It's a man thing
A CONVERSATION WITH AMANDA DOWNS

Amanda Downs of Springvale has been a server at the International House of Pancakes in South Portland for 11 years — experience that helped the 22-year-old nab IHOP's first Golden Service Award in March. Or maybe it was genetics. Her mother, Denise Lamontagne, owns the restaurant where Amanda works.

How do you win this kind of thing? [The seven winners from the regional] went to the nationals [where you had] a 100-page written menu test, and preparation test. The next day you had the uniform judging, to make sure you were in correct uniform .... Everything had to be just so. Then you had to go into a room — it was a huge auditorium with a stage set up. There was a gentleman sitting at a table when you got out there .... You'd just served him his food "and you're about to go check on him .... He points over to an imaginary table and says, 'I'd like to have what she's having.' It looks like there's some steak on it." I said, 'That must be our new Ultimate Steak Omelette,' and we have to list the ingredients which is a bit of a challenge .... You bring the omelette over, and you have to make sure the garnish on the omelette is correct, the parsley is on the correct side of the plate and that the IHOP logo on the plate is facing him .... Then he said he had a hair in his omelette .... He was supposed to get very ugly at this point .... [I go 't] a bonus point for touching his shoulder, for showing him some type of compassion.

Denise: IHOP is known for making people feel comfortable, welcome, extremely satisfied. [People] go for personality, and the complete satisfaction of the overall experience.

What is the biggest nuisance about your job? I think the part about my job that makes me angrier is some of the people I work with not giving 100 percent ... . I can pretty much satisfy anyone, no matter how cruel or vicious or mean they may be. And the best part? Meeting people. I've met a lot of famous people, I waited on Hootie and the Blowfish, and I met Stone Cold Steve Austin.

Interview by Allen Dammann; photo by Colin Malakie

What do you think Kelsey Grammer is doing while you're watching Frasier??

(He's probably in some network's Documentary Series.)

Shouldn't you believe in him? Yeah, we have last and late of regulars who come in, day after day of the week, three, four times a week. It's like one big family.

Interview by Alex Demers, photo by Colby Melville

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Interview by Alex Demers, photo by Colby Melville
I'm a slave to technology.

My addiction used to get me in trouble. Remember the beta recorder? Now I satisfy my cravings at JavaNet.

WishList

JavaNet is a unique brand of technical support. All for just $19.95 a month. JavaNet—it's a safety net for technology junkies. Be safe, not sorry. Visit JavaNet at 37 Exchange Street, Portland and see the latest and greatest in technology.

My addiction used to get me in trouble. Remember the beta recorder? Now I satisfy my cravings at JavaNet.

Or call 1-800 Javanet for immediate Internet access.
You won't be the judge
A new report card for judges may not be available to the public

JENNIFER CISAN
Tribune Media Services

The Supreme Court justices have agreed to begin evaluating the state's judges, but the results may never make it to the court of public opinion.

A new report card for judges may not be available to the public. It will be released this fall, according to Supreme Court spokeswoman Amy Clendenin. But it will not be a new report on judges, but rather an evaluation of judges, she said.

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What makes a man a better father? One young stay-at-home dad is trying to learn.

Kimberly Jean Smith is a reporter with the Associated Press.

\[...\]

Patrick said he sometimes feels self-conscious about being a dad. He's not sure if he's doing a good job. He doesn't often see other men doing the same.

“Dad feeling” is a term used to describe a feeling of being a father. It is a mix of emotions that are often associated with fatherhood, such as pride, joy, responsibility, and love.

There’s more to your sex gland than you ever cared to know, but for your health’s sake, you should...

Allen Danker

For guys, the least amount of understanding talk about the health of their sex glands provokes a special discomfort. It’s easy to dismiss. It’s just a gland, right? But for your health, this gland is incredibly important.

Kimberly Jean Smith is a reporter with the AP.
The disease is something of an enigma. Controversy surrounds the methods for both its detection and treatment. The two most common screening procedures -- a blood test (prostate-specific antigen, or PSA) and the more conventional procedure of using a finger to feel for changes, through digital rectal examination, or DRE -- can register the early warning signs of cancer, but neither is contraceptive or reliable. DRE requires a removal level of experience on the part of the physician in recognizing subtle abnormalities. And while a PSA blood test reveals if there are elevated levels of a protein manufactured by the prostate, survival levels of antigens don't necessarily indicate cancer. They can also be caused by HPV and other conditions.

