Liberty wins trailer park fight

MAY 16, 1991

Free Liberty wins trailer park fight

Casco Bay Weekly

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Can a shoeshine and a smile keep John Gendron afloat?

Trouble in the house of Gendron

By Andy Hammond

When I was a kid I asked Gendron Commercial Brokers president John Gendron in 1986 how long the real estate market in Portland would keep booming. Gendron said there was no slowdown in sight.

But the real estate market went ground to a halt last year. John Gendron realized the problems at Gendron Commercial Brokers three years ago to start a competing firm. John Gendron said the brokers secretly wanted to "spread their own wings."

But other players in the real estate market said philosophical differences divided the house of Gendron.

Now the remaining partners in Gendron Commercial Brokers, John and his older brother, Richard, are each estimated to be more than $13 million in debt.

But John Gendron puts a happy face on that, too, insisting that he and Richard are "90 percent through our issues" and will not succumb to bankruptcy.

Trouble in the house of Gendron continued on page 8

A lemon shark cruises the waters of its tank at the Maine Aquarium.

Aquarium war boils to the surface

By Paul Karr

The Gulf of Maine Aquarium, which opened in 1978 on a barge floating in Portland Harbor, was a place where visitors could watch sea animals, sea water, pollution and other marine ecology interact. It soon became so popular and crowded that the Portland fire marshals closed it down.

The aquarium closed its doors in 1983, but the dream remains afloat. "The board said: 'Let's build a real one,'" says project director Alan Lishness. And for the past eight years, the Gulf of Maine Aquarium has been lobbying for state and local funding to construct a permanent aquarium. Says Lishness: "Somebody jokingly referred to us as the aquarium without walls."

But the Portland area already has an aquarium. With walls. Businessman Ray Cronkite built the Maine Aquarium on Route 1 in Saco with $2 million of his own money. Since he opened in 1984, Cronkite says it has become his life's work to operate the aquarium as an enterprise serving the people of Maine.

Cronkite says the Gulf of Maine Aquarium has unfairly characterized his facility as a tourist trap. "That's pretty hard to take," says Cronkite. "In reality, our education budget is 300 percent more than they brag they would spend."

"We've survived at very dear expense," says Cronkite. "We'd been around for eight years when Ray said he was going to build an aquarium," responds Lishness.

Cronkite has already been to court once to take on his Portland competition but settled before trial. Now Cronkite says he will soon file a second "major lawsuit" against "a group of people who've conspired to harm the aquarium," people Cronkite alleges used their influence to try and sink his aquarium.

Welcome to the aquarium war.

Continued on page 12
Government shutdown draws protest

Mike's cash-strapped state government closed Friday and more than 10,000 workers stayed home for the first of two-day shutdowns to save money. Hundreds of prison guards, state workers and other essential workers were required to work through the shutdown, although it may be years before they are paid for the day. The shutdowns are designed to help bridge a $77 million gap in Maine's budget for the fiscal year, which ends June 30. The next shutdown will be May 16. Each closing is said to save about $1 million.

The state's 1,600 state employees will bring pay for the two days until they return to work. The 1,000 to 2,000 essential employees required to work will also receive compensatory time off.

Employees required to work will also receive compensatory time off. The 1,000 to 2,000 essential employees required to work will also receive compensatory time off. The 1,000 to 2,000 essential employees required to work will also receive compensatory time off. The 1,000 to 2,000 essential employees required to work will also receive compensatory time off. The 1,000 to 2,000 essential employees required to work will also receive compensatory time off. The 1,000 to 2,000 essential employees required to work will also receive compensatory time off. The 1,000 to 2,000 essential employees required to work will also receive compensatory time off. The 1,000 to 2,000 essential employees required to work will also receive compensatory time off. The 1,000 to 2,000 essential employees required to work will also receive compensatory time off.

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Casco Bay Weekly

We seek stories that raise questions about some facet of everyday life here in the Casco Bay region, and we are looking for stories that demand to be told. Stories that resonate and finally find their way to the reader's mind (Please do not submit stories in the "genres" of erotica, fantasy, mystery, science fiction, super-science,wappples or romance.)

