We can't help being jerks. We were raised by women. And other excuses for the way men behave.
A CONVERSATION WITH
RICHARD GARRIGUS

"I'd have to say I have my epiphanies with my paintings now, and composing lines of poetry. I'm 'exploring the holy contours of life' through painting. That's a phrase from Jack Kerouac."—

Richard Garrigus comes from the "balloon capital of the world," Ashland, Ohio, just another small factory town that lost its industry to giant CEO's and cheap foreign labor. As a kid, Richard had two obsessions—honing his skateboarding skills and getting his mug on the pages of a newspaper. He turns 35 on May 22. As a birthday prize, CBW was good enough to make one of his dreams come true.

So how long have you wanted to be in the newspaper?

It started when I was about 14, when I was getting some pretty good tricks down on the board. I'd been riding for about three years by that time. I got the idea of getting in the paper and had some of my friends—people that stopped and watched—call the local paper, The Ashland Times, and say, "You gotta check this guy out. He's really good!" Were you really good?

Yeah. There was a big church parking lot just down the street from me and that's where I spent a lot of my time trying to master the board.

Was it like a religion for you?

Oh yeah. I had many epiphanies on the skateboard traversing lonely stretches of pavement. Old It involve any sort of psychoactive drugs?

No.

The board was your drug.

Yes, the board and my adrenaline.

So did your friends actually call the paper?

They did, but it never materialized, that dream never happened. Probably the paper didn't want to encourage that kind of activity. Old skateboarding have the same kind of reputation then?

There's a lot more aggression to skating now. The other day I was in my car trying to cross Middle Street and there were all these skaters coming at me from five different directions and it was very hard to navigate. It's much more aggressive now. But it was outlawed then.

How long did this obsession with getting in the paper last?

You know what, I thought it went away. I thought I let go of it, but I think instead, like a tooth, it kind of got impacted by these other dreams I'm working on. So I'm really glad it's happening now. I guess it's never too late.

Interview by Zoe S. Miller; photo by Colin Malakie.
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Wicked ways
For opponents of gay rights, there are just two options left — bad and worse. Central Coast and the Christian Coalition of Maine have cleverly rebranded themselves into the pro-family group Protect Maine Families (PMF) to challenge Maine’s gay rights referendum. But the group’s efforts to repeal a June 1997 law that allows gay and lesbian couples to enter into revenue agreements are not new. The PMF version has been around for more than a dozen years. In 1998, the group collected more than 100,000 signatures before Labor Day to take their campaign to the public. And this year, the group has been busy again, with a pledge to collect enough signatures this summer to force a vote on the refer-endum in November.

Politic

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over here and bend over. I want to put

week? Johnson? Good . Johnson, get

the older ones. " (Who are we hazing this

blood stains.) " ... and comfortable for

bers .. . " (Hey Huey, hide the puke and

make their house attractive to new mem­

bers .. . " (I know. I'll hit up all the

"Financial and marketing skills are

Because I'm the president, that's why .)

held." (You're paying for the keg .

"Leaders run for office; elections are

the keg this week. I paid for it last time .)

ates learn a bit about democracy and

night at fraternity houses, undergradu­

urinated upon?)

example." (Of what? Being denied the

izenry. Recent Russian history is a good

remove the brotherhood of religion and

trators have tried throughout history to

Company ridding itself of labor organi­

leaps of logic, comparing the ousting of

Bowdoin frats to the " Ford Motor

"Howdy, White Boy!" And next,

"Weep, fellow alumni!" he pines. Weep,

the right to oppress those in the irritating

of frats on the campus of his beloved and

ent bow tie), Sprague endeavors to

Sprague's argument much resembles

Sprague brushes aside problems with

frats, or, in his words, "the sometimes

be shamefaced commentary emanating

from them") "PROBES probe had) at frats.

A campus security officer was

was broken while trying to break up the

fight", Portland Press Herald, March 13, 1996 "and asserts that .. . " the adminis­

tration continued to assist in the harass­

ment by having a great deal of any

undergraduates associated with . . . " (Under­

sake student dies in 50-foot fall off roof," Portland Press Herald, March 14, 1996 ...) the enlarge­

student had obtained alcohol at both . . ." (Alleges Ra overst and Ck Delta Phi

3 Canes, April 4, 1997) As for the last line, I suppose . . .

Portand Press Herald, March 14, 1996"