Even though the first documented reference to prostate cancer goes back to 1746, the disease went undetected until before it invaded the national male consciousness. "It became a prominent issue because some prominent people revealed they had prostate cancer," said Joanna Schellinbach, national spokesperson for the American Cancer Society. Perhaps she was thinking of God. Norman Schwarzkopf, the Gulf War general, and former New York City mayor Ed Koch are among those whose men are vulnerable to it. "Even more than getting on the women. Breast cancer opened the floodgates, and the same thing is happening for men with prostate cancer." Two years of national research, however, hasn't sufficed to answer many questions. Still up in the air is the effectiveness of screening procedures like DRE and PSA. "We don't have the randomized clinical trials to show you if you screen men, they have a better chance of surviving," said Schellinbach. "The government is investigating whether screening will have an impact, but the results won't be available for some time." Currently, some national health organizations, including the American Society for Preventive Services Task Force, recommend no routine screening. Such divided opinion on the part of doctors isn't in line with recent figures: A blood test for PSA has increased 500 percent, and thousands of men are opting for DRE every year.

The disease is something of a puzzler. Most cases of early prostate cancer produce no symptoms, the following may be an indication of cancer, as well as other disorders, including BPH and prostatitis:

- A weak urinary stream
- A sense the bladder has not been fully emptied
- Difficulty in starting to urinate
- Urinating more and more frequently
- An urgency so that it is hard to postpone urination
- Awakening frequently during the night to urinate
- While urinating, the stream stops and starts
- Burning or pain during urination
- A sudden inability to urinate
- Blood in the urine

Symptoms of advanced prostate cancer (or possibly other conditions) include:

- Impotence
- Blood in the urine
- Swollen lymph nodes in the groin area
- Pain in the pelvis, spine, hips or ribs

If you experience any of these symptoms, consult your doctor.

Source: "The Prostate Answer Book" (Wenner Books) by Roberta Atamian and the American Cancer Society.
First prize was awarded to John Smith, who wrote about his experience volunteering at the local animal shelter.

Second prize went to Jane Doe for her essay on the impact of technology on modern communication.

Third prize was given to Bob Johnson for his reflective piece on the meaning of friendship.

Honorable mention went to Emily Brown for her insightful essay on the importance of art in society.

Congratulations to all the winners and thank you to everyone who participated in the writing contest.

[End of essay, followed by a short paragraph about the next steps for the prize winners and a note of gratitude to the judges.]

---

Dining as art.

Good boys get themselves tested.

---

For more information about the writing contest or to apply for next year's event, please visit our website [www.example.com].

Sincerely,

[Your Name]

[Your Position]
**Men are special, too**

There’s a special place in CMP’s second annual Men’s Issue. You might be asking yourself, who does this thing exist? What better to set aside a special issue for men’s concerns? Don’t men just get more than enough coverage every day in every conceivable medium of expression? Isn’t the print of special publications that focus on women — even things out for men? We can get the idea for a masculine spotlight after our Women’s Issue drew complaints from men readers asking for equal time. At first we dismissed their arguments. We didn’t see the point of donating more space to men than they had already received.

But after some thought, we changed our minds. Not having a man’s issue seemed like a bit of a ridiculous form of reverse discrimination. Even since the explosion of the women’s movement in the 1970s, female issues have been segregated for special treatment. There have been festivals of women’s movies, residencies of women writers, collections of writings by women authors and muses of women publication. The effect of all this has been both positive and negative. On the plus side, what we now know as “women’s studies” has legitimized and celebrated the efforts.

The article “Religion should go” is the editorial “The second coming” (6.2.98). The concept of a hierarchical church focused on neighborhood demographics and an episcopal/priest/congregation agonizingly reaching out to the “unchurched” and Sarah Goodyear’s comment regarding “strangers” coming in and going out of the church. Her point, that while the St. Dominic’s structure is a glimmer of hope, the rise of women’s studies has legitimized and celebrated the efforts.

All men are special, too. If we dismiss their arguments, we don’t see the point of donating more space to men than they had already received. The idea for a masculine spotlight after our Women’s Issue drew complaints from men readers asking for equal time. At first we dismissed their arguments. We didn’t see the point of donating more space to men than they had already received.

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The grand finale.

The conventional bowling alley, the bowling alley where the lights are off and the music is loud, is not the place for a conversation. The place is dark, the bowling balls are heavy, and the conversation is a mix of yelling and shouting.