Casco Bay Weekly

Newsbriefs Weekly

Chosen autor will be notified within one month. Copy manuscripts accompanied by self-addressed, stamped envelope will be returned.

Send your manuscript by Wednesday, May 22 to:

Casco Bay Weekly
515 Congress Street
Portland, ME 04101.

Short stories sought for Casco Bay Weekly's
Relevant Fiction Competition

Casco Bay Weekly is accepting original, unpublished short stories on topics relevant to modern life in the Casco Bay region. A panel of three judges will choose the most compelling, well-written and relevant short stories for inclusion in Casco Bay Weekly's Relevant Fiction Issue, July 3, 1991.

Stories should be no more than two to three thousand words in length. All stories should be focused on exploring some facet of modern life in the Casco Bay region.

Stories should be submitted to:

Casco Bay Weekly
515 Congress Street
Portland, ME 04101

The judges:
Diane Brandt,
author of the short story collection
"Shiny Objects," and winner of the Iowa Short Fiction Award;
David Tatum, co-founder of Calliope & Turner Antiquarian Books;
Edward Allen Levy, art critic for Maine Times and author of "Art in the Next 700 Years." Stories should be submitted by May 1.

The judges will review the stories and select the winners in June.

Casco Bay Weekly

Newspaper Weekly

Casco Bay Weekly

Weekly

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Diane Brandt,
author of the short story collection
"Shiny Objects," and winner of the Iowa Short Fiction Award; David Tatum, co-founder of Calliope & Turner Antiquarian Books; Edward Allen Levy, art critic for Maine Times and author of "Art in the Next 700 Years." Stories should be submitted by May 1.

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Casco Bay Weekly

Weekly

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Diane Brandt,
author of the short story collection
"Shiny Objects," and winner of the Iowa Short Fiction Award; David Tatum, co-founder of Calliope & Turner Antiquarian Books; Edward Allen Levy, art critic for Maine Times and author of "Art in the Next 700 Years." Stories should be submitted by May 1.

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Casco Bay Weekly

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author of the short story collection
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Casco Bay Weekly

Weekly
Ride to work on May 21st & breakfast is on us! (7-9 AM)

Tuesday is National Bike to Work Day... stop at Back Bay Bicycle for breakfast on the way!

Don't Miss This Event!

The Duke & Willy's... are riding in and food will be supplied by their friends.

THE HOUSE OF GENDRON

Under its present ownership, breakfast is on us! (7-9 AM)

Continued from front page

"John Gendron put his arm around my shoulder three years ago and said the memories would only last six months," recalled Charlie Wilson, who had worked with Gendron, Carlton, and said apartment buildings through Gendron Commercial Brokers in the last seven years.

"Our relationship is on the position side of the street," explained John Gendron, walking back in his nudged Gendron Commercial Brokers' Boston office building. "I prefer to think of Gendron as the office building, he's turned his back on it and moved into the office building."

Gendron, 61, and his dark hair is just starting to gray. The man, a fishy business, has a smile and quaffed it, and what seems to be a key pocket. On the wall of his office, which contains a presentable photograph of a two-story building of him, contains a full photograph of Gendron and his wife, Elizabeth, posing with President George Bush and Rosie the Riveter.

"Having the last bit of birthday cake is one of my top memories, Gendron was delightedly sipping on a million dollars in dollars, a man whom many people will never see banking.

Those who don't know John Gendron well find it noticeable that he receives a smile while his financial mistakes are paulistically explained. But those who know the man expect nothing else. Said Glen Cooper, who worked at Gendron Commercial Brokers from 1980 to 1985, "John maintains an optimistic persona even deep down in the heart very bad."

Family businesses

John Gendron's grandfather pulled his father, Romeo Gendron, out of prep school during the Great Depression to help run the family's Hancock lumber company, H.J. Gendron Lumber Co.

