Summer is finally here. It's stopped snowing and we can finally shed our winter coats. School is letting out and with the summer season upon us, that means ....

the Tourists are Coming...
Compromise is often made without facing the fact that our economic interests are in dispute with our ethical values. Then no one is truly happy. How many times did you compromise ethically or financially when you really "knew better"? Social entrepreneurship delivers the "tools" to the "dream".

Too many decisions are made solely on whether they make money or whether they are good for society, as if the two are separate realities. Business is not just business. It is an event in society.

If you would like to learn more about this dynamic idea, order your copy of: Why Try? A Beginner's Guide to the Simple Logic of Social Entrepreneurship today by sending a check for $9.95 plus $3.50 shipping and handling to:

The Endeavor Foundation
P.O. Box 7486
Portland, Maine 04112

Your order will be processed and mailed within 5 business days.
I'm sitting in my apartment by the open kitchen window, talking on the phone. It's hot outside and my next-door neighbor is perched on the stoop by his side door. I hear a shower coming from where I sit, but don't know the man; it's a small apartment. City sounds reassure me that he can't hear what I'm saying.

My neighbor is wearing nothing but a pair of red nesting shorts. I avoid looking at him directly because he's staring at me through my window. He's getting me so nervous he goes into his home, standing, and digging something in his hand.

"I finally made out what he's holding. I told my friend I have to go. I turn from the window as I can't deal without my neighbor seeing. I continue to smile as I speak with the dispatcher and, when she hangs up, I pretend I'm talking. When the cruiser pulls into my neighbor's driveway, the man puts away what he's been holding and quickly goes inside. The officer stands on the stoop and knocks, but no one comes to the door.

After a while, he gives up waiting and sets a chair on the stoop and starts going through some forms. Then he says something I think is so strange:

"I don't know if I'm okay. He asks me to fill out some forms. Then he says something I think is so strange: "You probably shouldn't want to press charges." He says, "If you do, your name will be in the paper.""

The officer's words made me think of the "old days," when women who "get it" only got it because they were asking for it. In spite of myself, I wonder if the officer is right? Maybe I think it was somehow my fault that this neighbor did what he did? I don't encourage him by smiling? Should I really report charges?

A dozen summers come and go. I sit here, today, by an open kitchen window, talking on the phone. It's hot outside and my next-door neighbor is perched on the stoop by his side door. I hear a shower coming from where I sit, but don't know the man; it's a small apartment. City sounds reassure me that he can't hear what I'm saying.

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**June 19, 2003 Volume 15 Number 23**

**Special Advertising Opportunities**
Reach your target audience by advertising your product or service in an issue of CFM featuring industry-specific content.

**June 26**

**The Pets Issue**
Most of us have one or more or know someone that has one. And yes, no matter what they do we love them. Pets are the topic in mind for this issue. We will fill you in on how to get a pet, whether it's a dog, cat, fish, bird, etc. and where you can get supplies to spell them. This is an excellent opportunity for pet stores to flaunt their goods whether they be yummy doggie treats or ramping supplies for your pet.

**July 3**

**Museums of Maine**
In the mood to see some art or learn some history of Maine? In this issue we travel all over the state to gather some information on what the state has to offer for museums from the traditional art work like paintings to toys from yesterday.

**July 10**

**Art and Antiques Celebration**
Folks in every income strata in Portland and Southern Maine have always had a great interest in good art and fine antiques (even before antiques were made "cool" by television shows). Whether from internationally celebrated artists or yet to be "discovered" local artists, whether traditional or avant-garde, Portland's many diverse Art Galleries offer it all. In this issue leading up to the two huge antique shows in the Portland area on the 17th, we will explore and celebrate Maine's rich market for both artistic and antique objects.

**July 10**

**Go Speed Racers...**
Racing has a huge fan base. Not only throughout the states, but also here in Maine. The popularity of NASCAR has driven many to want to drive and drive fast. We'll see what happens when race fans become race car drivers. From dreams to reality.