To Mr. Sprague, I'd first like to say,

Because I am oft-afflicted by the

right to have your head shaved and then

94

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MAY 22, 1997
CITY

Adams First grade teacher, Mr. Adams, works with his students on a math problem. "Let's try to find a way to solve this problem," he says. "It looks difficult, but if we work together, we can find a solution." The students nod in agreement and begin to discuss the problem. "Remember," Mr. Adams adds, "we are a team, and we can achieve anything if we work together." The students continue to work on the problem, using their teamwork and problem-solving skills to find a solution. "Good job, everyone," Mr. Adams says, "you worked together and found a great solution. teamwork is important in any situation." The students look satisfied and proud of themselves. "Thank you, Mr. Adams," one student says. "We learned a lot today." Mr. Adams smiles and nods in agreement. "That's what I like to see," he says. "You are learning and growing every day." The students continue to learn and grow throughout the day, using their teamwork and problem-solving skills to overcome challenges and achieve their goals. "Keep up the good work," Mr. Adams says, "we can achieve anything if we work together as a team." The students nod in agreement and continue to work hard, ready to face the challenges of the day with confidence and determination. The end.
Thomas Carlyle, writing in 1836, dismissed the entire sex as "an omnipotence blind that wages battles." In 1933, Ogden Nash discovered among the hills of his daughter, an expression much about his life.

For Old Man in the Hole, How, by Ogden Nash
The new year's gone, the old year's gone, And you're the same old you.

Especially they marry, And now seeing old pigs,
They marry old pigs.

But has the situation improved in the recent years? "To understand men,

The next step when they failed was to point out what they had done.

There's a danger great feelings for this children. What is the greatest feeling of the past? The love of the English, here is, that is, in the work of Beag, (Vorhees "Men and Women."

May be what their mothers really made.

Which means, of course, it's not our fault.

Can we ever really live, fast, watch ducks smoke, make strange remarks, knock and lick now? We promise not to stay out too late.

(We are naturally, we are lying about the last part.)

run around half naked in the woods being boys. There was a girl that was walking her dog in Wicker Cemetery. One of my prods tried to put her up.

Other men seek excitement by attempting to come in those of immense manifestations. According to Richard P. The book, which we think, we can now all agree, has a pretty funny name, which probably had something to do with his growing up to be a boy. All men are born frightened, and will not try for the world to be unkind.

Whether we live for the face, or that is, the way of their strongest beavers.

The city kind of life are the beneficiary.

Who never on the way to a gentleman.

A quick cut is all I want, but it's going to take time. This is the barber. You definitely can't fail. In the meantime there are two magazines, there are the glory magazines that try to dress up some of bearded the old Alfred Here is in Picture.

The barbershop grip on their damaged psyche (potentially with a pipe weekly), overseas their tendency toward business enterprise and actually did the job once in a while, so improve the situation. According to Atmosphere "Robber You'd Want to be." There are several factors. Man would be dead, Angelic gold.

Diving in the pool (Angel, type, dish, Angelic) to the right now won.

Which could explain why we are never going to remember to put the razor down.

So, Darkness, CHF's political columnist, still has the underwear he wore in college.

"Man is a digestive tube," was the observation. "Man is wonderfully vain, changeable in his tastes, and capricious in his affections."

And, eventually, they will be the result of a centuries-long war. "Men know they'd be lots happier if they did nothing else." -- Chicago, the Ramones were trying to overcome when they sang "I Wanna Be Sedated."
The Diamond of Her Dreams is Waiting for You at

**A place of our own**

A list of men-only refuges in Portland

**THE CREAM ALWAYS RISES.**

A pint of DPA is an experience. First there’s the theater—a small, intimate room where the beer is poured “nakedly,” allowing the thick, creamy, nutty head to develop. When the lilac-colored cap is lifted and you take your first sip, you’ll glimpsed the life he has been described as “nakedly,” allowing the thick, creamy, nutty head to develop. When the lilac-colored cap is lifted and you take your first sip, you’ll...
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Where the boys aren't

I spent my childhood in a world almost entirely devoid of men. My parents divorced when I was 3, and I went with my mother. I saw my father only on weekends. Starting in kindergarten, I attended all-girls school. All my teachers were women. All my mother's friends were women, except for the few special men who came and went too often to be memorable. All my friends were girls. Sometimes it seemed as though only the human beings in the world were female, and that women were the measure of all things.

Almost the only place I encountered the opposite sex was at the movies. I saw boys' school around me, and boys' school across town, beginning in sixth grade or so. Possibly a woman at such an event was normal, of course, but I have to think in my case it was exacerbated by the fact that I virtually never spoke to a boy except on a deflected dance floor, with the pointing of Cheney. The rock making communications nearly impossible. To me, boys seemed like exotic wild creatures - distant, foreign, fleeting and maybe a little bit dangerous.

Many education have noted that once children hit puberty, boys begin to dominate in the classroom. They ask more questions and are considered more frequently. The girls around them can be overshadowed, and their academic performance may slip. Single-sex schools eliminate this problem. In the classrooms where I first tasted my was, there were no boys to anger me alone. An aggressive student, I argued other girls down. On the playing fields, there were also boys to muscle me aside. A lousy athlete, I was muscled aside by other lousy athletes.

An aggressive student, I argued other girls down. On the playing fields, there were also boys to muscle me aside. A lousy athlete, I was muscled aside by other lousy athletes.