After he helped his father steer clear of financial ruin, Romeo Gendron took over the company. He added stores in Portland and Portsmouth. Romeo Gendron also built three snowmobiles, making him the largest manufacturer of lumber worth of Boston.

Like his father, Romeo Gendron put his own kids to work in the family business. As a sophomore, John Gendron worked in chain saw gangs and a variety of other jobs, including retailing. In his early 20s, he worked on a snowmobile. (Hancock Lumber purchased the Gendron lumber company in 1942.)

In 1982, John Gendron purchased some property in Boston. He returned to Maine in 1972 to take advantage of the growth in the real estate market. The area was a red hot market.

In 1975, Richard and John Gendron struck out on their own to form Gendron Realty. The firm had three offices, in South Portland, Boston and Biddeford, and the brokers focused on selling new homes to newcomers. In 1978, Richard and John Gendron had also worked for their father at the lumber company, joined the firm at the age of 21.

The brothers sold their existing offices and moved into an office building in Longfellow Square in Portland. The move into downtown Portland started a shift in focus for the brothers, from residential real estate to commercial real estate. Gendron Realty became known as the Portland office of Gendron Commercial Brokers.

The company is a computer expert who joined the firm in 1981 after earning a degree in economics from Bowdoin University. All the firm's computer partners have an equity stake in the firm, while John serves as company president and was the quarterback for the firm.


The brothers, as they posed for the May 1986 cover of Business Week, Chronicled from top: Richard Gendron, Rachel Gendron-Howe, John Gendron, Helen Gendron-Belanger, Charles Gendron, Louise Gendron and Roger Gendron.

The Gendrons also ushered the commercial era into the Portland real estate market. Charles, the young computer whiz, used software designed specifically for real estate analysts to project rental incomes, expenses and overall returns for as long as 20 years ahead. The projections were based on assumptions such as rent continuing to increase at 3 percent per year and vacancies remaining low.

Greeting yuppies and building buildings

Developments were improved by the Gendrons, and newcomers were eyeing the Portland real estate market during the 80s.

"All the puppy wanted to find a vehicle to make money without getting rich, and they used it. And John Gendron defined that vehicle as real estate.

As the value of the buildings approached the $21 million complex planned for the real estate market, it was pretty much what we wanted to find as a vehicle to make money," said Lewis, who worked as a broker.

"They could get you the best money in the shortest period of time," said Charles. "The Gendrons had a network of people interested in buying and selling real estate, and very rarely did go outside of their own network," said Lewis.

"I had to move to the firm, we had several thousand residual buyers in their portfolio," said Lewis. "And it was a need to advertise and market." The Gendrons also benefited from marketing properties all over the Portland area.

The Gendrons bought two properties in Gray.

The building empire

On the cover of the May 1986 Business Week, a portrait of the four Gendron brothers and three Gendron sisters, Clean-cut brothers Gendron: they stopped selling residential real estate, and started selling commercial real estate. Gendron Realty continues to operate a commercial real estate company.

The last brother aboard was Charles, a computer expert who joined the firm in 1981 after earning a degree in economics from Bowdoin University. All the firm's computer partners have an equity stake in the firm, while John serves as company president and was the quarterback for the firm.


The television ads were the target to shoot for. If you were a commercial broker, you bought a blue suit and all that other bullshit.

"The Gendrons were the target to shoot for. If you were a commercial broker, you bought a blue suit and all that other bullshit."

Bruce Lewis

Continued on page 47

The Portland Press Herald

May 14, 1995

John Gendron took brokerage out of the horse-trading era and onto a polished one, said Bruce Lewis, who worked as a broker for Mark Stoner Associates from 1985 to 1987 and is presently with the firm of Allen, Shimko & Stevens.

The Gendron brothers saddled themselves with the trappings of success. In 1986, they moved into plush offices on Market Street in the Old Port. Outside they plastered their signs to the facade of the building, which had G.L.I., L.G.R., and Gendron on its awnings. People refer to it as the European store from Italy's, Italian shoes and robes watch. ‘The Gendrons were the target to shoot for,' said Lewis. ‘If you were a commercial broker, you bought a blue suit and all that other bullshit.'

