOW!

shawn colvin

ONCE BLUE

MORRELL GYM—BOWDOWN COLLEGE
BRUNSWICK, MAINE

FRI., APRIL 13 @ 8 PM

TICKETS: Student Union Info Desk, All Strawberries Records, CD Exchange, Full Moon Records, Play, Again & Amadeus Music or CALL 977-725-3375 or 508-345-6677

ottmar liebert

+ luna negra

april 23 @ 8:00 pm

PORTSMOUTH MUSIC HALL

Tickets $18.50 & $22.50

RED SOX OFFICE

Charge 207-775-3331

The Chocolate Lovers’ Club will be held April 13th at Holiday Inn by the Bay, 396 Congress St., from 5:00 p.m. to 11:00 p.m. Tickets are $15.00 at the door.

S o u r c e

B r a z i l i a n a r t s

O n e n v e r s o f a c r o w n
movie times

Prime cut
San Francisco's finest rock band Jettstar is taking its act from sea to shining sea. With the mix of rock, jazz, funk and folk, Jettstar has played the mainstages at the UCS F02.0. concert and betaed up its version through the internet. The band's most recent, "The Manxworth," was given prime review, scoring six Moins's comment, "I never an agent would take these guys until they are priceless. These guys are going nowhere, but up." at Home Coast Brewing Company, 12 York St, Portland. Apr. 18, at 8 pm. Thru.

7 2 3 2 3 9 7

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7 2 3 2 3 9 7

Hungry?
Check out the Casco Bay Weekly Dining Section for delicious ideas on where to eat!

Classe's Seafood Restaurant.

blacks

Cac's Tyne Williams

2 Market St, 941-7741

THURS, APRIL 11
Betty Roll w/ Puppet Show Business w/ Vic Morris

FRI, APRIL 12
Chickenhead w/Sunset Gun

SAT, APRIL 13
Chuckhead w/Vinyl

WED, APRIL 17
Screaming Cheeta Wheels w/ Vinyl

THUR, APRIL 18
Jan Moore w/The Free Wheelers 64

Morganfield's Portland's Home for Live Music!

Clean Air Nightclub
Top Entertainment!

Best Sound System!

Largest Beer Selection!

Thursday, April 11, 6:00 P.M. - 1:00 A.M.

Dan Hicks & The Acoustic Warriors

Rock in the valley. Better together!

Friday, April 12, 9:00 P.M. - 1:00 A.M.

Peter Rowan

Blues legend Bill Morrissey in Jann's Grill

Saturday, April 13, 6:00 P.M. - 1:00 A.M.

Johnny "Clyde" Copeland

The Texan Pompee! Have a beer!

Sunday, April 14, 9:00 P.M. - 1:00 A.M.

Jimmy Thackery

& The Drivers

Hard rocking garage blues, From The Nightingale

Tuesday, April 16, 9:00 P.M. - 1:00 A.M.

Plymouth

Highway rockabilly, Manchester & Country

Saturday, April 20, 9:00 P.M. - 1:00 A.M.

Big Daddy Kinsey

& The Kinsey Report

Gothic Tears Traveling Rock 'n' Roll Band

Friday, April 22, 9:00 P.M. - 1:00 A.M.

The Lambards

6:30-Loose Leaves & The Dead St. Band,

4:30-Mark Mahurin, 1/2-30-Wyaty Loubert,

2/2-Bobama, 3/2-Bobama, 4/2-Bobama,

5/2-Bobama, 6/2-Bobama, 7/2-Bobama

57 Center St, Portland

call 774-JUKE
A Serto-Colin True Story In
8:00 and receive the audition music.

Dark Cathedral Chamber Sf.......

Cathedral, Portland.

The Miler's Son, a stone turntable
with state-of-the-art

The Maine Symphony Orchestra in a

NATIONAL PLAYWRIGHTS AND INTERNATIONAL WRITING

Gardner Trio. The group of two will

Young Marsden feels enigmas by

...0 t.sam-Ang.

in USM's Music Department.