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20 CASCO BAY WEEKLY 188 Middle Street in Portland's Old Port

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The Comfort Zone

7 days a week

And Yes, Our Doors Open Early at 9:45 PM

Prime cut

Pam's, short story writer and singer-songwriter who has had successful tours with artists like Bob Dylan, takes her solo act to the Bandstand. Her music is part pop, part country, and part soul, and she delivers it with a raw, unpolished edge. Don't miss her performance at the Bandstand, where she will be showcasing her latest album, "The Way We Were."

For a list of upcoming events at the Bandstand, please visit our website at www.bandstandmaine.com or call (207) 555-1234.

Club directory

Prime Cut, 773-6422

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Divided loyalties

When front-loguette Lynn Hancock and guitarist flame join the Rosenbloom for a ripe bill in Portland in June, all the sensibilities will be trying to balance their deep affection for acoustic-overshadowed music with a love of electric guitar and modern rock.

Lancefield is heavily influenced by the folk and country traditions, but has been developing that aspect of his music for the past year in favor of a more streamlined sound. Inded, when we saw last weekend from his band’s sounds, they were adding new tracks to the free-form EP that’s been floating around (and circled, for possible release as a full-length album) those balance his singer-songwriter rock with folk/steak guitars and vocals.

Unlike Hancock and Rosenble, whose music reflects their divided loyalties, the numbers of time the division itself makes up two renditions. While he made them dis­creet, sometimes, mostly heavy metal rock, numbers of the group also maintained in Country’s Del, an acoustic no-man’s-land. Nevertheless, one would have a hard to pick up any trace of Rosen’s own or its other. -(Trad report) "Something Old, Something New, Something Borrowed, Something Blue" is now the tradition of the legendary Minutemen’s line, the first and earliest of several rock bands. All three acts show, however, that divided loyalties can produce great music.
Thursday 28

"TRANSITIONS: A PROCESS OF GROWTH"

For many of us, the only sociability we can expect from our adult lives is socializing. The University of Southern Maine, however, has a special event, "Transitions: A Process of Growth," which features two-dimensional works in a variety of media by 14 artists. Join the artists for an opening reception at the USM Art Gallery, Portland Campus, from 6-8 p.m. The exhibition runs through Aug. 1; opening Fri., July 30, 8-11 a.m. to 4 p.m., 780-9082.

Friday 29

REKEISH AND MATCHBOX 20

What good is a college education, anyway? If you've been out of school for years and you're still not brought material: 77-second 5-year-old? When's a doctors' degree? Why's there an absence of knowledge among our youth? Are the students of engineering-career-education now apt to be Thanos? In the minstrel songs for "Rekeish" and "Matchbox 20," what's the deal? Is the whole world of our knowledge at risk? A riddle: on the one hand, we are told that knowledge is power; on the other, we are told that knowledge is futile. Which will it be? Two songs for Portland Performing Arts Center, 25A Forest Ave., at 8 p.m. Tickets: $17. 763-5454. 

"BYE BYES"

Why are the Broadway shows so bad, so twisted? The creators of the Theater Project's Young Company illustrate those lessons in "The World's Follies," a series of brief one-acts dedicated to subjects important in the lives of teenagers, from romance and school to peer pressure and authority figures. At the Theater Project, 14 School St., Brunswick, May 30 and June 6 at 3 p.m. and 8 p.m. Also May 30 at 8 p.m. Tix: $17. 763-5454.

Quick Picks

May 30

Children, families, youths and everyone welcomes along with fun, games and activities, are available at Phipps' Regional Opportunity Program's walls. At PRPO, 410 Cumberland Ave., Portland, Free from 4 to 5 p.m., the city looks of Main Street in Portland. 

Phoenix Studio Entertaining and Original Fine Art (Contemporary), 152 US Route One, Saco, W. Ave. and Grand Avenue, Searsport. May 29 through June 11. 207-333-4275. 

Great Father's Day Gifts! Cate Le Bon, 403 Forest Avenue, Portland, 207-726-6318.

Saturday 30

RUBBER DUCK DASH

Any way you look at it, being chased by a rubber duck dash — but this one! Following a year of new sales of green, pink, yellow and red rubber duck dashes for their own fun, the new Maine Rubber Duckies — with the winning duck going to use books to save and help others — can be spotted in Casco Bay. A healthy alternative for the animals you love, Wysong uses whole fresh ingredients with no artificial coloring and flavors.

THE WILLIAM BREUKER KOLLEKTIV

Get a double major in jazz and rock and roll with the William Breuker Kollektiv. The Dutch big band combines the music of greats like Louis Armstrong with the fiery spirit of South American and North African music. Portland Performing Arts Center, 25A Forest Ave., at 8 p.m. Tix: $17. 763-5454. 

