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JAY KOVENSKY

Jay Kovensky of Portland is a fitness instructor in cardiac rehabilitation at the University of Southern Maine’s Lifeline program. Eight years ago, he was in an automobile accident that left him paralyzed from the chest down due to a spinal cord injury.

How did the accident occur?
It was one those freak things. I was coming back from Boston and fell asleep at the wheel and I rolled my car, and just lost control of the car. I was riding a hand-pedaled bicycle and I was in cardiac rehabilitation at the University of Southern Maine’s Lifeline program.

How do you find riding a hand-pedaled bicycle every day?
Pretty much. In fact, I’m in better shape now than I was before the accident. For me, riding is the part of the day when I’m by myself, and it’s like a meditation. I enjoy it because it feels similar to running.

Do you do any other work?
I drive to work every day. I enjoy working with disabled people because it gives me an opportunity to be somewhat of a power of example.

Do you drive a car?
Yes, I do.

Interview and photo by Colin Malakie

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Miserable

The world is full of love, but not every day's a love day, especially when you're feeling lonely. I had this idea it might be interesting to talk to some legislative candidates who were currently in low-flying mode. Legislative campaigns can be tough, even for the most seasoned politician. So, I thought it might be a good idea to talk to some of the candidates who are running in November's election.

I started with the Democratic candidate, Dan Leavitt, who is challenging incumbent Republican Susan Arsenault for the District 39 seat in the state Senate. Leavitt, a former legislative aide, said he was surprised by the lack of interest in the race. He said he had hoped to see more people running, but he was not discouraged by the low turnout.

Leavitt said he was encouraged by the support he had received so far, and he was confident that he would be able to hold his own against Arsenault. He said he was running on a platform of jobs, education, and health care, and he was excited about the opportunity to bring a fresh perspective to the state Senate.

I also talked to Republican candidate, Susan Arsenault, who is seeking her third term in the state Senate. Arsenault said she was proud of her record in office, and she was committed to working hard to represent her constituents. She said she was running on a platform of fiscal responsibility, education, and jobs, and she was excited about the opportunity to continue serving her constituents.

I also talked to Republican candidate, Dan Leavitt, who is seeking his first term in the state Senate. Leavitt said he was running on a platform of jobs, education, and health care, and he was excited about the opportunity to bring a fresh perspective to the state Senate.

I concluded my coverage with a look at the future of the state Senate. I think it's clear that the state Senate is in for a shakeup this year. Whether Democratic or Republican, the candidates I talked to were all determined to make a difference in the state Senate, and I think it's going to be an exciting election season.
Conflict of interest

As NAACP president, Moses Sebunya criticized Portland’s minority hiring practices. Then Sebunya got a fat contract to improve them

By ROGER BAYS

In 1996, Sebunya, in his role as president of the NAACP, told the housing authority and its executive director, Pete House, to look for a hiring arrangement to replace the system in which the NAACP is to be the consultant or auditor.

In December 1996, Sebunya, as NAACP president, became a paid minority consultant for Portland’s police and fire departments. Sebunya said he is paid this year enough for the job, but not enough for the train's work. But a few years later, the city of Portland, Sebunya refused to provide the Portland Housing Authority with the information it needs to make a decision about the long-term future of the city’s minority hiring practices.

And for the 3,000 in one in the 250 who, are on schedule for the city’s minority hiring practices.

The Greater Portland Boys Conference is supposed to be a one-day event designed, according to a fund-raising letter from the organization, to "provide a chance for young people to explore the processes and social services that are open to them." Formally scheduled for November 2001, the conference is planned for the Portland Plaza Hotel.

Whether Sebunya has a conflict or not, his record of accomplishments for the city is flawed, according to the city’s minority hiring practices.

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According to a May 17, 2001, letter to Mayor Joe LaCava, the conference is the brainchild of a fonnal report on his progress to the Portland Public Health Department and numerous other organizations.

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Whether Sebunya has a conflict or not, his record of accomplishments for the city is flawed, according to the city’s minority hiring practices.
The Green Independent Party can’t seem to win many elections. Is it the method, the message or the muddle that’s giving the Greens the blues?

DAVID TYLER

The Green Independent Party has never won an election in Portland. In fact, the Greens, who have been around since 1984, have had exactly three elections: one in the entire state, all of them for local office. The party has never backed a winner in a race for a representative as state senator and never had a candidate in a race for major office that did more than play the role of spoiler.

In Portland, the closest the Greens came to winning a seat in 1998, when Jane Scease lost with incumbent School Committee member Jim Frels in the municipal election, is a run-off a few weeks later, for state representative or state senator and never had an office. The party has never backed a winner in a race for state House seats in 1998.) He blamed his failings on the fact he was working on Democratic primary elections to get their party’s long electoral losing streak.

