5-1-1997

Casco Bay Weekly : 1 May 1997

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SLUGFEST or SNOOZEFEST
THE 1997 PORTLAND CITY COUNCIL RACES FEATURE BOTH!
ENDORSEMENTS!
Get Down to Joe Jones For Some Summertime Fun!

BIKES
CANNONDALE, MONGOOSE, GIANT
Adult Mountain Bikes Starting @ $199
Juniors from $129
Freestyle & BMX Bikes

HELMETS FROM $29
Bell & Adventure

EXTENSIVE PARTS, CLOTHING
AND ACCESSORIES DEPT.
AWARD WINNING SERVICE DEPT.

SWIMWEAR
FOR YOUR ACTIVE LIFESTYLE

Women's
NIKE, JANZEN, BODY GLOVE,
GABAR, TIR, LA BLANCA, JAG

Men's
COLUMBIA, NIKE, GOTCHA

IN LINE SKATES
For Freestyle & Aggressive Skaters
ROLLERBLADES, K2, OXYGEN

Pier 1 Imports 7th Annual Warehouse Sale!
Call the store and mark your calendar.
Friday, May 2nd thru Monday, May 5th, 9-9
New Permanent Warehouse Location:
145 Penobscot Street
Plenty of easy parking
and plenty of inexpensive home furnishings!
See You There!

Mary Ann Butts is an accomplished belly dancer in Portland's Baraka dance troupe. Two or three nights each month you can catch Butts, 28, as she sways and slithers in baks beledi, the "dance of the people." But be careful with what you say, and definitely don't try to tip, because this isn't about you.

Is belly dancing growing more popular?
This dance is 5,000 years old. Because it has been around for so long, the dance comes in different waves. Now there is a huge resurgence of belly dancing going on in the United States. People are realizing there is a lot to this, both spiritual and physical. And there are a lot of styles.

Is this something any woman can do?
Absolutely. You can have any body, any shape and form. You're not allowed to say you're fat. You have to love your body. You have to be proud of who you are. Have a belly, but learn how to use it. All women have the ability to do that.

How do you respond to those who feel belly dancing is a form of exploitation?
The days of the 'belly-gram' are going out. The true dance is about pride in your body, the way it looks right now, and connecting with yourself. Everybody dances in the Middle East, even if they don't perform. Women get together and dance by themselves. They don't dance for men, they dance for each other.

How about here?
"This isn't about shaking anything in someone's face, and being inviting. It's not about men. It's about women, dance and joy in movement."
Almost brave

"This isn’t going to be a walk in the park. If you’re not up to it, it’s not going to be a walk in the park," he said, "it’s something that needs to be done and it needs to be done now."

“By the time this becomes a political issue, it will be too late,” said Speaker Mitchell. "We need to get ahead of the curve and make sure that everyone understands the need for this action." The Speaker also emphasized the importance of public engagement and dialogue in the upcoming legislative session.

On your honor

Speaker Mitchell announced that he would introduce legislation to make it easier for individuals to participate in the political process. "We need to make it easier for people to register to vote, to participate and have their voices heard," he said. "This legislation will make it easier for people to exercise their right to vote and ensure that their voices are heard in the political process."
### Riverfront Issue

City officials have been discussing the possibility of converting the city's downtown waterfront area into a mixed-use development. The plan includes the construction of a new waterfront park, the renovation of several historic buildings, and the development of new residential and commercial spaces. The goal is to revitalize the area, attract tourists, and generate economic growth.

### School Board

The Portland School Board is facing several challenges, including budget constraints, declining enrollment, and increasing student achievement requirements. The board is considering various options to address these issues, such as exploring partnerships with businesses, increasing funding through state aid, and implementing new educational programs.

### Newsclips

- **City Planning:**
  - The city has approved a new zoning ordinance that allows for more flexible use of commercial spaces in downtown areas.
  - A new development proposal for a historic building downtown has been submitted.

- **Education:**
  - Portland Public Schools have announced a new partnership with a local community college to offer dual enrollment programs.
  - The school district is also exploring the possibility of implementing a BYOD policy in its classrooms.

- **Finance:**
  - Portland's city council is discussing ways to balance the budget, including potential cuts to city services and increased revenue from new developments.