20. The Miler's Son will $20.

ABBE Unitarian Universalist

The play of Debussy, Moskovitz

It doesn't. Why not the

Don't miss the

Spring Into Shape...

...of today's art atmosphere.

10% Off

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BAD HABITS LIVE N' ZOOTZ -

31 Forest Ave, Portland - 773-9797
Any Maine college student is eligible, whether you go to school here in Maine or anywhere else. Out-of-state residents who go to school in Maine can get the same federally-guaranteed Stafford and PLUS loans available anywhere else... we pay 1% of the interest for you. That means real savings when you pay back your loans... hundreds, even thousands, of dollars.

That's why Superintendent has become the most popular student loan program in Maine: in just two years, we've saved Maine students and their families more than $6,000,000!

For more information, call 1-800-922-6352 or visit one of our participating lenders.

Guitar girl

Shawn Colvin has released an album of her own material since 1981 on Teldec. "The Fairest of Them All" is a collection of songs that showcase her songwriting ability and musical talent. The album features a mix of original compositions and covers of classic songs. Colvin's voice is both delicate and powerful, and she delivers each song with emotion and grace.

Shawn Colvin and Sara Slade will perform April 12 at Wooly's, Bowdoin College, Brunswick. Doors open at 8 p.m. Tickets are $15 for adults, $10 for students. Tickets are available at: Wooly's, 34 Sutherland St., Brunswick; or online at: http://wooly.com or telephone 207/729-2888.

For more information, call 1-800-922-6352.
thursday 11 How those smelly bags of tobacco became a part of late Victorian culture — we know the story of "Big Smokes," you know their cologne aficionados — Portland's got the single-approach nap. Joe's Smoke Shop, 16 State St. Small group. Free. 775-2298.

friday 12 Folk singer Bill Morrissey's songs have been praised as well-crafted gems into small-town America. Now he's written his first novel, "Elbow," set in a small town in the New Hampshire seacoast. Join Morrissey for a reading from "Elbow" at Casco Bookshop. 150 Main St. Rd. S. Portland. 7 p.m. Hall's even蓝牙 so with a song or two. Free. 874-2298.

saturday 13 What does the art of Africa, Oceania and the Americas have to offer us? Find out at the Portland Museum of Art's "Affinities of Form: Arts of Africa, Oceania and the Americas." The exhibition features 75 objects, including a section devoted expressly to exploring interconnections between the art from these very different cultures. At PMCA. 1 Congress St. At 7 p.m. Showings through Oct. 9. Cost: $6 students/seniors. 775-6148.

Throughout his career as a photographer, Burk Uzzle has turned to capture the humor and beauty in the ordinary — a task that's easier said than done, we've learned. "Correspondence Between Islands," is yet another chapter in his photographic diary.

february 18 Portland gets to know Sarah Bargman's theater troupe, the Nativity, performing "The Final Days." "The Final Days" is a story about Mary Magdalene and her search for Jesus, and the impact she made on the world. The performance will take place at the Portland Museum of Art. 775-6148.

february 19 Join us for a unique reading by Maine Poet Laureate Billy Collins. Collins will read from his latest collection, "Affinities of Form." The event is free and open to the public. Portland Museum of Art. 775-6148.
Why You Should Buy Your Diamond Engagement Ring From Cross Jewelers

Cross Jewelers - The jeweler you can depend on

Your engagement ring is a symbol of your love and commitment to each other. It should be as unique and special as your relationship. That's why Cross Jewelers is the perfect place to find your diamond engagement ring.

We offer a wide selection of diamond engagement rings, each designed to match your personal style. Our experienced jewelers can help you find the perfect ring, whether you're looking for a classic solitaire or something more unique.

Cross Jewelers is located at 570 Congress Street, Portland, ME 04102. We are open Monday to Saturday from 10 am to 5 pm, and we also offer same-day service on weekends. Visit us today to find the perfect diamond engagement ring for your loved one.