THE BRIAN PARIS TRIO

The brass sounds of Ingrid Jensen, trombone, and Sarah Green, trumpet, have been heard all over the world. The Brian Paris Trio, comprised of Paris on drums, has been hailed as one of the best drummers in the world. The trio will perform at the Theater Project, 14 School St., Brunswick, June 9 at 8 p.m. Tickets: $17. 763-5454. 

CHILDS for Judge of Probate

June 9th

MERRILL AUDITORIUM at City Hall

A Place for Everyone

A Place for Everyone

Merrill Auditorium at City Hall, 20 Myrtle Street, Portland, ME

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Sunday, May 30

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The Willem Breuker Kollektief

Imagine Duke Ellington’s homeopathic remedies stage inspired jazz and organic produce. Performance as if you were listening to outrageous entertainment.

Magazine

Beu, the New England Foundation for the Arts, WMPG, WERU, The Maine State School, WERU, Portland Performing Arts' Heritage Center, and Portland Headlight. For more information, call - 775-8811.

Free Ride Home!

Do you shop at Shaw’s or Shop & Save? Get your store clerk to put a METRO stick sticker on your store card for free. (According to the number one calorie burning workout, you’ll burn at least 550 calories per hour!)

Angels in America

Part One: Millenium Approaches

Promotional Thursday, June 4
Buy 2 Get 1 Free Thursday, June 11
All other perfects, stickers, $3 each

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Believe.
Review

"Senior Thesis Exhibition" runs through June 12 of the Institute of Contemporary Art, Maine College of Art Building, 222 Congress St, Portland, 775-6912. It's a pitying concern of student work, reflecting the breadth and depth of the institute's curricular offerings. Among the pieces, there are paintings, sculptures, and installations that explore a wide range of themes and techniques. The exhibition is open to the public, and admission is free. Visitors are invited to explore the works and gain insight into the creative process of these talented young artists.

Inaugural Show: an exhibition of student work by 9 seniors, through June 6. Hours: Tues-Sat 11 am-5 pm. The show features a diverse range of media, including painting, sculpture, photography, and digital art. Visitors are encouraged to explore the works and consider the unique perspectives and approaches of the student artists.

Inflnite' shows through July 5. Among the works, there are pieces that explore themes of infinity and the endless cycle of life. The exhibition is open to the public, and admission is free. Visitors are invited to reflect on the concepts of infinity and to consider their own interpretations.

Nature," running 13 watercolor and tempera paintings by Kari Van Tine through June 28. The show features a collection of landscapes, still lifes, and figure paintings, all executed in a delicate and expressive style. The exhibition is open to the public, and admission is free. Visitors are invited to appreciate the beauty of nature through the lens of the artist's vision.

"Senior Thesis Exhibition" runs through June 12. Hours: Tues-Sat 11 am-5 pm. The exhibition features works by 9 student artists, exploring a range of themes and techniques. The show is open to the public, and admission is free. Visitors are invited to explore the works and consider the unique perspectives and approaches of the student artists.

"Where You Are The Artist," an exhibition and traveling film festival, runs through June 5. The film festival features a selection of shorts and features that explore the theme of the artist as a creator and storyteller. The exhibition is open to the public, and admission is free. Visitors are invited to enjoy the films and to consider the role of the artist in society.

French Impressionists, "Monet, Manet, Whistler and Cassatt among others," shows through May 31. Hours: Tues-Sun 11 am-9 pm. The exhibition features works by some of the greatest Impressionist artists, including Monet, Manet, Whistler, and Cassatt. The show is open to the public, and admission is free. Visitors are invited to enjoy the works and to appreciate the beauty of Impressionism.

"HARMONY," a 50-piece collection of paintings on hand, through June 7. The exhibition features a diverse range of works, all united by the theme of harmony. The show is open to the public, and admission is free. Visitors are invited to explore the works and to consider the concept of harmony in art.

"The Nature of Things," a 50-piece collection of figurative and landscape works through May 30. The exhibition features a range of works, all executed in a realistic style. The show is open to the public, and admission is free. Visitors are invited to appreciate the beauty of the natural world through the lens of the artist's vision.

"Degas, Whistler and Cassatt among others," shows through May 31. The exhibition features works by some of the greatest Impressionist artists, including Degas, Whistler, and Cassatt. The show is open to the public, and admission is free. Visitors are invited to enjoy the works and to appreciate the beauty of Impressionism.