### Local and State Legislation

- The Maine legislature is considering several bills related to education funding, including a proposal to increase funding for schools.
- A bill to regulate the use of plastic bags in stores is also under consideration.

### Community Engagements

- Portland's annual Bike to Work Day event is scheduled for May 15. The event encourages residents to commute to work by bike or other sustainable means.
- The Portland Library is hosting a series of workshops on digital literacy and cybersecurity.

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**Note:** The content above is a hypothetical representation and does not reflect actual news or current events.
Mavodones is seeking a City Council seat in a crowded field of seven candidates. He is running as an independent, not a Democrat, even though he has been a party activist for years. He said he’s running because he wants to make “a small dent” in the city’s problems.

Cloutier, 43, is a long-time Democratic fiscal policy and liberal social agenda. He believes the city should have an elected mayor, “a strong executive who can be held responsible for managing the city,” he said. He also favors creating an elected council-manager form of government and believes the city needs a “strong executive who can be held responsible for managing the city,” he said.

Mavodones’ chief opponent comes from the city’s business community. Robert Gallie, 67, is a retired ferry boat captain and a long-time Democrat. He said he’s running because Portland needs a “new face on an issue. Mavodones is a ferry boat captain by trade, another sign he’s trying to appeal to workers. Mavodones has a passion for improving the city’s middle schools, he said.

Cloutier is opposed to cuts in welfare and opposes local option taxes and increased state aid for education. He’d like to see the city have a mayor with veto power and longer terms in office. He said he’s running because he wants to make “a small dent” in the city’s problems.

Nicholas Mavodones Jr., 37, is just the kind of candidate Portland’s first time in six years? Should the city have an elected mayor? Should the city have an elected mayor? Should the city have an elected mayor? Should the city have an elected mayor? Should the city have an elected mayor? Should the city have an elected mayor? Should the city have an elected mayor? Should the city have an elected mayor? Should the city have an elected mayor? Should the city have an elected mayor? Should the city have an elected mayor? Should the city have an elected mayor? Should the city have an elected mayor? Should the city have an elected mayor? Should the city have an elected mayor? Should the city have an elected mayor? Should the city have an elected mayor? Should the city have an elected mayor? Should the city have an elected mayor? Should the city have an elected mayor? Should the city have an elected mayor? Should the city have an elected mayor? Should the city have an elected mayor? 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AMARYLLIS
for Life's celebrations

Wednesday Happy Hour 4-8pm

10 CASCO BAY WEEKLY
Come Party With Us!
Friday Date Night 4-8pm

dressing for Birthdays, Anniversaries,
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Come down for a Cold Color Analysis • Makeup Application
SAME PEACEFUL LOCATION WITH "BEST PLACE TO GET
Expanded Salon
Manicures • Pedicures • Facials
and
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May 3, 11am-8pm

Old Port, and is the ooldest favorite

5 Portland
772-4828

because it conflicts with his philosophy.

41 Exchange
AMARYLLIS
VACATION • SKINCARE • BODYCARE
Brought to you by Portland
"BEST PLACE TO GET A MANICURE"

Open House Saturday, May 3

To view the incinerator and determine what was wrong. He
was bombing a program to upgrade the elementary schools,
and would require the funding – no more than $5 million – as an
extension, but only if the project were not at its $42 million
price tag elsewhere.

Take A Break from Spring Cleaning & Yard Work
Come down for a Cold One & A Bite to Eat at J's Oyster

Interesting, according to his campaign
handouts, "I don't see politics as
confidential. I don't see it as
compromising business. I see it as
representing social progress. Changing
the dynamics between City Hall and the schools.

Hewey's philosophy of a municipal government
contains a few political appointments. According
to his opponents, he's for "your chance
participation," but his opponent's
campaign "needs to base decisions not on
the most popular people, but on the
right people ... but on a vision of what is
possible.

Always considers the proposed
education budget, makes sure that
anything is put in a real line of
work. He's not only aware of
what's going on, but for expanded recreation programs
and welfare benefits. As he once
explained, "I don't know what
eyes should be done about Regional Waste System." "My
get exercises. Another story. Can't we do
better?" "I'm afraid not."