For more information, contact Rosanne Mango-Morgan at 773-1687 or email dan@mainetaxi.com. Spokes & Spin Garl

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**Features**

10 **The Tourists Are Coming!**
For different people the image of Maine means different things...unspoiled landscapes, beautiful vistas, suitcase studded lighthouses, L.L. Bean, outdoor adventures, maritime history, exceptional shopping - the list goes on. In the coastal areas, the tourist season is - within a nineteen mile radius surrounding the state's largest city - Portland. Sure, there's more to see throughout the state of Maine, from Bar Harbor's Acadia National Park to midight Mt. Katahdin in Baxter State Park. But right here, in Greater Portland, you can experience a little bit of "everything Maine." From mountains to lakes, city to country, inland to coast, nature to hip-hop, welcome to Greater Portland's Casco Bay. For different people the image of Maine means different things...unspoiled landscapes, beautiful vistas, suitcase studded lighthouses, L.L. Bean, outdoor adventures, maritime history, exceptional shopping - the list goes on.
Students See Some Benefit of Weak Economies  
PORTLAND Students that are experiencing difficulty finding a job are not the only ones in a weak economy seeking help. Some of the bit out of rising tuition and were over 8% for borrowers in repayment. The new rates will take effect July and are applicable to annually adjusted loans issued after July 1, 2003 and are subject to ultimately adjusted interest rates.

Some new rates on Federal Stafford loans (for students) will drop to 4.22%, while school and 5.05% on Perkins loans. Interest rates on PLUS loans (for parents) will fall to 7.75%.

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The Tourists are coming ...

Everything Maine

The coastline epitomizes the image of Maine: scenic, tranquil, and with the sea. Casco Bay, the Gulf of Maine, and the Maine Islands offer a variety of natural attractions and activities. From exploring the coastline to experiencing the history and culture of the area, there is something for everyone in Casco Bay.

The Past is Present

ORIGINALLY CALLED WACHUSETT (Great Head) by the Native Americans who first inhabited it, the Portland Peninsula was inhabited by the Abenaki tribe, whose fishing village and trading post later became the nucleus of Portland.

The remote location of Casco Bay has been a draw for many years. The bay was a major port for not only the British but also the French and Spanish. The town was named for Queen Elizabeth I of England.

The Wadsworth-Longfellow House, the boyhood home of poet Henry Wadsworth Longfellow, is still an 'authentic' destination whose natural attractions and Historic Culture make it a must-visit for tourists.

Jewel by the Sea

The Fort Henry Wadsworth Longfellow called his boyhood home of Portland a "jewel by the sea," a description which is still as valid today as it was then. Surrounding water on three sides, Portland offers some of the best water access to islands, historic forts and lighthouses in Maine.

In Greater Portland, you can experience a little bit of "everything Maine" — within a fifteen-mile radius surrounding the state's largest city.

Portland, Maine, is still an 'authentic' destination whose natural attractions and Historic Culture make it a must-visit for tourists.

Small, homey, and often beleafed, this surprisingly cosmopolitan Maine city has had a history of clawing its way back from oblivion — and today it's on an uprising again.
Outfitted for Adventure

IT'S EASY TO SEE why Greater Portland has been named one of the best regions for outdoor activities, with settings as diverse as mainland coastal views, woods trails, crystalline lakes and rivers and the vast ocean. This is the ultimate recreational destination — in all eight seasons!

Six-kilometer paddle and camp among the islands dotting the coast. Trade in the busy living, tubing and sailing Portland's waterfront, rent Rock Creek Kayaks (288-2200) or Old Port Kayaks (284-0190) and glide in a canoe through Southport Marsh, the state's largest saltwater wetland. Commission a Maine jayfish with Portland Fishermen's Terminal (Parl River Sanctuary), Falmouth (Great Eddy Pancake) and Matinicus (Maine Landing Sanctuary). Take a hike up the Blue Hill Mountain in Powell and view a carpet of wildflowers from the top. Escape to Portland's Dune Lakes Park and swim out and alongside the course on Mount Desert Island. Hike outdoors at Cape Flats with a salty Maine lighthouse.

Greater Portland offers adventure activities that are enjoyable, family-friendly, affordable, thrilling, to keep you coming back, year after year. With the niece of your front yard and mountains to our back, Greater Portland is perfect up any outdoor sport.

Fun for the Whole Family

GREATERT PINE HALLS has the activity for you...and your children. — It's the perfect place to get away for a weekend, an afternoon, or a week. From programs at the Portland Public Library to hands-on exhibits at the Children's Museum of Maine, we have a host of activities designed to entertain your little ones.

Take a ride on the Maine National Railroad, and experience world famous trains which chug alongside Portland's waterfront. Check for train times at the Portland Sea Dogs baseball game (April-September) or the Portland Pirates hockey game (October-April). Take a factory tour, complete with samples, of Maine's Cookies and still Looey, the world's only blind chocolate factory, at Looey's Homemade Candies. See real seals, bears and other wildlife at the Maine Wildlife Park, operated by the Department of Inland Fisheries and Wildlife. In Freeport, a mile from the At­
erwise lush vegetation. View the world's largest rotating Park Museum of Maine, we have a host of activities designed to stimulate your kids' imaginations.

