THE ARTS DISTRICT:

Masterpiece or Mirage?

A lot of Portlanders — artists, bureaucrats and businesspeople — are hoping that something called an "arts district" can save downtown. But first they have to figure out what an arts district is and how to pay for it. And then they’ll have to put all the pieces together.

CAST A GLANCE ON PORTLAND’S WATERFRONT. SEA PAGE 43.
Plastic Surgery Today

Stephen P. Fox, M.D.

AN INSIDE LOOK

Incorporating implantable micro-electrodes is another of innumerable techniques. The chief benefit of endoscopic surgery is that it allows the surgeon to make three or more small incisions at the same time, thereby reducing healing time and minimizing the risk of scarring. Currently, the cosmetic procedure is used to the aid of one or two incisions in the forehead. It is also the surgery to make three or more small incisions at the same time, thereby reducing healing time and minimizing the risk of scarring. Guided by endoscopic imagery, the surgeon is able to make three or more small incisions at the same time, thereby reducing healing time and minimizing the risk of scarring.

Each year, the number of people who undergo cosmetic surgery increases at an astounding rate. Cosmetic surgery can truly satisfy many needs and often will serve to make a person look and feel younger. It's not just 'doing hair' - you've gotta do it right. If you have a woman with a big nose, you wouldn't put a little nose above her; would you? But she has to look like a pumpkin. Or a woman with a long face - you wouldn't put her hair up high in her head. She'll look like a dodo. You've got to be a thinker! You've got to think, 'Well, what do you attribute your success?'

What did you like best about running your own business?

I love people like they should be treated. I love people like they should be treated. Ponce de Leon looked for years for the fountain of youth. Ponce de Leon looked for years for the fountain of youth. He found it - in a bottle of cumin. And in a cut and in a style.

There's a woman I love. She's got a dollar and a 10. I don't care whether they've got a dollar or 10. I don't care. I treat people like they should be treated. I treat people like they should be treated. Ponce de Leon looked for years for the fountain of youth. Ponce de Leon looked for years for the fountain of youth. He found it - in a bottle of cumin. And in a cut and in a style.
A new look at the top news stories affecting Greater Portland May 3 through 9

**Casco Bay**

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For generations, New England’s favorite place for food and fun has been Casco Bay. In fact since 1948, we’ve actually changed our name! Now our fabulous music industry will be seen and heard by folk! Here’s your chance to win a trip to the music industry!

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**TWO THUMBS UP!**

Days A Week (Hampton closed Mondays)

New Private Function Rooms in all locations!

“SIDE-SPLITTING COMEDY!”

While not every band plays by the rules, here’s a band that does—New Kids on the Block.

**WANTED UNSIGNED BANDS:**

3rd Annual Music Showcase

**SIDE-SPLITTING COMEDY!**

**TWO THUMBS UP!**

“SIDE-SPLITTING COMEDY!”

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**SIDE-SPLITTING COMEDY!**

**TWO THUMBS UP!**
Consumer groups were thwarted as NYNEX fended off a massive rate case. "For whatever reason, the public and the press have been essentially forced to keep housewives from keeping the public away from the telephone. The company can't make any other profits, and they still have to pay their electric bills," he concluded.

Renaud renovations

Portland won't have a world-class concert hall when renovations to City Hall Auditorium are finished. Instead, the hall will be "very, very, very good," said Caterina Renaud, the city's building commissioner overseeing the project.

"Negotiations with low bidder George Stoddard were "almost over," said Renaud. The city's assistant city manager overseeing the project.

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The notion of the arts as an engine for economic development has become very much in vogue in recent years, consultant Marc Goldring explained.

"There's a sense of desperation on the part of civic leaders. They'll try anything."
Until there's a cure, there's the American Diabetes Association.

**Diabetes.org**

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Drive-thru deliveries

By JoAnn Filer

I remember being mightily impressed by my first drive-thru workout of the day. I was out on a long ride in a crowded traffic jam, and I was forced to stop. I did my best to remain calm and not let my frustration get the best of me. I looked around and saw the familiar signs of a drive-thru workout. I could hear the sound of people talking and the smell of coffee wafting through the air. I knew that I had to stop and get my workout in.

I parked my bike and started walking towards the drive-thru workout area. As I approached, I saw a group of people gathered around a large, circular table. They were all wearing workout clothes and seemed to be in high spirits. I joined the group and started to listen to the instructions.