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Guatemala Marketplace - Nora Kingsland's guide to Guatemala

Guatemala is a country known for its rich history, culture, and cuisine. Nora Kingsland has compiled a guide to the best places to visit in Guatemala, including historical sites, cultural landmarks, and local markets.

In this guide, you'll find recommendations for the best restaurants, hotels, and tour operators, as well as tips for navigating the language and culture of Guatemala.

Guatemala Marketplace is available for purchase at Nora Kingsland's website or at local bookstores. Visit Nora Kingsland's website today to learn more about Guatemala and plan your next trip.

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The Art of Nine: Jim Pintolf

Jim Pintolf is a renowned artist known for his distinctive style and unique approach to his work. In this interview, Pintolf discusses his creative process, the inspiration behind his art, and his thoughts on the current art scene.

In his work, Pintolf uses a variety of techniques and materials, from traditional painting to more experimental techniques. His art is characterized by bold colors and dynamic compositions, and he often incorporates elements of abstract and surrealism.

Jim Pintolf's work has been exhibited in galleries and museums around the world, and he has received numerous awards and accolades for his contributions to the art world.

Visit Jim Pintolf's website to see more of his work and learn more about his art and creative process.

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Portland's Got the Ticket!

Portland's Got the Ticket! is a monthly event series that celebrates the rich history and culture of Portland, Maine. Each event features a different artist or performer, showcasing the diverse talents and creativity of Portland's arts community.

Events in Portland's Got the Ticket! range from live music and theater performances to art exhibitions and literary readings. All events are free to attend and open to the public.

Visit Portland's Got the Ticket! website to learn more about upcoming events and join in on the fun!
Our parks and wild lands are also threatened. Wildlife and the rivers, forests and wetlands they live in are being destroyed.

Our environment needs protection — for our families and for our future. Help protect Maine’s environment and economy. Help ensure that the federal government does its share to keep our water clean to drink, our fish safe to eat and our air safe to breathe. Help make sure that corporate polluters and their big money don’t make the decisions about Maine’s environment for all of us. Please fill out and return the coupon below to show your support for our environment. Let our officials know that you are counting on them to protect our natural heritage and the health and safety of our families.

Dear Congressman Longley:

I am a citizen of Maine and I care about Maine’s environment for our families and for our future. Maine’s economy depends on a healthy environment. We need to have strong federal protection to keep our water clean to drink, foods safe to eat and our air safe to breathe.

It is wrong to have corporate polluters and their slimy money making decisions about Maine’s environment. WE ARE COUNTING ON YOU TO PROTECT OUR NATURAL HERITAGE AND THE HEALTH AND SAFETY OF OUR FAMILIES.

Name: ____________________________
Address: __________________________
City/State/Zip: ______________________

Dear President Clinton:

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Name: ____________________________
Address: __________________________
City/State/Zip: ______________________

Please send to:
President Bill Clinton
The White House
1600 Pennsylvania Ave, NW
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SUNDAY
May 5, 1996

The 7th Annual 10K Donation Walk
To Benefit Maine's Community-Based AIDS
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PORTLAND

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Registration: 11:00 a.m.-12:30 p.m.
Opening Ceremony: 12:30 p.m.
Walk Starts: 1:00 p.m., Rain or Shine

Pick up your pledge sheet at
Cheverus High School
346 Forest Avenue
North Omaha, Mall
Maine AIDS Alliance

Contact the AIDS Walk:
Portland-287-7733 DONATE
Maine-463-3079

AIDS Support Services
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What should I buy? There's a great deal of news and information
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The good news is that prices are still dropping and the network
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The bad news is that you're probably not ready to buy a
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Your first computer will probably be the one you buy
first. You may want to consider buying a used computer
or a laptop instead.

New computers cost more than \$1,000, but you can get
newer computers for \$500 to \$1,000.

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April 7-28

By Noel Coward

Directed by Greg Leaming

April 7 - April 28

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USM Sullivan Gymnasium

Portland Campus

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A Workshop with Andrew Weil, M.D.

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Portland Club

For more information contact: USM Center for Continuing Education

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