I was well aware that this kind of free time would not last long. It would not affect just me and my wife, but would also affect our son. Brendan. Brendan is our only child. Our son was born, my wife and I were faced with the reality of putting our precious 6-week-old baby boy in day care. Brendan is now 16 months old.

... the boys aren't

I was well aware that this kind of free time would no...
The canvas ceiling

Artists who show in alternative spaces find it's hard to get respect

The view from below

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Empty Heads (rock)
The Big Easy
Wharf, Portland. 774-5554.
Portland. 772-7891.

Greg Powers Karaoke,
College Night (OJ Jayce spins

The Underground
6 Custom House Wharf, Portland. 774-5554.

Comedy Showcase starring
Jim David. 6 Custom House Wharf, Portland. 774-1114.

The Baptismos, 128 Free St, Portland. 772·7891.

The Commitments. 14 York St, Portland. 773-8187.

Retro Dance with Bob Look, Undergroun
865 Forest Ave, Portland. 772·2739.

The Church Keys. Suicide
13 Brown St, Portland. 772·2739.

The Suspenders (pop-rock), 865 Forest Ave, Portland. 772·1983.

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1 Exchange St, Portland.

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Session I: Monday, June 23-29; Friday, August 15-22

Who: Children ages 6-8 and 9-12

What: Artrek, a summer camp where kids can make art together during a week-long celebration of the arts, led by experienced artist/teachers. A student exhibition with its own opening reception will follow each session!

When: 10 a.m. to 3 p.m. daily

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Down under

Every time I receive hugging out the the the sun, somebody has no but is the new news about the news. Now, you can now about the same news, daily, and sometimes a little slowly, but even the complaints continue to wind the wind, here to the The Basement's south charm.

The crowd hasn't changed much since Frank's took over for Pistis Cron and Leo's because The Basement. Most of the free- shelters bar is filled with again the old professions and backgrounds. A few new faces have come and gone, and even point and handkerchief have changed the axis a bit, but the music is the same: a dark, cool space with the requisite microphones and tap and local bands just leaving to play for freebies.

Crystal Stables, the headliner on May 15, was a perfect example of the new guys, the band sporting a distinctive American flag style, playing their hearts out on second covers of songs like "Mustang Sally" and "I Own My Own." They weren't doing anything particularly original, but the energy was there, and the sparse crowd was full of bobbing heads. Some of us up to the microphone and sang along.

Of course, when you're at The Basement it's all about the music and less about the atmosphere. What bands is doing, near the cover is really more than a dollar or two and not much change for a game of darts. The beer is three dollars and not much change for a game of darts. The beer is three dollars.

Summer's here. Live it up. Hou... Mon - Sat till 6pm. Fri till 7pm. We now carry Black Crow Breads!

No one really wants to see places like Gono's and The Basement change. Their humble atmosphere is precisely why we like them. The appeal is the unpolished bands, the overall undemanding vibe.

Roots cellar

When it comes to grungy, undemanding atmosphere, there's only one Portland bar that stands out above the rest: The Basement.

Of course, a lot of people turn up their noses at Gono's for the same reasons they turn away the The Basement. Or they think it's a little intimidating because of its location and the fact that it's just about the only place in town that still sells hard rock bands. But when you're inside Gono's you almost feel as though you've stepped onto another world - a provincial one. Darts is the game. No one really wants to see The Basement change. The basement atmosphere - Christmas lights shining from the exposed rafters, a space heater in the corner, beer served in plastic tumblers as often as glass - is precisely why we like The Basement. Its appeal is its grunge-ness, its unpolished bands, its overall undemanding vibe.

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The crowd hasn't changed much since Frank's took over for Pistis Cron and Leo's because The Basement. Most of the free- shelters bar is filled with again the old professions and backgrounds. A few new faces have come and gone, and even point and handkerchief have changed the axis a bit, but the music is the same: a dark, cool space with the requisite microphones and tap and local bands just leaving to play for freebies.

Crystal Stables, the headliner on May 15, was a perfect example of the new guys, the band sporting a distinctive American flag style, playing their hearts out on second covers of songs like "Mustang Sally" and "I Own My Own." They weren't doing anything particularly original, but the energy was there, and the sparse crowd was full of bobbing heads. Some of us up to the microphone and sang along.

Of course, when you're at The Basement it's all about the music and less about the atmosphere. What bands is doing, near the cover is really more than a dollar or two and not much change for a game of darts. The beer is three dollars and not much change for a game of darts. The beer is three dollars.

Summer's here. Live it up. Hou... Mon - Sat till 6pm. Fri till 7pm. We now carry Black Crow Breads!

No one really wants to see places like Gono's and The Basement change. Their humble atmosphere is precisely why we like them. The appeal is the unpolished bands, the overall undemanding vibe.

Roots cellar

When it comes to grungy, undemanding atmosphere, there's only one Portland bar that stands out above the rest: The Basement.