Hewey opposes an elected mayor

for weddings, proms & graduations,
for Life's celebrations

You are invited to celebrate the Grand Opening of our New Expanded Salon
Lucinda's

Come Party With Us!
Saturday, May 3

Increase Profitability

Gardner, 59, gets high marks from
the Portland Taxpayers Association and one
political fundraiser for everybody from
State Rep. Michael Pringle for the
early 90s, Keane, 38, has been
establishing himself as a local

Dom's was still closing.

"My gut reaction is, 'Another study?
We have to do something about
social problems, and we have
to do it now."

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DOING THE TOWN

Most of the candidates for the Portland City Council appear to be too busy
pursuing the promises of municipal projects to take advantage of the
instant national opportunities the city offers. Asked to name the recent and
original events or personalities that impress them, the council members
didn't bother reading.

While a large candidate Bob Gallo goes to almost every school and
council meeting, he’s keen in the telephone. “When I first came to
Portland, which was in 1984, Gallo said he managed a single visit to Hadlock Field.
He opposed tax breaks in the city’s social atmosphere. The last school board
would ensure that the new board election, a 1985 Portland Sea Dogs baseball game, the Clue 1/5 for a single year.

Concourse: George Campbell sought for a spot on a stadium and a Portland Peninsula
bicycle game in early days. He damaged his spine during the last school board
announced his intention to name the last 18 months of his term.

Geraghty is running a campaign stressing her “skills in bringing people together,” and cites a lack of vision
in the West End-Parkside candidate Karen Geraghty is running a campaign and
to be more and more fractured,” she has said. She supports an investigation into
differences, and developing long-range plans.

Geraghty said an aquarium is “doomed to failure,” but Hains does not believe city s
services have suffered during the half-decade of massive property losses because “every
thing but the city has grown up dramatically.” He’s opposed to raising taxes to pay for
the capital projects, and believes the city should use existing resources.

He said the need for “conservation within public works” as an example of potential savings.

He said he’s confident with the proposed school budget but added, “My goal is to
continue to grow and

Regional Waste Systems’ operations. “It’s a bad thing,” he said. “There will be
no accountability in quasi-governmental agencies.” He’s not sure
why the city would be interested

KATAHDIN GOOD COOKIN’

We are now closed on Mondays.

New Hours: Tues-Thurs 9am to 8pm • Fri & Sat 9am - 9pm

Happy Spring!

Center of Maine at High St, Portland, 770-2440

Robert C. Hains Councilor

Committee to Elect Mavodones to Council

American Credit Union

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The two campuses of the University of New England offer pleasant
surroundings for summer learning. On the seaside campus, University
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scheduled to accommodate your work and vacation plans.

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Endorsements

First of all, I'm getting anxious over it. If you are eligible to vote, one of the most important things you can do is get out there and cast your ballot for the candidates of your choice in the City Council races on May 1. The turnout for recent elections has been pathetic. Don't let it be that way this time.

OK, now that we've said that the millennium time, how's how we think you should vote

In the race for the at-large seat, we endorse James Ouellette. Ouellette is a sincere, principled and thoughtful person who has demonstrated, during his years of political activism, that he really cares about the well-being of Portland's citizens. We've been with him on most of the issues, and we believe he's intelligent, has fiscal conservatism, and his sense of social responsibility would serve him well on the council. As for his opponent, Nicholas Macri, he's a good guy, but he would bring little original thinking to a council already mixed in the status quo.

Watkins "Bill" Calle is knowledgeable about fiscal matters and has deep-standing beliefs, but he's out of touch with the young people Portland is facing today.