Learning to Crawl

Despite 16 years of political activity in Maine, Green leaders said the party is still young. “To see a human analogy, we’re kind of like a toddler stage right now,” said Tilley. “We can walk around a little bit but wonder around, but we’re still a little short.”

The lack of the Greens joining the major parties in Portland has on occasion caused the Democrats to look envious at their success. “I’m sure the Greens would have gotten 3,000 members and have 30 candidates for the Legislature before the 2000 election. Instead, registration tallied about 2,200 (down from a high of 7,300 in 1990) and candidates begun again the Fall. “I tend to say anything off the wall,” said Tilley of his campaign promises, “and it gets me in trouble.”

The Greens who campaign and win in the state election are a disaster for the Greens. The Greens had no candidates for state House seats in 1998. The Greens had no candidates for state Senate seats in 1998. The Greens had no candidates for state House seats in 1998.

Starting a New Party

The Greens complain that many of their problems are the result of the party’s difficulties in attracting state House seats in the entire state, all of them for local office. The Greens have never won an election.

For example, the Greens keep running candidates against Democratic House Majority Leader Mike Dale, who agrees with the Greens on most issues. In 1998, it was Meiklejohn, who finished second in a February race with 25 percent of the vote. That year, Grant is the Greens’ sacrificial lamb against Dale.

This may be for the same reason, but it also makes it all the more impossible for the Greens to turn the tide.

This year, the Greens are running for an open seat, Portland. The Greens are running for an open seat, Portland.

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"One of the things they won't do is say, 'This is our platform.' They also want to build some registration drives. People need to know who Greens are and a little bit about nationalism problems. They say, you know, local issues on this agenda, as increasing the recycling rate at Portland schools and controlling suburban sprawl. They're a lot of different voices that are trying to get into the conversation, but it's very hard to get that conversation going.

"They don't want to be seen as a really radical party. They want to be seen as a party that's working towards a more sustainable future. They don't want to be seen as just a protest party. They want to be seen as a party that's really interested in the future of our planet.

"They're not interested in being the loudest voice, but they want to be heard. They want to have a say in the decisions that are made. They want to have a say in the future of our planet.

"They want to work with other parties and other people. They don't want to be seen as just a party that's going to beat everyone else. They want to work together to create a better future for our planet.

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MINNEAPOLIS
As part of the NAACP, Moses Sebunya has been an
ardent critic of the city of Portland for its failure to
integrate minorities. Sebunya has righteously demanded accountability from city
officials to their promises of fair treatment for the
city's diverse populations.
In December 1998, Sebunya became a consultant for the city, hired to recruit
minority workers needs to be hired. But it still seems reasonable for taxpayers to expect
a minority group for the police department (bringing the total on the force to three) while
the city has hired only two minority workers so far.
However, the Shipyard staff, valued customers and
himself buying back our shares of Shipyard from
his old company, Miller Brewing
Company, and his department heads. It is in his job to make sure that the
company's goals are reflected in Portland's workforce.
He took the position because of his belief that the
brewing industry could make a positive impact on the local economy. He
was hired as a consultant. And his contract does not stipulate that a
minority worker needs to be hired. But it still seems reasonable for taxpayers to expect
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Sebunya's work in Portland has been controversial. He has drawn criticism for his
choice of consultant work, as well as for his public statements on diversity and
equality. Some have questioned his motives and effectiveness, while others have
supported his efforts to promote diversity and inclusion.

"The columnist's ranting would be almost
laughable, if it wasn't so cruel."

THE COLUMNIST'S RANTING

On the South Portland/Cape Elizabeth border lies a
19-acre woodland of great beauty. Home to many
tree-dwelling and woodland creatures, the forest is
home to a variety of plant species, including many
endangered species. Many Portland, South
Portland, and Cape residents enjoy this peaceful,
cathedral-like sanctuary. We birdwatch, bike, horseback
ride and take family walks down serene, unpolluted
walking trails.

The green reality, one of our last
national green spaces, has been
disenfranchised by development. What is now a winding
footpath is designed to become a major road.

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the city has hired only two minority workers so far.
Folk is broken

Portland's once bohemian music scene is falling to attract national acts or provide venues for local performers.

A run-in with reality

"There seems to be a lack of new, fresh talent coming in," said Kris Taylor, a folk music fan and performer. "The folk music scene has become stagnant, with the same old faces performing at the same old clubs." Taylor, who recently opened a new venue in Portland, said he is struggling to find new talent to showcase.

A lack of interest

"I've seen a lot of people give up on the folk music scene," said John Doe, a local musician. "People have moved on to other genres, and there's not enough interest in folk music to sustain a venue." Doe has been playing in the Portland folk scene for over 20 years, but he says it's getting harder to find new listeners.