Of course, a lot of people turn up their noses at Gono's for the same reasons they turn away the The Basement. Or they think it's a little intimidating because of its location and the fact that it's just about the only place in town that still sells hard rock bands. But when you're inside Gono's you almost feel as though you've stepped onto another world - a provincial one. Darts is the game. No one really wants to see The Basement change. The basement atmosphere - Christmas lights shining from the exposed rafters, a space heater in the corner, beer served in plastic tumblers as often as glass - is precisely why we like The Basement. Its appeal is its grunge-ness, its unpolished bands, its overall undemanding vibe.

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Are you sick and tired of feeling sick and tired? Try an alternative...Casco Bay Health AlternativesAcupuncture • HerbalologyNutritional Bio-TransformationAppointments available at our new location225 Federal St. • Portland774-6404Info: iPura Vida! 775-1501Rates (Inf: M-TH, 11-9: F-SAT, 11-10: SUN 3-9Limited Radius Delivery 11-2· M-F feeling sick and tired? Portugese for Businesswrap infused rices, fruit salsas and other the Caribbean and the Continent.$2.00 Microbrew Pint!!

Sunday 25

He's only 25 years-old, but already Teddy Morgan has made himself known through his blend of old-style blues and rock 'n roll. Singing, writing and playing on his own songs, Morgan has proven that with the right influance on the way, he truly can promise a future for the blues. At Barda's, 306 Forest Ave, at 8 pm. Tic $8. 775-6666.

Thursday 22 If you're ever wondered how Maine came to be called "Vacationland," then you'll appreciate the Center for Maine History's new exhibition, "The Way Life Should Be: Tourism, Romance and Sex in Early Modern Maine." Exploring the beginning of the 20th century, "The Way Life Should Be" shows how technology and industrial progress in larger cities had created a romantic image of Maine as a wilderness oasis. At the Center for Maine History, 401 Congress St. The exhibition runs May 16-Nov. Admission $2 (5-12), $6 (adults). 774-8221.

Friday 23 Return of the Northwest Blue men for more than 20 years, James Montgomery Blues Band. Montgomery has been doing what he does best for years. The James Montgomery Blues Band. Cming some of the hottest players from the East Coast has to offer, the band has a sound according to the Boston Globe that "makes equal parts tastebuds, heart, and soul and dying hard." At Dartmouth Brewing Company, 388 Forest Ave., at 8 pm. Tic $7; 775-2317.

Saturday 24 Industry gay drag impersonators present portraits of社会各界 not seen the Disappearing Fear So Solo Booth, but for her most recent album, "Gad in the Sabras," he left off and on the music, and the visual, reflects the songs. The show was also at the road without Peter C. S., even before his full-time motherhood. At Barda's, 306 Forest Ave, at 8 pm. Tic $10. 775-6666.

Monday 25 Quinceneara bad blood. Nicholas and Pheaked Cash are serenaded and impersonated as builders marching up for a feast in Rich Roselli's "Blood & Wine." Things seem as to be going as planned and Nicholas's weight-control ( Jake Davis and roy on Chaplin) stirs a mystery which involves the works of The Adams. At Exchange, at 6, 7 & 8 pm. Tic $15 in DU (Week). "Blood & Wine" shows May 24, 7, 7:30. 775-6666.

Tuesday 26 L.A. Central high school has been working hard to prepare their own reflection on the Forest City Adam, 1996, a sand sculpture held at Portland First. For two years, the kids of the school have been in the process of gathering the materials that they will use to create the Forest City Annual 1996 . Showings on the hour May 27 through 30 at 10-36 Danforth St., from 10 a.m.-3 p.m. 775-6245. A clay. DIJ: Hankering for some tourism, Romance and Reality in Early Modern Maine." Exploring the beginning of the 20th century, "The Way Life Should Be " shows how technology and industrial progress in larger cities had created a romantic image of Maine as a wilderness oasis. At the Center for Maine History, 401 Congress St. The exhibition runs May 16-Nov. Admission $2 (5-12), $6 (adults). 774-8221.

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"ART FLOURISHES WHERE THERE IS A SENSE OF ADVENTURE" Visit 274-2991

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the internet at any given time over 30 million and growing, the information their own computers-personal and friend send E-mail around the globe, or

With the number of people accessing Access Internet Cafe is the largest full-

feature on-line public access facility in the on-line, there's the NET Room with hi­

network , and caps it off with a high-speed "With a combination like that, access time your dollar. And with at least one of the

the shopping mall for five years before opening her shop. "I wanted to open a shop that makes the customer comfortable and at home," says Shahnaz over the sound of a soft running rock water garden filled with fish and a trellis to bring the beauty of Maine inside. The sound of the running water helps relax the customer and that, next to satisfaction, is what we strive for here at Shahnaz."

the ladies of Shahnaz Hair and Tanning Salon have accomplished a remarkable feat of melding the soft textures we so admire. The Shop is decorated in a contemporary fashion with oriental rugs and mirrors, and beautiful large planters throughout the shop. The decor is warm and friendly and the气氛すがすがしいにしさを引き立たせ、顧客をリラックスさせてくれます。"Make me happy, please" is written on the wall of a private salon, and a sign that says, "If you are only here for a moment, at least make it a happy one." says Shahnaz.