But Lewis said that anyone who maintained the Gendrons were substance beyond the facts. Lewis related this recent conversation: "There would be a building that several brokers tried unsuccessfully to sell. All of a sudden a sign would go up that said 'Gendrons Under Contract.' John Gendron made sense out of the nonsense. He created the deal.

One thing that was true the creation of the deal, said Lewis, was that the Gendrons showed clients not only what to buy but also how to buy. Local banks, especially Home Savings and People's Savings, were impressed with the Gendrons' savvy, and they kept money in deal after deal. Lewis credited the Gendrons with being up to date on tax laws, and being able to advise clients on how to take advantage of the breaks to make a profit.

The Gendrons also ushered the computer era into the Portland real estate market. Charles, the young computer whiz, used software designed specifically for real estate analysts to project rental incomes, expenses and overall returns for as long as 20 years ahead. The projections were based on assumptions such as rent continuing to increase at 3 percent per year and vacancies remaining low.

Experienced players in the real estate market smirked at these optimistic projections. Said Lewis, ‘whom over 2000 people were in the real estate market, it was pretty much what we wanted to do as a vehicle to make money.’

"I had to move to the firm, we had several thousand residual buyers in their portfolio," said Lewis. "And it was a need to advertise and market." The Gendrons also benefited from marketing properties all over the Portland area.

The Gendrons bought two properties in Gray.
BANKRUPTCY

The Case of Gendron

Credit problems worth $720,000, according to a statement

That was the year, the spectacular house that John Gendron

built on Casco Beach was featured in Saturday Magazine.

A confirmator John Gendron told Business Digest in 1998 that the

demand for such a house would continue to increase even over the five years to come, that there

was no need to worry about finding a buyer. He also noted that there "is no gilt on the

roof.".

ิกเก ani tS bit to be as stable as John Gendron

For starters, the high profile, close-knit family business

began to unravel.

In December of 1997, Gendron sisters Louise A. Gendron and

Ruthiel Gendron House left the house in February.

The next month, in January of 1998, brothers Roger and

Charles Gendron left the firm to start their own company

Chris Sutliff and Co., also stating that they would leave

Gendron Commercial Brokers to start up with the younger

Gendrons. Together they bought out G & C Commercial Brokers shortly

after leaving the firm.

They wanted to spread their own wings like Richard and

Charles, who left the firm in March 1998. Gendron

wanted to spread their wings like Richard and

Charles, who left the firm in March 1998. Gendron

wasn't happy with the younger

Gendrons waiting to spread their wings.

I was his brother, not his mentor, that John Gendron

worrying about buying properties on behalf of the firm, which his

Roger and Charles told. Explained Lewis: "John

would buy a building and all the brokers would be the

real estate market in early 1988 with

"We're in the business of selling properties." With the firm's

philosophy divided

"Does the Gendrons have a leak in his own

kitchen," said Lewis.

But while he would not comment on this story, Roger

Gendron said that the number of brokers bought in March

consultations.

About older brothers Richard and John's choice of survival,

Gendron said: "Personally, I don't think John Gendron will do well.

He's a very Capricorn kind of person and he

American Community Bankruptcy

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The American Community Bankruptcy

About older brothers Richard and John's choice of survival, Gendron said:

"Personally, I don't think John Gendron will do well. He's a very

Capricorn kind of person and he's very much a part of the Old Port

scene."

The American Community Bankruptcy

About older brothers Richard and John's choice of survival, Gendron said: "Personally, I don't think John Gendron will do well. He's a very Capricorn kind of person and he's very much a part of the Old Port scene."
"We have been able to deliver educational benefits without costing the taxpayers a nickel... They want to build a grandiose facility. If it goes bust, how painful will it be?"

Ray Cronkite

AQUARIUM WAR

Reported by David L

The Gulf of Maine Aquarium's plans are being pummeled from the outside by critics like Ray Cronkite, while some local organizations feel that the aquarium is running roughshod over their efforts.