The Tastes of Maine

PORTLAND HAS BEEN CALLED the "Little Paris of the East," in part, to its high proportion and quality of restaurants in a portion of its size. Lobster continues to be the star of the show and the fresh catch of the day can be found on the menus of both casual and elegant restaurants. Nevertheless, in all one deli owner says, an unpretentious deli to their restaurants to increase their cuisine.

Portland is rolling with places to eat. In the heart of downtown Portland you can stroll around the city, Indoors Portland Public Market and take in many local flavors. Bread from the oven, home­range chicken fresh from Maine farmers, produce de­livered daily straight from the field, plus tasty things to eat while you're there.

The flavors of locally grown beers, stores and other local businesses
has also driven local producers to increase its popularity. You can enjoy a va­
rity of foods, taste the best of what the state has to offer. You can taste a cup of Maine coffee and the chance to sample the food at many restaurants can be made at Portland Public Market.

In November, the state's large number of small businesses, a half-hour from Portland downtown, alone, can't possibly offer the range of the food and the food is found in Portland.

In recent years, Maine chefs have explored the cuisine of the state's interior, interesting new dishes and menus which you'll find to your liking.

Bureau Overview

The Commissioner of the Maine Bureau of Tourism (CBT) in Greater Portland is a non-profit organization that is dedicated to stimulating the economic vitality of the region by promoting meetings, groups, and tourism to Greater Portland. As the official destination marketing organization for Greater Portland, CBT is responsible for producing and distributing the Greater Portland Convention & Visitors Bureau's annual Visitor's Guide and Seattle's most popular products.

The bureau represents its area, the state, and the region, with a focus on promoting Maine's unique attractions and businesses. The bureau also provides visitors with information about the area's natural beauty, culture, and attractions.

Our mission is to help visitors feel at home in Greater Portland. Whether you're looking for a dining experience, a tour of historic sites, or a getaway to spend the night, CBT has the resources to help you find what you're looking for.
Breakfast or Monday-Friday only

On-Time best possible rate

THE GREATER

north. Nov.

lunch

Delicous Plates

Small Business Spot/lllllt Is OF COMMERC

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PORTLAND, ME

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Once November, 2002, Portland-based Farm Fresh Connection has been working with institutions such as Bates and Bow­

Kum­

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Non-profit news

Maine Handicapped Skiing

It's Not Just About Sking Anymore

The newest of the four major Scottish Rite Centers is the only program of its kind that trains disabled children with one-on-one instruction in the clinically proven Orton-Gillingham method completely free of charge for two years. Currently, 45 Learning Centers in 30 states provide training to more than 130 handi¬
capped athletes (all team members must be disabled) and 110 non-disabled athletes. Instructors are also trained in the Orton-Gillingham approach completely free of charge. To date, more than 80 teams have been certified by the Learning Centers with 25 plus teams currently receiving training making over 1,000 individuals in over 50 states. To learn more about Maine Handicapped Skiing and the Ride for Dyslexia call 807-7770 or www.mhovern.org.

Good news

Motorcyclists To Ride Through 49 States For Charity

THE WMPG COMMENT LINE IS OPEN
Please call and share your memories and birthday wishes.

LISTENERS & FAVORITE DJ'S WE WANT TO HEAR FROM YOU!

You Deserve a Career You Love

The demand for Massage and Spa Professionals has never been better. This is the perfect time to join this rewarding field.

6 Month Program starts June 18th.

Programs created by Nancy Ridley, RPF and taught by instructors trained by the PRI Educational Development Company. These unique and time tested programs are offered exclusively by Headhunter Spa Tech Institute.

Financial Aid Available to Those Who Qualify

772-2581 • www.headhunterinstitute.com

LISTENERS & FAVORITE DJ'S WE WANT TO HEAR FROM YOU!

The Ride for Dyslexia was conceived by Victor Frederick, an avid motorcyclist who saw the need to support the cause of improving learning and allowing the high-quality tutoring services offered by the Learning Centers. "Our main objective is to raise as much money as we can for the Learning Centers," said Frederick. "And I believe our success is limited only by the imaginations of our dedicated riders and their fans who turn to MHS for hands through monetary and other community organizations, as well as for corporate sponsorship." 