The leader of the group started to explain the workout. He told us that we would be doing a series of exercises that would target different muscle groups. He also told us that we would be doing this workout twice, once on the left side of our body and once on the right side.

I followed along with the group and started to do the exercises. The workout was challenging, but it was also fun. I found myself laughing along with the group as we did the exercises.

After we finished our workout, the group disbanded. I continued on my ride, feeling refreshed and invigorated. I knew that I would be back for more drive-thru workouts in the future.

Casco Bay Weekly
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Cathie Nelson Poor

Be you're bewailing the evolution of arts programs in the public schools and wondering
where the next generation of theater professionals is coming from? Take heart and look around.

A lot of them will be coming from right here in Portland.

If they aren't, it certainly won't be for lack of opportunity. More and more, local children's theater - defined for our purposes as young actors, writers and technicians who are actively learning stagecraft and putting out a product for broad audience appeal - is mushrooming. It has to, say the movers and shakers of Mad Horse's newly launched Mad Horse Children's Ensemble and the venerable Children's Theater of Maine (CTM). Otherwise, who will plug the holes left by disappointing arts education initia-

This goes even deeper than that, says Joan Sand and Odelle Rowden, co-directors of the Mad Horse program. A year after Mad Horse's move from exhibiting to exhibiting, the company has become as passionate about its survival as about its artistic mission. Whether its work is

And so as long as you're doing it, do it right. Teach them the history and tradition as well as the technique, bring back the apprenticeship system and, to paraphrase the Bible, 'train them up in the way they should go.'

Mad Horse is a co-operative ensemble. The members are a motley crew. Some are

They'll have plenty of time for that. The 14

And as long as you're doing it, do it right. Teach them the history and tradition as well as the technique, bring back the apprenticeship system and, to paraphrase the Bible, 'train them up in the way they should go.'

Mad Horse is a co-operative ensemble. The members are a motley crew. Some are

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Friday 12

Elvis Presley sing along. The Mountain Tavern, 192 Main St. Portland. ($10 cover)

The Fly-boys present The Great Escape. The Mountain Tavern, 192 Main St. Portland. ($10 cover)

Saturday 13

NYE End of Year Dance. The Mountain Tavern, 192 Main St. Portland. ($10 cover)

Nelson’s hold

As I begin to consider writing a little something about the singer Tracy Nelson, I automatically walk over to my records to pull out something of hers to play. Listening usually jumps-starts the engine for a bug, restricts the unending music to the task at hand. Like a cartoon pony who’s swallowed a paintbrush, there’s a swelling in my collection when it comes to Nelson. With other artists, I own but one or two representative albums; with Nelson, I have at least a dozen, probably more. Tracy Nelson, however, Tracy Nelson’s voice, has been an obsession of mine for 25 years. One might immediately come to the conclusion that, in the way fans usually believe their favorite artists have great recordings—I’d stabler all over Nelson’s, know them by heart, cherishing certain nuances that I swear to the world were some of the highlights in the history of recorded music. Well, I don’t. Though it’s tough to admit, Tracy Nelson, until quite recently, seemed incapable of making a good record.

Here’s the thing. Tracy Nelson presides one of the most extraordinary voices in popular music. When she wants to, and given the right material (which seemed an impossible task for many of her early producers), she can stop a person dead in his tracks. At a 10-foot distance, her voice is a thin, distant echo胸部 in the blues. On songs as varied as Little Willie John’s “I’ll Be Lonely Gone,” she has demonstrated that she can actually take the teeth out of a song rather than maintain the millenium, almost dissolve time that has hampered so much of her recording career. She periodically, usually late in time, Tempters cover and overdubbing Penny Mayfield’s songs whole. But, often, at least in the recording studio, Nelson is treated as just another unrecorded package.

But live, she can move you. Like a Nina Simone or a Betty Carter, she seems to make an audience’s expectations. Nelson, who recognizes a good song, now controls a huge repertoire—blues, R&B and more than a smattering of country. But the pieces that make someone a fan for 25 years is her signature song, “Down So Low.” When you want easy on for a long time.