The Maine Aquarium Co., a for-profit company, is being sued by the city of Portland, which is attempting to build an aquarium in the same location. The city claims that the aquarium is not in its best interests, and has asked the state to intervene.

The aquarium is estimated to cost $150 million and will be built on land currently occupied by the Maine State Museum.

The city claims that the state has failed to provide adequate funding for the museum, and that the aquarium will be a competing force.

Cronkite says that the aquarium is not in its best interests, and has asked the state to intervene.

The city claims that the aquarium will be a competing force, and that the state has failed to provide adequate funding for the museum.

The aquarium is estimated to cost $150 million and will be built on land currently occupied by the Maine State Museum.

The city claims that the state has failed to provide adequate funding for the museum, and that the aquarium will be a competing force.

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The city claims that the state has failed to provide adequate funding for the museum, and that the aquarium will be a competing force.
Crying about the men's movement

By Martha McCleary

The men's movement is spreading across Maine, and it is likely that we will begin to see a movement of silent discontent among women. As a woman, I have noticed that the men's movement is spreading, but it is not as visible as some of the more publicized aspects of the movement. For example, the men's movement has been criticized for its lack of inclusiveness and for its exclusionary practices. However, I believe that it is important to understand the perspectives of both men and women when discussing the men's movement.

One of the key arguments made by proponents of the men's movement is that it is necessary to create a space for men to express their feelings and to challenge traditional gender roles. While this is undoubtedly important, it is also important to consider the experiences of women who are affected by these changes. Women may feel left out of the conversation or may feel that their needs are not being addressed.

It is also important to consider the potential negative consequences of the men's movement. For example, some may argue that the men's movement is a way for men to avoid taking responsibility for their actions or to deflect attention away from systemic issues. It is essential to critically evaluate the claims made by proponents of the men's movement and to consider the potential impact of these claims on women.

Overall, I believe that it is important to have a dialogue about the men's movement and to consider the perspectives of both men and women. It is necessary to ensure that women's voices are heard and that their needs are being addressed. Only then can we begin to truly understand the impact of the men's movement and to work towards creating a more equitable and just society.
Wednesday, May 18

**AD&D Candlelight March**

The Names Project/Maine, the AIDS Action Coalition, and the People with AIDS Coalition of Maine present a candlelight march and memorial gathering tonight at 9:30 PM. This event will commemorate the eighth annual International AIDS Candlelight Memorial. The march will start on Monument Square in Portland at 9 PM and proceed to State Street, where there will be a 9:30 PM candlelight memorial gathering. Bring flowers, light a candle, wear a white ribbon, and join in this treasured vigil to remember those we have lost. For more information, call 772-0434.

**Call Up to the Frontline**

Portland’s BACA Downtown USM Portland’s Spindleworks, and the theater work of Maine will sponsor a reading of the AIDS names Project/Maine, the AIDS Action Coalition, and the People with AIDS Coalition of Maine present a candlelight march and memorial gathering tonight at 9:30 PM. This event will commemorate the eighth annual International AIDS Candlelight Memorial. The march will start on Monument Square in Portland at 9 PM and proceed to State Street, where there will be a 9:30 PM candlelight memorial gathering. Bring flowers, light a candle, wear a white ribbon, and join in this treasured vigil to remember those we have lost. For more information, call 772-0434.

**Most Money Loving**

Loving, a singing group featuring guest speakers Luise Kahl and the Singing Theatre Company in New York City, will present its annual Money Loving Festival tonight at 7:30 PM at the Portland Civic Center. Registration is $20, with additional pledges encouraged. The first 500 will get free program tools. For more information, call 781-3696.

**Exploring the Tropics**

Tonight at 7:30 PM, a family favorite: Hollywood. Sinfonia Rockland hosts a family favorite: Hollywood premiere comedy duo, "Rao and Davis," for a show of oil paintings by Portland artist Dorothy Shade. "In Search of the Urban Landscape" creates downtown scenes with oil paints. For more information, call 772-2045.