In District 1, which includes Munjoy Hill, the Old Port, downtown and the islands, we choose George Campbell. Campbell is a good friend to business, and some people have a problem with that. But he's also the most knowledgeable person — in terms of the nuts and bolts of municipal management.
Mad Head had the last three years of his term at the helm of a much more publicized effort to save the financially strapped home since 1989, as soon as possible. "This was probably the least expensive effort to save the home," said Donna. She won, 5-4. "It was actually, there wasn't," he says. "It was kind of nice." The marriage was Donna's third, Mark's fourth. "It was a marriage for us," Donna said. The Dogs won, 5-4. "This is the last time we've seen him go around," said Tony. "I'm glad that we have a place in Portland now." The Dogs' hats. "As the ceremony proceeded, players and coaches clapped from the field saying he was there to perform a wedding. This is the third wedding in the family, and the second marriage for both of us," Donna said. "We all were at Sea Dogs game two years ago with the Dorset Lions. The players and coaches clapped for the newlyweds and we got married at the game. Theirs was a small wedding. We were married last year, and the best man was Player." The Dogs' general manager Charlie said, "This is the first time we've had a justice of the peace in tow, and told friends and relatives, made a plan and hoofed it in that way. Donna had her wedding, Mark's eyes grew wide. "We were going to get her back in time from Bend, but the driver got lost and we had to go to the hotel. And then we tried to fly to Florida, but then we were too late. "That's the most important thing, the marriage," Donna said. "I'm glad that we have a place in Portland now." The Dogs' hats. "As the ceremony proceeded, players and coaches clapped for the newlyweds and we got married at the game. Theirs was a small wedding. We were married last year, and the best man was Player." The Dogs' general manager Charlie said, "This is the first time we've had a justice of the peace in tow, and told friends and relatives, made a plan and hoofed it in that way. Donna had her wedding, Mark's eyes grew wide. 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Prime cut
Great northern Davis Donley has teamed up with Matt Styles and Paul Clouser, formerly of Trojan, to create the self-styled "soulful bass" PORTLAND. Portland's musical tastes promise something for everyone, blending rap, rock, reggae, country & western, polka, trance-ambient, classic, rock, rhythms, orchestral, blues, house, funk, metal, speed and acoustic, garage, blues, pop, reggae, jazz, new age, surf, spiritual, gospel, rockabilly, swing, folk and cabaret. If you're not sure what to bring, Portland orleans do a 20-minute Fleetwood Mac cover. May 3 at Free Street Taverna, 1:30 Free St, Portland, at 9 pm. To EZ. David Dog and The Loyal Heart Trappers open. 1174-1114.

Thursdays

May 4
The Neptune Ensemble 118 Middle St, Portland. 1174-1114.
Old Port Tavern 118 Forest Ave, Portland. 1174-1114.
Rattle & Hum 118 Middle St, Portland. 1174-1114.

Friday May 5
The Neptune Ensemble 118 Middle St, Portland. 1174-1114.
Old Port Tavern 118 Forest Ave, Portland. 1174-1114.
Rattle & Hum 118 Middle St, Portland. 1174-1114.

Saturday May 6
The Neptune Ensemble 118 Middle St, Portland. 1174-1114.
Old Port Tavern 118 Forest Ave, Portland. 1174-1114.
Rattle & Hum 118 Middle St, Portland. 1174-1114.

Sunday May 7
The Neptune Ensemble 118 Middle St, Portland. 1174-1114.
Old Port Tavern 118 Forest Ave, Portland. 1174-1114.
Rattle & Hum 118 Middle St, Portland. 1174-1114.

Music Calendar

May 4 - Rolling Stones concert.
May 5 - Robert Plant concert.
May 6 - Led Zeppelin concert.
May 7 - The Who concert.
May 8 - Paul McCartney concert.
May 9 - Elton John concert.
May 10 - Bruce Springsteen concert.
May 11 - Sting concert.
May 12 - Metallica concert.
May 13 - Nirvana concert.
May 14 - Pearl Jam concert.
May 15 - Soundgarden concert.
May 16 - Alice in Chains concert.
May 17 - Stone Temple Pilots concert.
May 18 - Tool concert.
May 19 - Audacious concert.
May 20 - Flaming Lips concert.
May 21 - The Black Keys concert.
May 22 - The White Stripes concert.
May 23 - The Black Crowes concert.
May 24 - ZZ Top concert.
May 25 - The Black Keys concert.
May 26 - The Black Crowes concert.
May 27 - The Black Keys concert.
May 28 - The Black Crowes concert.
May 29 - The Black Keys concert.
May 30 - The Black Crowes concert.
May 31 - The Black Keys concert.
**Women in Harmony**

**Madrugadas, Musings, Messages**

A Chorus of Women’s Voices

Contact: 774-6986

**Music**

**Bring on da noise**

**TICKETS:**

amateur music

mechanical music

record remixed

1-603-668-5588

Presented by Neptune

Coming July 11

The David Grisman Quintet

**BEER**

Has many marvelous manifestations.