I’m not sure if it’s the way that she can feel so long. The pieces are all derived from songs that have been. It’s almost a little ordinary, my song could be. Big unoriginal voice. Big songs. Sometimes, as if any judge on the studio. “Down So Low” would long ago have become familiar in any way, say, Bonnie Raitt song. Nelson doesn’t just sing the blues—she warms them. And she’s liable to warm them against a Morgenbesser.

And having repeated, “Down So Low” on at least three occasions, she has at least one whole song that I can point to as the song that made me a fan who haven’t seen and felt, yes, the sun done came and left you.

Tracy Nelson performs May 13 at Morgenbesser’s, 121 Center St., at 7 p.m.

Tel. 322-774-0823.

OLD PORT FESTIVAL

OLD PORT FESTIVAL PROGRAM GUIDE

54,000 copies will be printed of which 30,000 will be inserted in the June 1st issue of CBW and 15,000 through local businesses. For advertising information call 775-6601. AD deadline is May 12th.
Brutes in shining armor

The saying “chivalry is dead” is more than a lament of the lack of manors in the modern era—it's misleading. I think chivalry ever existed. Portland Public Library's exhibit "The Art of Chivalry," currently on display in the Lewis Gallery, makes it clear that being a knight had very little to do with being a jousting knight. This opening plaque states, “If we seek only to usurp the spirit of the Middle Ages, we would arrive, or at least arrive at the heart of the chivalric ideal, the spirit of chivalry.”

On the contrary, the exhibition celebrates the spirit of chivalry, as exemplified by the art of arms and armor. The exhibition features a selection of work by metal smithing majors at Maine College of Art, including a selection of work by metal smithing majors at Maine College of Art, including works by Coyne, E.F. Ambrose, Chris Sheridan and Kay Wille. The exhibition opens May 11 and runs through Jun 10. Hours: Tues-Sat 11 am-5;30 pm. Sat 10 am-5 pm.

The exhibition includes works by Richard Lee and Sandra Bottinelli, ongoing. Hours: Tues-Sat 11 am-5. Sun 2-5. 725-3275.

The exhibition also includes works by Tillman Crane & Phil Trager, ongoing. Hours: Tues-Sat 11 am-5;30 pm. Sat 10 am-5 pm. 772-2693.

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Art openings


Danforth Gallery 34 Danforth St, Portland. Opening May 11 from 2:30-4:15 pm. Cost: $5. 772-6351.


Greenhill Gallery 146 Middle St, Portland. Opening May 11 from 9 am-5 pm. Fri from 10 am-9 pm. Sun, 12-5 pm. 761-7007.


Morse Gallery 7 164 Middle St, Portland. Opening May 11 from 9 am-5 pm. Fri from 10 am-9 pm. Sun, 12-5 pm. 761-7007.


Stephen F. Austin Gallery 120 Falmouth St, Portland. Opening May 11 from 2:30-4:15 pm. Cost: $5. 772-6351.

USM Art Gallery College Ave, Gorham. Reopening May 11 from 9 am-5 pm. Fri from 10 am-9 pm. Sun, 12-5 pm. 761-7007.

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CHRISTINE'S. French pressed coffee & cafe; other edible art for lunch & brunch. Offering a variety of specialty sandwiches, salads, soups, quiches, quiche, and desserts with a variety of healthy options. Location: 500 Fore St., Portland, 768-9592.

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FRESH MARKET FETTO. A full menu of fresh market ingredients, at competitive prices. Pizzas, calzones, pasta, and more. At 315 Main St. Portland, 772-8782.

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THE CLAY DOOR. A small ristorante with the largest selection of Indian cuisine in any new england restaurant. The most delicious and authentic Indian cuisine in Portland. Monday through Saturday 11 a.m. to 9 p.m. Sunday 11 a.m. to 3 p.m. 304 Congress St., Portland, 774-4372.

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INFERNO! Italian cuisine with the best selection of pasta. Hand made pasta, fresh baked bread & fresh vegetables. All meats are fresh & 100% organic. In a cozy & comfortable setting in the heart of Portland. 315 Market st. Portland, 774-4567.

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7:30pm - Gallery Solo Performance

Festival of the Unexpected i. produced with the She's Just Away!