**Women’s Multi-Cultural Gospel of Capella Singing Group**

Join us for an evening of great music and wine. Come to Portland’s Lao Tsu’s Restaurant and enliven your taste buds with the great grub of our Chinese kitchen. We offer a variety of manufacturing companies in New England. Please come to Portland’s Lao Tsu’s Restaurant and enliven your taste buds with the great grub of our Chinese kitchen. We offer a variety of meals for children and families. For more information, call 772-2045.

**Comedy Walk**

Singing Group
time. Tonight at 9 PM, tickets $5. For more information, call 772-4552.

**Join 'er Buddy**

Starting today, and continuing through Thursday, May 25, the American Cancer Society will hold its annual "Call 'er Red," which raises money through phone bank pledges by these "armored" volunteers. The event, held at Monument Square in Portland, is the largest-ever cancer-control event in the nation. Hundreds of participants will be calling friends and family to ask for a donation of $5 for the cause. It's a very simple thing: you’ll buy a call, give it to someone you know, and have them pass it along. For more information, call 772-2045.

**Giving Traditions New Life**

A company of black dance and music on tour for four continents. The Brooklyn Academy of Music in New York has called the company "Brassoon's gift to the dance world." The company will perform "Giving Traditions New Life," a concert of music from the African, Indian, and Chinese traditions, tonight at 7:30 PM at the Cape Elizabeth High School Auditorium. Admission is $2 for adults, $1 for children, and $5 for families. For more information, call 772-6048 or 772-4552.

**Singing in the Sixties**

Tonight at 7:30 PM, a family favorite: Hollywood. Sinfonia Rockland hosts a family favorite: Hollywood premiere comedy duo, "Rao and Davis," for a show of oil paintings by Portland artist Dorothy Shade. "In Search of the Urban Landscape" creates downtown scenes with oil paints. For more information, call 772-2045.

**Lunch**

Portland’s BACA Downtown USM Portland’s Spindleworks, and the theater work of Maine will sponsor a reading of the AIDS names Project/Maine, the AIDS Action Coalition, and the People with AIDS Coalition of Maine present a candlelight march and memorial gathering tonight at 9:30 PM. This event will commemorate the eighth annual International AIDS Candlelight Memorial. The march will start on Monument Square in Portland at 9 PM and proceed to State Street, where there will be a 9:30 PM candlelight memorial gathering. Bring flowers, light a candle, wear a white ribbon, and join in this treasured vigil to remember those we have lost. For more information, call 772-0434.

**Dynamite duo on Zoots: Catch N.Y.C.’s Finest’s, a Portland jazz group, tonight (and May 23) at 9 as they attempt to exorcise war, hate, nuclear weapons, and child care; viewing the public. For more information, call 772-2045.

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Join us for an evening of great music and wine. Come to Portland’s Lao Tsu’s Restaurant and enliven your taste buds with the great grub of our Chinese kitchen. We offer a variety of meals for children and families. For more information, call 772-2045.

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time. Tonight at 9 PM, tickets $5. For more information, call 772-4552.

**Join 'er Buddy**

Starting today, and continuing through Thursday, May 25, the American Cancer Society will hold its annual "Call 'er Red," which raises money through phone bank pledges by these "armored" volunteers. The event, held at Monument Square in Portland, is the largest-ever cancer-control event in the nation. Hundreds of participants will be calling friends and family to ask for a donation of $5 for the cause. It's a very simple thing: you’ll buy a call, give it to someone you know, and have them pass it along. For more information, call 772-2045.
Rte 77, Cape Elizabeth
Because of tight credit policies by banks and other lending institutions, you may not be able to purchase
30 dried flowers, silk arrangements, and Heirloom antiques. We have advance order.
... or Cakes, Flowers
Lee Dodge can help. We have
silk arrangements and Heirloom antiques.