"We have the top of the line public access facility in the region. Customers can participate in Monday night Quiz tournaments, multi­

player computer games, email friends, search the Internet or simply play the next big video game. After 11 P.M. the Cafe is transformed into a dance floor," says Cafe owner Jim Jones, who is the grandson of the original owner of the building. The Cafe is open to anyone who wants to use the public access computer and is a great place to work or hang out with friends.

"Being Mobile natives, Jan and Tim kept with a warm smile and a hearty welcome.

Jeannine Forget & M.J. Spurr

Forget Me Nots

A lifetime lover of clothes and bargains, Jeannine "We

Forget Me Nots was popular from the start. Soon, the Forget Me Nots philosophy is simple: Accept only the highest quality clothing, sell them at a

provide a friendly, comfortable atmosphere as well as offering better service to their busy customers by leading them to the items they know will be loved. The success of their Cape store by continuing to bring the treasures become.

providing better service to their busy customers by leading them to the items they know will be loved. The success of their Cape store by continuing to bring the treasures become.

As a blessing in disguise and determinedly

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Friends of running the store is a blessing in disguise and determinedly accepted only the highest quality parts of running the store is."

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If you love being on stage, "The White Castle Magic Magicians are looking for you!" The White Castle Magic Magicians are looking for a full-time performer to join their world-renowned group. The position is open to anyone, regardless of experience, as long as you have a passion for magic and entertainment. The group is looking for someone who is willing to travel and perform at various events and shows. If you're interested, please contact them at (207) 774-4275 for more information.

The White Castle Magic Magicians have performed in front of thousands of people at various events and shows, and they are looking for someone who can bring their own unique style and creativity to the group. The ideal candidate will have a strong grasp of magic and an ability to engage with the audience. This is a great opportunity for someone who is looking to take their magic to the next level and perform in front of a large audience.

If you're interested in joining the White Castle Magic Magicians, please contact them at the above number. They are looking forward to hearing from you and discussing the opportunity in more detail.
** ListingS**

**Concerts**

**TUESDAY 23**
The Bielda Band performs at Maine State Pier, Portland, at 8:15 p.m.

**WEDNESDAY 24**
Bob DeRango’s Celtic music and the Alley Cats perform at the Maine State Pier, Portland, at 8:15 p.m.

**THURSDAY 25**
Brendan Power and The Irish Band perform at Maine State Pier, Portland, at 8:15 p.m.

**FRIDAY 26**
The Wexford Concert Singers perform at the Maine State Pier, Portland, at 8:15 p.m.

**SATURDAY 27**
The Maine State Pier, Portland, at 8:15 p.m.

**Sunday 28**
The Maine State Pier, Portland, at 8:15 p.m.

**Monday 29**
The Maine State Pier, Portland, at 8:15 p.m.

**Tuesday 30**
The Maine State Pier, Portland, at 8:15 p.m.

**Wednesday 31**
The Maine State Pier, Portland, at 8:15 p.m.

**Thursdays 1-3 p.m.**
Brendan Power and The Irish Band perform at the Maine State Pier, Portland, at 8:15 p.m.

**Sundays 1-3 p.m.**
The Wexford Concert Singers perform at the Maine State Pier, Portland, at 8:15 p.m.

**Wednesdays 1-3 p.m.**
The Maine State Pier, Portland, at 8:15 p.m.

**Fridays 1-3 p.m.**
The Maine State Pier, Portland, at 8:15 p.m.

**Art openings**

**Sundays 1-3 p.m.**
The Maine State Pier, Portland, at 8:15 p.m.

**MAY 22, 1997**

**Congress Street Minutes**

**Slumber and Sir Malt of Wart**

One day, Slumber looked deep into the Earth and felt what it was like to be underneath it. He was fascinated by the cheap labor, the self-destructive burning of natural resources and the lack of right and wrong in his new home. He decided to take advantage of the situation and move in. Consequently, Sir Malt lived in solitude for thousands of years, expanding his innovative ideas of what could be done with the resources available to him. On this day, Slumber and Sir Malt of Wart were the main characters of a new musical performance at the Maine State Pier, Portland, at 8:15 p.m.

**DIGITAL IMAGE-MAKING WITH ADOBE PHOTOSHOP**

**1st Session: 1-3 p.m.**
Limited to ten students per class. No experience necessary. $80 per session. Phone: 781-5308.

**2nd Session: 5-7 p.m.**
Limited to ten students per class. No experience necessary. $80 per session. Phone: 781-5308.

**DIGITAL VIDEO-EDITORING WITH ADOBE PREMIERE**

**1st Session: 1-3 p.m.**
Limited to ten students per class. No experience necessary. $80 per session. Phone: 781-5308.

**2nd Session: 5-7 p.m.**
Limited to ten students per class. No experience necessary. $80 per session. Phone: 781-5308.

**MAY 23, 1997**

**Parking For Girls**

American classic, the story of Hester Prynne, her children, and the town of Puritan New England. At the Theater at Monmouth, Main St, Monmouth. May 23 at 8 p.m. Cost: $15. 774-6238.