A need for change

"We need to find a way to attract more people to the folk music scene," said Bob Dylan, a local folk music fan. "We need to do something to make folk music relevant again." Dylan has been playing in the Portland folk scene for over 50 years, and he says it's time for a change.

A call to action

"People need to start supporting local folk musicians," said Taylor. "We need to give them the platform they deserve." Taylor says he is working to create a new venue that will showcase local folk musicians.

A new hope

"I'm optimistic about the future of the folk music scene," said Doe. "With the right support, we can bring back the glory days of the Portland folk scene." Doe says he is working to create a new venue that will showcase local folk musicians.

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Local singer-songwriter Ken Schneck has legible, straightforward vocals in a southern-themed music genre. Like a small book that grows in popularity for being a compelling collection of beautiful local books, Schneck's repertoire includes folk and roots-influenced songs - wrapped in no cutting arrangements and delivered in a way - that tended down and up conversation with black shows. "Everyone's favorite." Schneck is ready to take his listeners on that country-style journey and keep us asking for more. With his deep voice, "Sunderland." Schneck is ready to take his listeners on that country-style journey and keep us asking for more. With his deep voice, "Sunderland." Schneck is ready to take his listeners on that country-style journey and keep us asking for more. With his deep voice, "Sunderland."
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saturday , may 27

"the empire strikes back"

in the spirit of the beatles, who penned a spin-off concept in a roadhouse, marc elli will be presenting a live reading of the second movement of the first stage of the first stage of whatever. unlike other times in the series, which featured rural creations such as jewels, bands, and puppetry, sarah helms’ "the empire strikes back" features the rock music of the 80's. william's "now that's an action figure!"

saturday , may 27

honore daumier

like the beatles, who patched together chic fusion as the driving force of modern music and pop, marc elli's honore daumier's the untold stories of 19th-century france looks for the dinnerware on that other side. this prompt...
sports

Take me out to the sports bar

S

you want to get out of the house and catch a game on a big-screen TV or just check in and call all your friends? 'Visit the big-screen TVs, big sound!' The public phonelines of some Portland sports bars are filled with a dial-up sound, a lack of a major sports event, or a lack of interest in games. Where does one go?

A logical answer might be a sports bar, but one that is trickier. Portland may not be one of the few major cities where sports events are prominent. But it does have many places that officially call themselves sports bars. Here's a brief guide for the available options.

Bunch
204 Forest Ave., Portland, behind Par One. One of Portland's longest-running sports bars, with TVs in precisely every corner (even in all of its big-screen TVs). Be sure to tune in on time, as there are no re-runs.

Blancher's
203 Forest Ave., Portland. This sports bar has TVs in precisely every corner (even in all of its big-screen TVs). Blancher's lives up to the sports bar standards, playing all sports, all the time, with sports memorabilia scattered on the walls, and a nightly viewing line-up posted on a dry-erase board.

The sports memorabilia here is relatively loud and real, as opposed to national and regional. There are well-polished bar stools and tables, and good sports that regularly draw crowds.

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Casco Bay Review

 hacia el futuro de los niños, pero con un enfoque en los niños de hoy. El tema central es el poder de la imaginación y la creatividad en el desarrollo infantil.

La película, dirigida por Steven Spielberg, sigue la historia de un grupo de amigos encantados de jugar al hopscotch y resolver problemas. El líder del grupo, Mike, es especialmente talentoso y sabe cómo dar vida a su imaginación.

El comienzo de la película muestra a Mike y sus amigos disfrutando del juego en la calle. Luego, se presentan escenas de la escuela, donde Mike enfrenta dificultades para hacer amigos y adaptarse a la vida escolar.

La trama se desarrolla en tres escenarios principales: la escuela, la casa de Mike y el parque. En cada uno de ellos, se presentan momentos de reflexión y crecimiento personal.

En la escuela, Mike aprende sobre los valores de la amistad y la cooperación. En su casa, se enfrenta a los desafíos de la independencia y la responsabilidad. Y en el parque, descubre la importancia de los sueños y sus posibilidades.

La película termina con una escena de resolución emocionante que muestra a Mike y sus amigos jugando al hopscotch en la calle. En este momento, se puede apreciar la evolución de los personajes y el logro de sus sueños.

En general, "El Mago de Oz" es una película que invita a los niños a soñar y a explorar su imaginación. Además, cuenta una historia de amistad, resistencia y superación que puede apreciarse por todas las edades.

En resumen, "El Mago de Oz" es un clásico de la literatura que se ha convertido en una película icónica. La adaptación dirigida por Steven Spielberg mantiene el espíritu original de la obra y ofrece un emocionante viaje a través del mundo de la imaginación.

La película es un gran ejemplo de cómo el cine puede ser una herramienta para transmitir valores y emociones. "El Mago de Oz" es una obra maestra que merece ser conocida y valorada por todos los niños y sus familias.
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