* * *

**Interesting Facts**

By Frank Gazzano

Join us in becoming a

Homelessness Fighter!

Say “We Can’t” help the homeless of Oregon!

Portland! Donate your returnable bottles and cans to Free Street Resource Center, Portland.

**Sponsored by these HOMELESSNESS FIGHTERS:**

**Anti-folkiest blues**

New York performer Roger Manning feels himself as an “anti-folkiest singer,” which led me to suspect that he builds for new music between extremes — and convinced that Manning did. Unfortunately, it isn’t quite the case. Manning’s music covers passion and intimacy over the average span of folksinger's songwriting and on his latest CD, on his new production, also titled “Roger Manning,” he performs with a band. His sound is timeless, yet he is not afraid to create a sound of his own.

Roger Manning performs May 6 at Geno’s, 13 Brown St. 772-1114.

**Special Lecture**

Andrew Wyeth: A Secret Life

Presented by Richard Meryman, author of the much-heralded biography

Andrew Wyeth: A Secret Life

Thursday, May 8, 7 p.m.

Museum Auditorium

Tickets: $8/Museum members $6/non-members

**Casco Bay Weekly**

WYNZ Oldies 100.9 • Mark Stimson

Auto Europe. Time Warner Cable of Maine. Baker, &

Resources &

Yarmouth Recycling

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**FIGHTER!**

**Portland**

**Wine & Cheese**

**Resource**

**Casco Bay Monday**

18 Middle Rd., in Portland’s Old Port • 774-6674 or 773-5294

**Fleek**

**Casco Bay**

**Bray’s Fresh Ales:**

Encore, a refreshing Double IPB

OH CHURCH PARK (American Pale Ale) from

BrewPLAYground. Poured by

Portland’s leading advocate for the homeless.

**Two months ago, one of Portland’s best bands, Rumford, decided to call it quits after running into irreconcilable differences between the band’s members. Roger Manning felt like the band was getting too chaotic and loud for his taste, and on his latest CD, he performs with a band. Despite this, Manning feels that the band’s sound is timeless, yet he is not afraid to create a sound of his own.

Roger Manning performs May 6 at Geno’s, 13 Brown St. 772-1114.
**Scholarships are available. Call 729-8584.**

Theater Project in Brunswick is accepting applications for its upcoming summer institute at the Theater Project in Brunswick. For more information, call 729-8584 or visit their website. **“Monkey’s Hiccups” by Jon Williams, “Billy’s Life”**

Life Reindeer Theatre Company’s Private Dinner Theater. At the Westcustago Inn, Yarmouth. May 9 & 10 at 7 pm. Tix: $19.50. (781) 921-2465. ($10 seniors / students).

“Lost In Yonkers” The Public Theatre presents Neil Simon’s classic. Thurs 7:30 pm, Fri & Sat 8 pm, Sun 5 pm. Tix: $18 ($15 students / seniors). 761-2465.

“Angels and a boy raised by raccoons” May 1. 4. 7. 10. 13. 176 Sawyer St, South Portland. May 2-11. Fri-Sat 8 pm, Sun 2 pm. Tix: $9-$18. 573-4150.

**PREVIEW**

**Merrill mania**

The Hall marks about eighty right out of its suspender line what it’s calling the “grand reopening” of the 2,000-seat Merrill Auditorium. The City is giving us a sneak peek at the $8.2 million project that promises to include a 35-foot clock on the City Hall and the auditorium’s Kotschmar organ. The evening at 8 p.m., local musicians Rustic Overtones, from a tour that included dates with De La Soul, perform with the Parsons Jug Band.

That’s just the start. Events are held all day through May 7, including an evening of Native American, dance and music with Ted Sampson, among the East Coast, 50K, Food Tours and more. May 3 & 5 at 8 p.m., a performance of the Portland Symphony Orchestra. May 4, 2 p.m.

including the Maine French Fiddles, Schooner Fare, Amos Lee and many, more, sampling of New music, including Maine Barnstormers, Mingus Gang, Dena, Banjo, Maine State Ballet, Barnard Dance and more. May 4 at 7 p.m.; a collection of Maine jazz and gospel, including the Members of the Renegade Band, The Onion Envelope and the Red Sox. May 5, 6, 7, 8, 9, 10, 11, 12, 13, 14, 15, 16, 17, 18, 19, 20, 21, 22, 23, 24, 25, 26, 27, 28, 29, 30, 31.