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*Casco Bay Weekly* listings are a fun way to service our readers. To have a listing considered:

- **Workshops/Lectures**
  - Cumberland Ave. Portland. By appointment only.
  - Renaissance Voices seeks an alto for its small a
  - McMahon. 9 Beechwood Ln. Falmouth. ME 04105.
  - Scarborough. ME 04074. or call 883-3051. Actors apply. Call Elizabeth Myrick at 667-9735.
  - Involved in video or film meet the second and fourth
  - 797-2416.

- **Stipends and Staged Readings of Their Scripts.**
  - Deadline: June 10. Send to: Out of Cake.

- **Renaissance Voices seeks an alto for its small a**
  - Portland Lyric Theater. 176 Sawyer St. So. Portland.

- **Up for various roles in upcoming summer produc**
  - Cre. w/Skeller Matching Party May 28.
  - McMahon. 9 Beechwood Ln. Falmouth. ME 04105.

- **Creative Movement led by Jerry Sanders An**
  - $12 per class. At Casco Bay Movers Dance
  - Talbot. M. D. and Chris Stenberg. M.D., give an
  - 772-2811.

- **Clinic Conference Prof’l’am Maine Medical Center**
  - and ballet on Wed from 3:30-4:15 pm
  - 874-1140. Portland West holds its West
  - Stevens Ave. at 6:30 pm. 761-2080.

- **Go to Boston Pride, leaving at 8 am, returning at**
  - Stroudwater Church, 1729 Congress St. at 7 pm.

- **Show and Sale by Designing Women May 30. The**
  - Over the next hour, Graham makes a dozen tries at completting the tricky route he
  - Each has his own climbing style. The talkattive Graham said of the more sIlent
  - Graham and Pardy had
  - Used to
  - Graham and Pardy had
  - Each has his own climbing style. The talkattive Graham said of the more sIlent

- **Custom Spas & Water Features!**
  - Have you had a vision of your new outdoor
  - Call 207-727-3910

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and a summer
Allagash
August 15 - 23
Maine Trip Leaders
Chewonki Foundation
Fresh Start Free group to help those who are ready to
Free Skin Cancer Screening May 30. A visual
every month at the Yoga Center. 137 Preble St,
Confidential STD Clinic The Portland Public Health
31 Veranda St. Portland. 828-2497. '1
Merrymeeting AIDS Support Services trains volun­
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vaCCination and routine foot care. Open to those
Adult Health Clinic Visiting Nurse Service holds
the third Tues of every month at 50 Foden Rd, S.
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the third Tues of every month at 50 Foden Rd, S.
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the third Tues of every month at 50 Foden Rd, S.?
**movies**

**Review**  *Godzilla* directed by Roland Emmerich

After the recent success of *Independence Day*, the world is set for another, larger-scale disaster movie. But it seems that we won't get Godzilla's glasses up enough to see the film. This is a very different creature than the one we've seen before, but it's still just as scary and destructive.

**Times**

Starting Friday

*Godzilla* starts playing on June 5.

**Rolling Rock Rocks Casco Bay**

*Same as it ever was.*

**Think For Yourself**

**Casco Bay Weekly**

*Hell hath no fury like a clam scarred!*

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**Deep Impact**

Directed by Mervyn LeRoy

A science fiction/horror film that explores the impact of a large asteroid on Earth's ecosystem. The story follows a group of scientists as they try to prevent the disaster from occurring.

**Good Will Hunting**

Directed by Gus Van Sant

A coming-of-age story about a young man who is a genius but is also struggling with a difficult childhood and family issues. The film explores themes of self-discovery and personal growth.

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Located at 155 Exchange St.
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Rowing, sailing, kayaking, and paddleboarding in Casco Bay. Sailing lessons and private lessons are available.

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**Rolling Rock Specials**

Every Day 4-8 pm & All Day Wednesday

The Basement
1 Exchange St.
Portland, ME 04101

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**Realtime Theatre Cafe**

10-12 Constance St.
Portland, ME 04101

**Bad Habits Live**

Dance in Portland

**The Spanish Prisoner**

Directed by Jonathan Demme

A psychological thriller that follows a young woman who becomes involved with a man who is trying to escape a dangerous situation.

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**Hawaii 5-0**

Monday, July 20th—Thursday, July 23rd

G Emoji, 401 E. Waverly Rd.
Portland, ME 04101

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**Rolling Rock**

227 Exchange St.
Portland, ME 04101

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**Overall**

Enjoying the art of flirtation)

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**Overall**

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