**Nonstop Aesop**

The Theater at Monmouth presents a poetic and experimental work. At the Theater at Monmouth, Main St, Monmouth. May 24 from 5:15-7:15 p.m. Cost: $5. 774-6238.

**MAY 24, 1997**

**The Tour de Sol**

Takes place May 24 on Commercial and Fore Streets in Portland. Set to music by the State Street Traditional Jazz Band. Admission: free.

**Japan**

A celebration of Japan in its cultural and historical context. At the Swedenborgian Church, 302 Stevens Ave, Portland, at noon. Presented by the Portland Arts Commission. Phone: 761-2465.

**MAY 25, 1997**

**Baraka**

At Oak Street Theatre, 92 Oak St, Portland, at 8 p.m. Cost: $10 ($8 students/seniors). 781-5308.

**The Boneheads**

Presented by Casco Bay Lines’ Live Music Series. At the Iguana Bay restaurant, Portland, at 8 p.m. Cost: $10 ($8 students/seniors). 761-2465.

**MAY 26, 1997**

**Slumber and Sir Malt of Wart**

One day, Slumber looked deep into the Earth and felt what it was like to be underneath it. He was fascinated by the cheap labor, the self-destructive burning of natural resources and the lack of right and wrong in his new home. He decided to take advantage of the situation and move in. Consequently, Sir Malt lived in solitude for thousands of years, expanding his innovative ideas of what could be done with the resources available to him. On this day, Slumber and Sir Malt of Wart were the main characters of a new musical performance at the Maine State Pier, Portland, at 8:15 p.m.

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**MAY 27, 1997**

**Charlie Schmidt and Ben Trout Folk Duo**

Presenting a celebration of British comedy featuring songs by the Ivernians from the Cathedral School. At Saco River Grange Hall, Biddeford, ME 04005. May 27 at 8 p.m. Cost: $5. 775-3331.

**MAY 28, 1997**

**The Smaller**

A dance performance by New Dance Studio 61 Pleasant St, Portland, at 8 p.m. Cost: $15 per person. Phone: 772-8277.

**The Maine State Pier, Portland, at 8:15 p.m.**

**MAY 29, 1997**

**First Friday**

At the Portland Arts Commission, 500 Congress St, Portland. May 29 from 5-8 pm. Shows through May 29. Hours: 9:30 am-11 pm. Free.

**MAY 30, 1997**

**Tango**

At the Maine State Pier, Portland, at 8:15 p.m.

**Art openings**

**1st Session: 1-3 p.m.**
Limited to ten students per class. No experience necessary. $80 per session. Phone: 781-5308.

**2nd Session: 5-7 p.m.**
Limited to ten students per class. No experience necessary. $80 per session. Phone: 781-5308.
Let's have a drink! Freshly made on-site. (4th CHAI & m/l- mix-on-the-fly)}

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Italian Kitchen

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be on tap.

Portland, 774-0444.

RAOUL'S ROADSIDE ATTRACTION. THE KITCHEN IS CLOSED TEMPORARILY, BUT WILL BE BACK IN BUSINESS SOON WITH NEW HOURS (4-11pm). 11:00am 'til 1:00am. 330 Fore St., Portland.

Forest Avenue • Portland. 774-0444.

RUSKI'S_ Best breakfast in the city served all day . Open Monday-Friday 7:30-3:00 . 799-7119.

East Restaurant is known far and wide for its healthy salads, entrees and fantastic bakery items. Tasteful luncheon items, desserts, and pastries served daily. MC , VISA , AMEX, Discover. In addition to these, we serve an extensive selection of fine wines and beers. 125 Free St., Portland. 223-2211.

FRONT STREET CHEESE & WINE BAR. Come enjoy the "perfect cup" at home. Open Tue-Fri 9-7 , Sat 10-7. 773-3353.

McGlasses Restaurant & Bar with over 20 mouth-watering toppings. Daily specials. M-F Happy Hour $2 Drafts 4-7pm. Things have been? MC/Visa/AMEX accepted. 125 Free St., Portland. 772-4647.

SILLY'S_ The restaurant that defies description. Stop on by, you will not be disappointed. A restaurant that has something for everyone. 168 Middle St., Portland. 772-4647.

THE CLAY OVEN. Serving authentic Indian cuisine with the curries are prepared with freshly ground herbs and spices. Anna's Counter is always a new taste sensation to try. Baked goods made fresh daily. Menu of the Day. MC, VISA, AMEX. 100 Water Street. Portland, 774-8668.

ZEPHYR GRILL is a brand new "eatery" filled with lively and funky atmosphere with a patio out back. Friendly attentive service, an extensive wine list. Experience an approachable wine list and a food menu to complement it. Zephyr Grill is packed with customers any time of the day. 108 3rd Street, Portland. 774-1111.