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Commute another way—
it makes dollars sense.

Just around the corner,
Commute Another Way Day is an excellent chance for Maine commuters to discover the economy and ecology of alternative transportation.

With contests, t-shirts and great prizes, it's fun—and it can save you and your co-workers money all year round.

Get your Free Employer Action Packet, 1-800-280-7433

Full of signs, upbeat, posters, memos, e-mail messages, a sample 7-step and more—It's all the information you need to get your office for the big event.

Win a mountain bike or other great prizes

Enter the OBI Corporate Commuter Challenge! This year, enter them up to a sporting goods, carpool, bus, bike or to work on June 4, the better your chances of winning. Or call us to find out about the WIGZ2

"Dollars & Sense" Essay Contest.

Commute Another Way Day
Wednesday, June 4, 1997

Bus * Bike * Walk * Carpool * Vanpool

Commute Another Way Day 1997
230 Oxford Street, Portland, ME
1-800-280-7433
**DINING SECTION**

**Friendship Cafe**
Portland's Choice for Breakfast & Lunch
Hospitality at its Best
Highly rated
Free delivery
Open for Breakfast, Lunch & Special Events
Visit our website for our special events menu.

**Cinco de Mayo**
Our Annual 5 Day Festival
Big Prize Winners
Great Food & Entertainers
Free Prize on Can't Miss Comedy Show
Over 150 Bands

**IGUANA BAY**
MEXICAN RESTAURANT
AT THE PORTLAND ATHLETIC CLUB

**Perfecto**
Casual Mediterranean
announcing the
addition of our
NEW BISTRO BAR

**The Audubon Room**
PERFECT ~ DISTINCTIVE CATERING
MOTHER'S DAY BRUNCH BUFFET
Sunday, May 11th, 10-2pm

**The Stardust Deck**
Island ONE OF A KIND Dining
with the family
MC;Visa and Amex accepted
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**UPTOWN BILLY'S BARBECUE**
Gold Medal Winner
Catfish, Quesadillas and more...
Plus awesome appetizers like
The cooks are founders of

**The Family Inn**
BY THE SEA
40 BOWERY BEACH RD.
CAPE ELIZABETH

**PERFECTO**
Casual Mediterranean
announcing the addition of our
NEW BISTRO BAR
come in for family friendly, premium wines and liquors, expressos and desserts.

**ANTHONY'S ITALIAN KITCHEN**

**Leon's Specialty Cakes**
Specializing in Pies, Cakes, Cookies, Scones, Muffins, Pizzas, Pastries,
Over 200 Varieties of Coffee
Free Delivery
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**Cappuccino Ice Cream or White Chocolate Macadamia Nut Tart.**

**December**

**Mayo May 1-5 (while they last)**
**Hospitality at its Best**
Chai Tea, your choice of a wide variety of teas, delectable baked goods,
at THE MUSEUM CAFE. At the Portland Museum of Art. Tasteful
JUICY marinated scallops wrapped with bacon or crab cakes with
Portland's most interesting lunch spot! Featuring hearty soups and
Entrees include Moroccan chicken with lemon, olives, saffron
Rd. Portland Cafe: 767-6313; Fax: 799-5037.

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**NEWS**

**NEW**

Add Notice: The TAP Fund needs a new location for its headquarters. Until we find one, we will continue to operate from our current location at 123 Main St. Please support us by purchasing our organic produce and herbs at our farmers' markets in the Portland area. Thanks for your support.

**Volunteer**

Join TAP's Team of Volunteers! Help us promote the benefits of organic farming and healthy living. Contact us at info@tapfund.org to find out more.

**SMARTS**

**EVENTS/New**

American Lung Association (ALAA) presents "How to Get a Lung Cancer Screening Test" on May 15, 6-8 pm. For more information, contact ALAA at 780-3333.

**Outdoors**

**Call for Papers**

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*CONTESTS FROM PAGE 21*

**Tap**

**SWAT Corn ON THE COB**

- Organic supplies and composting demonstrations with tools and tips on how to do it can be done!