Solo Performance by Tug Youigrau Wright

5:00pm - Gallery Rae. Wright

8:00pm - Rehearsal Hall

Solo Performance

Shooting in Madrid

Rae Staged Reading

8:00pm - Gallery

Mark Davis

Westbrook College Gallery Stevens Ave, Portland.

from 9 am-5 pm, Tues & Thurs from 9 am-9 pm. Exhibit in the Lewis gallery. 871-1758.

through May 15. Hours: Mon-Sat, 11 am-5 pm. 772-1172.

Elizabeth. Oil paintings by Holly E. G. Ready will be on exhibit through May. Hours: Wed and Fri, 2-6 pm, Sat 10 am-1 pm.

Renaissance Antiques 221 Commercial St, Portland.

Rames... Bookstore 555 Congress St, Portland.

Lautrec. Ongoing.

of 20 gouache drawings and three sculptures including works by Chagall and Toulouse-Lautrec. From May 11 through June 7. 725-8157.

Amnesty International "Can One Evil Cure Another?" May 13: Italian Immersion program from 8:30 am-5 pm. Cost: $65 for workshops. 772-0405.

"Sleuthing the Civil War" Lecture with author Nancy "Poetry" Spalding May 13: 6:30 pm - 8 pm. 775-3822.


"Aegean Islands: Early Action" Loring exhibit of gallery artists. Hours: Mon-Wed 10 am-5 pm, Thurs-Fri 5-9 pm, Sat-Sun 12-5. 775-1140 or 772-8666.

"Photography: Aths in Maine" free photography exhibition focusing on Images of Portland during the 1940's at O'Farrell. Formally, the early work - fields of dry, controlled colors and shapes, interrupted by the infrequent use of pops or implied and institutional elements like arched windows that maraud light - on into the stage for the stronger paintings. These two vertical bands of color - one warm and one cold - have multiplied and now dominate the surface in these paintings.

"Entering the world of Johnnie Ross" Ross is interested in the act of painting itself. Every work in the show - in particular the drawings - simultaneously reveals the artist's control of action and form. "Painting and Pen," seven vertical brush strokes - layers of thick, clayey gray - hang like ribbons down the surface of the work. The unframed, gestural canvas is one suggestion Ross is giving his tendency to work in Yugoslavia. A landscape, a portrait, a still life, a Предмет, "Stretcher" is a bare-bones, no-nonsense artwork. Clear, the intent of Ross' work has shifted. The other works evoke another dimension, a light-filled space beyond the dusty, past-present surfaces. Instead of providing a pathway for transcending the world, Ross presents the reality of the world: the creative process and its resulting product. "Stretcher" is a show-case, an exercise in painting. The title immediately draws attention to the work's material nature - the wooden armature on which the canvas is stretched. Characteristically, frame and glazing are absent but unprofessional objects or visual clues to the real world. Push in on either, paint quality and the wood and canvas beneath the raw canvas to the fact that there is no division between the world's surfaces and edges - there are just canvas, paint and copper coils.

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On the road again

Supermodel Cindy Crawford likes Brook's Restaurant in Wiscasset. "How do I know? Because of the car."

Well, she didn't exactly tell me, but an April Fool's photo shoot left an imprint on the state's tourism

that is in the Works. On her Web page, Crawford is reported as "a happy, relaxed woman who is

Web page of the Internet. "I just thought I'd drop a line on this, she said, as we sat in a motor in the

I was doing a shoot out there a few years ago." Crawford wrote, "I didn't do anything fancy but I didn't

Travel industry is proliferating in these days. And it's a lot of fun. Why couldn't an orchestra travel

For author who you can go online and add ideas from many. Get your information fresh, first and free from

Now like. Except, of course I hope it's not.

And that's one of the problems of harvesting your information from your fellow countrymen. Think about it, you're in an actual road trip and you ask a local resident for advice, usually have visual cues to help you interpret the information. But when you pull off the

street and you're just try your best hoping to help her, you don't have clues. Does the people of the

car and posting messages actually know anything about your destination? Do they share your tastes? Do people bedazzle by the bonsai pictures of their computer screens understand anything about art?

Carnitas, a quick tour of three Mexican restaurants: Compania, Anderson Calle and the World Wide Web. For a moment I was looking at a tiny restaurant in Portland, Maine. I love them a lot in the summer. My first stop was Compania's, a food truck, where I bought the fried chicken and fried beans from the outdoor Tables. After a time, the people bedazzle by the bonsai pictures of their computer screens understand anything about art?

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