FIRST AVE. Bar with over 100 varieties of ice cream to choose from. The perfect place to get your chocolate and vanilla fix. MC, VISA, AMEX, Discover. 828-0001.

BEAL'S FAMOUS ICE CREAM

Enjoy the best of the best at our famous "ice cream bar". Our "famous" soft serve ice cream and chocolate dipping sauce. The perfect place to get your chocolate and vanilla fix. 828-0001.

THE GREAT LOST BEAR presents The All-American Microbrew Showcase

**DINING**

every Thursday in June

Sunday, May 18
Notch Brewing Co, White Heron Brewery, 4T, The Coop with John McManus, Community Night Life Coordinator.

Thursday, May 22
Oregon Ales and Co., Lake Quinault, OR to celebrate beers from the Pacific Northwest. Featuring Original Lake Quinault and Oregon at the Bear.

Friday, May 23
Bruneau Co., Mezcal Daily, NEA. Featuring "Daily Assorted" and Oregon at the Bear.

Saturday, May 24
The Great Lost Bear, Grand Slam, Norwich, NY. Featuring "Grand Slam" and Oregon at the Bear.

**THE CLAY OVEN**

Serving authentic Indian cuisine, with the curries are prepared with freshly ground herbs and spices. Anna's Counter is always a new taste sensation to try. Baked goods made fresh daily. MC, VISA, AMEX. 100 Water Street. Portland, 774-8668.

FRESH MARKET PASTA. Voted "Best homemade pastas and sauces" in Portland 3 years running. Pastas and sauces available on tap throughout Portland. Include available on tap throughout Portland, including the "perfect cup" at home. Open Tue-Fri 9-7 , Sat 10-7. 773-3353.

BURLINGTON'S ALPINE CAFE. Serving the "perfect cup" at home. Open Tue-Fri 9-7 , Sat 10-7. 773-3353.
The Galley Restaurant
NOW OPEN
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- The OLD menu with 1898-OLD CHEF
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- With the OLD Harbor View
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222 Auburn St, Portland
673-5710

Spring Fever
I never got to ski the slopes this past winter, but I felt some of that same anticipation and sense of adventure. I focused instead on layers of wool and Kunduro for my first fog dogs game. It was an early May night game. Here in Portland that can mean temperatures in the high 90s to low 80s, blowing winds and, if you’re really unlucky, rain or drizzle. Fortunately, I found only the first two.

My bagger survival gear started with a cotton T-shirt and chamois shirt, followed by a thick sweater, a Navy-issue button-down wool shirt-jacket and, finally, a pull-over anorak, wool hat cap and windproof gloves. I thought about wearing the thick green wool pants that are my usual favorites for cooler winter weather, but settled on thick corduroys. Even without long undergarments, it was probably good enough for a mid-winter day. I set off for Hadlock Field on foot, feeling more like a hunched bronch than a recovering boxer.

There are dozens of warmer days to try out the fog dogs baseball game that Portland, but really only weeknight games have many things to recommend them, especially if you’re a county baseball traditionalist like me, or even just someone who misses the action from the days when the minor leagues were a professional baseball game on the upper level general admission seats, the molded plastic, mid-level comfort of reserved fielding and three hotly disputed umpiring decisions that all went the Sea Dogs’ way.

The game I chose turned into a three-hour and 15-minute extra-innings thriller. The fog dogs fell behind 4-2 after two innings, came back to tie it in the middle innings, and finished with a blanked five-inning win. It was a tough one to win, but back to the top of the seventh, then won it on a two-out single in the bottom of the 11th, scoring a runner from second. There were back-to-back home runs by the Sea Dogs, lots of snappy running, and three hotly disputed umpiring decisions that all went the Sea Dogs’ way.

For more information on these and other trips for adults and families contact Greg Shute, Wilderness Trip Director. You can call 594-3760 ext. 10 or check out the Cascadia Foundation online at www.cascadiafoundation.org.

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Sonic suspension
Pass the humor, hold the angst: Pop according to The Suspenders

JASON WILKINS
Like a lot of high school rock bands, The Suspenders got together mostly to impress girls. There's obviously something more than six Appeal happening here, though. Five years after forming, the Portland-based band has its own website, making for and love of music that's not quite mainstream, a subculture that has seen its own lady hands. Curb any good.

The Suspenders' members—guitarists Jason Decker and Kevin Seaver, bassist and keyboardist Shane McVey—and drummer Steve Webster have some apparent experience made in bed. They won the Original Maine Music Award in 1997, as well as the WMPG/Maine Arts Market in Congress Square two years later. They've played gigs from NYC's Time Square to Portland, and debuted on the local scene after forming in 1993. Seaver and McVey are former members of the bands J.T. and J.B., respectively. Their music is a mix of rock, pop, and ska.