A View from the Bridge
Arthur Miller's Classic of American Theater
Casco Bay Weekly Reader's Pick!
Clay Theater Company - Mad Horse
May 30 through June 23

Silfer Screen
Back Draft Tony Scott, Director, 1991

Silfer Screen

Hoys Pond Cafe's Cinema
3130 Clark Rd, 1 Portland
May 14 - 30

Silver Screen

THE 3 DOLLAR MEAL IS BACK!
585 Market Street, Old Port 772-7146

Silver Screen

American Red Cross
Mighty Cross Cheverus Freeway
Jonathani Edwards and Cheryl Wheeler
Saturday, May 16 6:30 PM
First Parish Church, Boston, MA
80 Business Ave. 1 SA
$5 special ordered serving and reception with the menu
Ticket sales: The Mid Coast Community Bank 729-8579

NEW YORK CITY

THE MOVIES
May 14-19
HOLLYWOOD
NEW YORK
HOLLYWOOD
HOLLYWOOD
THE MOVIES
May 19-25
HOLLYWOOD
NEW YORK

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Casco Bay Weekly

Majestic Oyster Bar
Mixing Good People, Good Food and Good Drinks for 13 Years
Our Full Menu Served Early 11AM to Midnight
Enjoy a view of the harbor from the relaxing atmosphere of the Majestic
Phone: 772-4620

Foote-Heston's First Annual Oyster Bar

REAL ESTATE

Doolin's First Annual Oyster Bar

REAL ESTATE


dolphins

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Green Coffee with Breakfast or Lunch
Parking is less than 1/2 mile from the historic Old Port.
FREE GREEN COFFEE

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Phone: 772-4620
THE RED LIGHT REVUE presents its annual Spring Ball!

Friday, June 7th at 7:00 PM
at Trendy Dancers

Admission $20 per person

Music provided by Red Light Revue

Dress to the Creative Black Tie

Dance to the music of the Red Light Revue

No ticket sales at door • More info call 855-3203

ANNIVERSARY STAGE

American Bucket Show with performances from the following members:

Alvin K. White, Tom Morgan, Tom Williams, and Tom Snider

The American Bucket Show will be performing a wide variety of music, including jazz, blues, and rock and roll.

The American Bucket Show will be performing live at Trendy Dancers on Friday, June 7th at 7:00 PM.

The American Bucket Show will be performing their annual Spring Ball at Trendy Dancers on Friday, June 7th at 7:00 PM.

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Bernard C. Meyers: "Moving Pictures" Through 11 June
Evans Gallery
7 Pleasant Street, Portland, ME 04101
Open to the public.

Kurdish Life: Photographs and Artifacts to benefit the Maine Kurdish Relief Fund
photography by Katrina Webber, artifacts from the collections of Karine Hedouin and Argane and Sesale Moune
Dwan Velangena Gallery May 18 – June 2, 2001
Opening reception May 18, 5-8 pm
Portland, ME 04102

The exhibition is a chance possible to benefit from the Maine Kurdish Council.

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DISCOUNT FOR SEASONAL LEASE
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Information on the corner of Commercial & India Streets.

Richard Estes: Urban Landscapes
May 15 – July 21

The Portland Museum of Art is open seven days a week, from 10 am to 6 pm.

A Folk Song Festival
Sunday, May 19
1:00 – 5:00 p.m. – Average Head Coast Ballroom
Tickets: 61 1-1156

And at the door

Sense
At the conceptual heart of the Mathematical Sciences Department at Portland State University, there is a message of hope: "We are here to serve our community, and we are here to help you.

A multi-disciplinary team of researchers, educators, and artists has come together to create Sense, a new exhibit at the Portland Museum of Art. The exhibit features a variety of works, including paintings, sculptures, and installations, all of which focus on the theme of human expression and communication.

The exhibit will be open from May 15 to July 21, and is open to the public on weekdays from 10 am to 6 pm, and on weekends from 11 am to 5 pm.

To learn more about Sense, and to find out more about the Portland Museum of Art, please visit our website or call us at 773-5949.