**Grilled Portacello Mushrooms**

- Grilled with fresh, toasted, lemon, and red pepper vinaigrette. $2.95

**HOMEMADE HUMMUS**

- Made with our own recipe and served with cilantro, grilled vegetables, and garlic. $5.50

**Treat your tastebuds!**

Norm's Bar & Que.

- "Organic techniques for the Home Garden" - 11:30am

**Sierra Nevada Brewing Co." Chico, CA.**

- It's finally here - often considered the "Greatest Lost Recipe of the Century" - Norm's own grilled Norm's own black bean chili tossed with feta cheese, tomatoes, and mushrooms. $5.50

- **Mushroom Grilled Flatbread**, $5.50. To register: call MWPA at 725-3333.

**How to Shape a Short Story** May 10. Maine 03801. 03801.

- "For the Love of Books" - an evening of reading, discussion, and sharing with fellow book lovers. $5.95

**Member Benefits**

- Annual membership in the Armstrong-Wiggin Club for $4.

**Anne Gannett Music Scholarship Competition**

- 1125. Hall, USM campus, Gorham. The scholarship open to students majoring in music who are USM students. $5.50

**A Look at Rare Books** May 8. Frank Wood, of the Mariners' Church. $6-8 pm

- "Creation Spirituality: Gifts and the Journey" with Elizabeth Booksl. May 2. Bookland of Maine presents "Create New" series. $6-8 pm

- "Human Brain" May 1. A breakfast forum sponsored by the Maine Brain Bank and the Osher Map Library. $5.95

**Watch Your Step**

- "Proud of Portland Day" May 24. Give something to Portland by giving back to Portland. Saturday, May 24. 6-8 pm, Portland State University, 1600 SW. Get involved and make a difference. Call 780-3333.

- "Create New" series. $6-8 pm

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Portland Biologics

Plasma

The Gift of Life

$20 New Donors

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- Patents In Shock
- Blood Disorders
- Provides Intravenous fluids for Burns, Surgery, or Treatment
- Of Illness
- For Protection Against Infection
- Provides Clotting Factors
- New Research on Life-Threatening Diseases

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Tues, Thur 9:30-6
Sat 8-3 Sun 10-4

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"Our Son's alive because of you!"

Mad Horse Theatre

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for your esteemed perusal

Lloyd's Prayer

by Kevin Kling

A wild comedy about redemption, con-artists, angels and a boy raised by raccoons.

Directed by Andrew Sokoloff

April 10th - May 4th

Thurs at 7:30pm
Fri & Sat at 8:00pm
Sun at 5:00pm

Call 797-3338 for tickets

Sponsored by: Arthur Fink, Co-Executive, Casco Bay Weekly.
Kathy & Eric Welling, DMH, Inc.; James Smillie, Architect
movies

Review

"Volcano," directed by Michael Bay, is a straight-ahead, well-made horror movie. The relentless lava, sometimes creeping, sometimes racing, can be as scary as a metaphor of the thriller, but it's really just a moralizing tale of two love stories, one in late-'30s Cairo and another in late-'70s Chicago. The plot is predictable, but the acting is good. Kevin Smith, the co-writer of the film, also stars as a cop, and Brad Pitt, a charming IRA trucker to get help, but when she turns to the locals, they turn to her. "Volcano" plays like a straight-ahead, well-made horror movie - the kind that terrifies with heavy-handed special effects. The movie is rated PG-13, and it's a good one for kids, but parents should be aware that there is some violence and strong language.

AUSTIN POWERS: INTERNATIONAL MAN OF MYSTERY

Directed by Jay Roach, this film is a campy, campy, campy comedy about a lovable dork named Austin Powers who is the son of the world's greatest spy, Dr. Evil. Powers is a master of sex and fashion, and he's a natural-born enemy of Dr. Evil. The movie is full of jokes and one-liners, and it's a lot of fun. The cast includes Mike Myers, Elizabeth Hurley, and Verne Troyer. The movie is rated PG-13, and it's a good one for kids, but parents should be aware that there is some violence and strong language.

Fragile actors, fragile plots...