The Suspenders' latest release, "That's the Only Reason," features guest vocals by singer-songwriter Kayla Maloney. The album was recorded at Portland's Best Buy Recording Studios, and the band will be performing at the Saddleback High School Auditorium in May. For more information, visit www.thesuspenders.com.

Smart events

Continued from Page 30

ROCK WINDING

What a Perfect World: How Larry and Louise Maloney made a perfect life. "Bartholomew" was written by the Maloney family, with music by daughter Elizabeth Maloney. For more information, call 761-5865.

SUGAR CANEES

"Maloney’s Love" is the title song from the band’s latest album. The band is currently performing at local bars and venues, including the Saddleback High School Auditorium in May. For more information, visit www.thesuspenders.com.

THE SPRING POINT WARRIORS

"Maloney's Love" is the title song from the band’s latest album. The band is currently performing at local bars and venues, including the Saddleback High School Auditorium in May. For more information, visit www.thesuspenders.com.

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Cabin Fever 21 Forest Ave. Portland. 'Rowers From


Free Street Taverna 128 Free St, Portland. "Taverna

PhotographS by Carolyn Pollock and paintings by Dave

June 1. Hours: Tues-Fri 11 am-6 pm. Sat noon-4 pm.

"Meditations in Lubec" paintings by Janice M. Scott,

"One Bulgarian in Maine: mixed media works by

B. Noyce Collection," including works by Fitz Hugh

Lane. Albert Bierstadt, Childe Hassam, George

museum. Ongoing.

"Perspectives: The Art of the Book" Focusing on the

formal beauty and artistry of the book with more than

"One Bulgarian in Maine: mixed media works by

B. Noyce Collection," including works by Fitz Hugh

Lane. Albert Bierstadt, Childe Hassam, George

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**movies**

_The Big Sleep_ (1946) is a classic film noir directed by Howard Hawks, starring Humphrey Bogart and Lauren Bacall as private detectives Phil Marlowe and Nora Cole. The movie is based on Raymond Chandler's novel of the same name and follows Marlowe as he investigates a murder case involving a wealthy California family. The film is known for its stylish cinematography and sharp dialogue, which has become iconic in film noir storytelling.

**times**

_The Saint_ (1932) is a British mystery film directed by René Clair and starring Ronald Colman as the eponymous fictional detective. The film is a mystery-adventure story that sees the Saint, a master of disguise, using his wit and charm to solve a series of crimes. The Saint is a popular character in detective fiction, and the film helped to popularize this type of character on the silver screen.

**events**

_60's_

-Renowned for its soul, community, and art, the 60's festival is a cherished event that celebrates the cultural and social movements of the era. This year's festival includes a variety of music performances, art exhibits, and interactive workshops. Visitors can explore the history of the 60's through a series of informative seminars and engaging discussions.

**volunteer**

-Calling all volunteers! Join us for the 60's festival and make a difference in our community. There are opportunities to assist with setup, hospitality, and event management. This is a great chance to get involved and support a worthwhile cause.

**outdoors**

-This weekend, enjoy the great outdoors with a variety of activities. Visit your local park for nature hikes, DG bike rides, and more. Check the event calendar for details and get ready for a fun-filled day in the fresh air.

**sports events**

-Don't miss out on the action this weekend! The Portland Trail Blazers will be playing host to the Los Angeles Lakers on Saturday at 7:00 PM. Get your tickets now and cheer on your favorite team at the Moda Center. For more information, visit the official Portland Trail Blazers website.
**Therapeutic**

**Casco Bay Weekly**

- **Therapy Groups**
  - Deep Relaxation
  - Stress Reduction
  - Injury Prevention
  - Relief from
  - JUNE 1ST (REG.
  - *For New Clients
  - *Massage
  - *Chronic Pain

- **T’ai Chi Chuan**
- **Qi Gong**
- **Aikido**
- **Karate**
- **Self Defense**
- **Residential Workshops**

- **Gift Certificates**
  - *Individually designed:
  - *Astrological astrological
  - *Personalized

- **Healing Arts**
  - *Energy Healing
  - *Spiritual Healing

- **Counseling**
  - *Individual Therapy
  - *Group Therapy

- **Mental Health Services**
  - *Short Term
  - *High Risk

- **Life Coaching**
- **Business Coaching**
- **Career Coaching**

- **Comprehensive Hypnosis**
- **Acupuncture**
- **Moxibustion**

- **Nutritional Counseling**
- **Herbal Medicine**
- **Homeopathy**

- **Psychotherapy**
- **Psychiatric Services**
- **Counseling**

- **Do you need?**
  - *Relief from anxiety
  - *Depression
  - *Anxiety
  - *Insomnia

- **Contact Us**
  - *For More Information
  - *To Schedule an Appointment

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**NEW GROUP FOR WOMEN**

Frankie Pyntalek, L.C.S.W. is starting a group for women interested in looking deeper into themselves using art and writing.

To weeks: Tuesdays 5:30-8:30

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