The Portland Museum of Art
1868 Congress St. Portland, ME 04101
773-5949

May 14, 1990

Richard Date: 2460 West, Albatross, 1979

Richard Estes: Urban Landscapes
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Quality schools

Dr. Glasser points out that managing by force in schools is the root of the problem. He emphatically suggests that we replace the "teaching" that turns students and staff into enemies, with a new system of management that brings together the goals for school education and the aspirations of its students. Currently, very little or no one is asking what are the goals for the school, the goals for the students, and what will it take to achieve these goals. Dr. Glasser suggests that the goals of the school be set, not by officials or experts, but by the students themselves in a process of mutual planning and decision making.

Dr. Glasser recognizes the impact a strong, vibrant school can have on a community. He uses, conceptually, that nothing can be done to improve the quality of life in a community more than quality schools. The goal of quality schools for young people who are treated in quality education does not turn children into enemy's but rather turns them into friends and allies in the community. Glasser also states that these new schools can be turned almost anywhere in the country, for an incentive for an industry to move to a community. There is no school as a non-profit business. The community will turn anything into a community than it to become known for excellent schools.

Mr. Howard used to run his first race safely, effectively, and comfortably by using the "quality school" approach. Race planning, how to do miniaturists, and how to do readings and drama. Mr. Howard used to run his first race safely, effectively, and comfortably by using the "quality school" approach.

Sport

Adult Water Aerobics: Start Monday, June

The Portland Public Library will host a series of lectures and workshops on the theme of "Education for Life:" a daylong series of events focusing on support for an education beyond the classroom. The lecture will be held at 9:00 am on May 29, 1991, at the Portland Public Library, 142 Market Street. The event is free and open to the public.

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Casual Comfortable Cotton
Clothing and Accessories

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DOES IT SEEM LIKE YOU'VE SERVED YOUR LAST SUPPER?

Hunan 8000 customers with Casco Bay Weekly's Southern Maine Dining Guide.
Advertising Deadline is June 14, 1991.
Publication Date is July 8, 1991.

Casco Bay Weekly
For more information and to reserve space call 775-6601.
body & soul

Stressful life? The answer is not just in the gym, but also in the kitchen. Try these coping strategies to help you stay healthy and strong:

1. Exercise regularly:
   - Aim for at least 30 minutes of moderate-intensity exercise most days of the week.
   - Incorporate activities like walking, jogging, cycling, or swimming.
   - Try a variety of exercises to keep things interesting.

2. Eat a balanced diet:
   - Focus on whole foods like fruits, vegetables, whole grains, and lean proteins.
   - Avoid excessive intake of sugary drinks and processed foods.
   - Stay hydrated by drinking plenty of water.

3. Get enough sleep:
   - Aim for 7-9 hours of sleep per night.
   - Establish a regular sleep schedule and avoid screens before bedtime.

4. Manage stress:
   - Practice relaxation techniques such as deep breathing, meditation, or yoga.
   - Consider talking to a counselor or therapist.

5. Connect with others:
   - Join a fitness class or a group that focuses on stress reduction.
   - Spend time with friends and family.

6. Be kind to yourself:
   - Avoid negative self-talk and practice self-compassion.
   - Celebrate your successes, no matter how small.

By making these changes, you can improve your overall health and well-being. Remember, it's never too late to start.

For more tips and resources, visit [healthresource.com](http://healthresource.com).
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1.5 Bathrooms

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Spacious kitchen with breakfast nook

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Call (850) 473-3025

Casa Diamante LLC

5080 W. Gulf Breeze Pkwy

Gulf Breeze, FL 32561

casaiamante.com
Sometimes we forget how fortunate we are to have a place we call home.

Bring Hope to the Homeless

With your help, Public Cable can provide significant financial help to Greater Portland's homeless. Public Cable is teaming up with the Preble Street Resource Center to raise Pennies for People. The Preble Street Resource Center provides breakfast, housing location outreach and referral services to the homeless and low-income people within our community.

Have Public Cable installed in your home and we will donate $5.00 of the $9.95 installation charge to the Preble Street Resource Center.

30 DAY MONEY BACK GUARANTEE

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All the things we are