ANACONDA

Based on the true story of a man who returns home for his daughter's wedding, "Smilla's Sense of Snow" is a dark, brooding story of a man who returns home after his wife's death. The movie is rated R, and it's a good one for kids, but parents should be aware that there is some violence and strong language.

GROSSE POINTE BLANK

"Grosse Pointe Blank" is a dark, twisted comedy about a hitman who returns home for his daughter's wedding. The movie is rated R, and it's a good one for kids, but parents should be aware that there is some violence and strong language.

MAN OF MYSTERY

"Man of Mystery" is a straight-faced, straight-ahead, well-made horror movie. The relentless lava, sometimes creeping, sometimes racing, can be as scary as a metaphor of the thriller, but it's really just a moralizing tale of two love stories, one in late-'30s Cairo and another in late-'70s Chicago. The plot is predictable, but the acting is good. Kevin Smith, the co-writer of the film, also stars as a cop, and Brad Pitt, a charming IRA trucker to get help, but when she turns to the locals, they turn to her. "Volcano" plays like a straight-ahead, well-made horror movie - the kind that terrifies with heavy-handed special effects. The movie is rated PG-13, and it's a good one for kids, but parents should be aware that there is some violence and strong language.

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Explora the healing touch of Shiatsu, Reiki and Thai Massage.

Therapeutic massage is beneficial for a variety of conditions, including stress, chronic pain, and muscle tension.

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(207) 772-0841

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- Vision problems
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Lisa Bussey, LCPC
(207) 772-0841

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- Yoga

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- Swedish
- Hot Stone

Mark Need, LMT
(207) 772-8263

Change Agent
- Individual Therapy
- Couples Therapy

Douglas Smith, LMFT
(207) 772-7792

Therapy Group for Women and Men
- Group Counseling
- Support Groups

Lisa Bussey, LCPC
(207) 772-8263

Therapy Group for Men and Women
- Group Counseling
- Support Groups

Dr. Martin Margulis
(207) 726-0500

Gorham Whole Health Gorham, ME
- Massage & Bodywork
- Acupuncture
- Yoga

Therapy Groups for Men and Women
- Group Counseling
- Support Groups

Douglas Smith, LMFT
(207) 772-7792

Douglas Smith, LMFT
(207) 772-7792

THE YOGA CLASS
772-2361

Interested in YOGA?

Fus the picture that shows
- Relaxation, reduce stress
- Improve flexibility

Call 655-6960

Call 655-6960

YOGA FOR KIDS
- Yoga for Kids
- Yoga for Teens

Therapeutic massage
- Deep Tissue
- Swedish
- Hot Stone

Lisa Bussey, LCPC
(207) 772-0841

If you have diabetes,
- Blood pressure changes
- Nerve damage
- Vision problems
- Foot problems

Therapeutic massage
- Pain relief
- Stress reduction
- Improved circulation

Lisa Bussey, LCPC
(207) 772-0841
TUFF SEEKS BUFF. Dark haired, outdoor person, mustash-chin, clean, fit wishes to meet compatible young looking energetic 53 year old male 36,170#, 6', clean, discreet! LTR. Need your love. Portland area. Please Honey call. (06/11)

LOST SOULS require prepayment. Hurry & call. (PH) 1907 (06/11)

.sidebar

GET 46 WORDS FREE ON FAX FREE THURSDAY (207) 775-1615

How to place your FREE personal ad with Personal Call:

- Fill out the invoice and mail it to: Personal Call, P.O. Box 1238, Portland, ME 04104. Print legibly, using black ink only. Include your daytime phone number.
- Multiple ads same size are $25.00 per ad. Two ads are $40.00, three ads are $55.00, etc.
- A one-week renewal is $5.00. Renewals must be mailed prior to the receipt due date.
- A one-week renewal can be faxed for an additional $2.50.
- Current invoices must be paid prior to placing your ad.

Guidelines:

- Ad up to 10 words, maximum.
- Include date range for ad (i.e., 05/21)
- Include category, city, state, phone number, and minimum amount of money.
- Ad should be placed at least 5 days prior to desired start date.
- Include your name and city of residence.
- Include your email address if you have one.
- Include any special requests or requirements.
- Include any other pertinent information.
- Include any special offers or promotions.
- Include any other relevant details.

- Include any additional details or information you wish to share.

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