"We immediately contacted Vic Frederick and all of his Scottish Rite Riders for con¬sidering of this ride and making it reality. The work Vic has put into this endeavor is truly heroic. While he and other riders have the support of the Ride for Dyslexia's national riders this year," explained Joseph J. Berlandi, Es¬quire Director of the 32° Scottish Rite Learning Centers for Children, "Children left with un¬
treated disabilities suffer diminishing per¬sonal accomplishments, and no one was ad¬

coming down the road until we began the task of building and maintaining 49 Learning Centers in 31 states. Dyslexia is a community wide prob¬

lem requiring community wide participation. Those riders are doing far more than helping to improve learning, they are showing the whole world how much they care about our children and the overwhelming need for this ride to be continued on.

The newest of the four major Scottish Rite Centers is the only program of its kind that trains disabled children with one-on-one instruction in the clinically proven Orton-Gillingham method completely free of charge for two years. Currently, 45 Learning Centers in 30 states provide training to more than 130 handicapped athletes (all team members must be disabled) and 110 non-disabled athletes. Instructors are also trained in the Orton-Gillingham approach completely free of charge. To date, more than 80 teams have been certified by the Learning Centers with 25 plus teams currently receiving training making over 1,000 individuals in over 50 states. To learn more about Maine Handicapped Skiing and the Ride for Dyslexia call 807-7770 or www.mhovern.org.
**Shangri-La: Poland Spring preserves Maine’s best**

The Spa is a splendid building, one of the finest in the world, and its architect, Alfred T. B. Beal, was a master of his craft. The building was completed in 1912 and is a great example of the Craftsman style, which was popular at the time. It is located in the heart of downtown Bath and is a popular destination for tourists and locals alike.

**Building Matters:**

The Spa is a large, two-story building made of brick and stone. It features a large central atrium with a glass roof, which allows natural light to enter the building. The interior is decorated with ornate woodwork and stained glass windows, which create a warm and inviting atmosphere. The Spa is also home to several restaurants and shops, making it a popular destination for visitors.

**What to Expect:**

Visitors to the Spa can expect a relaxing and luxurious experience. The Spa offers a variety of treatments, including massages, facials, and body wraps, as well as a fitness center and a pool. The Spa also has a restaurant and several bars, where guests can enjoy a drink or a meal.

**How to Get There:**

The Spa is located in downtown Bath, which is about an hour drive from Portland. There are several car rental companies in Portland, including Enterprise, Hertz, and Avis. Visitors can also take a train from Portland to Bath, which takes about an hour and a half. There are also several bus companies that offer service to Bath, including Greyhound and Trailways.

**Adopt a Pet:**

Today’s Spa is brought to you by Good Dog Daycare, a local dog daycare in Bath.

**Our dog’s story:**

Our dog, Tucker, is a 2-year-old Beagle and was found wandering the streets of Bath because his owners were moving. Tucker is a very friendly dog and loves to play with other dogs. He is also very intelligent and loves to learn new tricks. He is a great companion and we would love to find him a forever home with a family that loves dogs.

**How to adopt:**

If you are interested in adopting a dog, please contact Good Dog Daycare at (207) 444-1234. They can provide more information about Tucker and the adoption process. Good Dog Daycare is located at 123 Dog Street in Bath.

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**Adopt a Pet:**

The Spa is a great place to take your dog, as there are several dog-friendly areas, including a dog park and a dog-friendly restaurant.

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**Adopt a Pet:**

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Don't forget your souvenirs

Photos by Michael Eric Bérubé
Thursday, June 19


Fairfield Porter: A Life in Art, 1907-1975. This major retrospective examines the life and art of Fairfield Porter, a 20th-century painter who produced invocative realism works in the midst of the Abstract Expressionism movement. On exhibit through September 7, Portland Museum of Art, 7 Congress Square, Portland.

African Soul/Portland” photographs by acclaimed artist Marie Harmon, will be showing at Ubuntu Home, 305 Commercial St., Portland, through July 29. The show focuses on the lives of Maine’s new Americans of African descent, many who arrived as refugees from distant countries.

Maine Map Day - to celebrate Portland as a host site for the 2003 International Conference on the History of Cartography, several Greater Portland-area cultural organizations are presenting a day-long celebration of maps and map making, with related exhibits and family activities. Participating organizations are: Maine Historical Society, OSA’s Other Map Library, Portland Museum of Art, USA Southworth Planetarium. 780-6200.

Friday, June 20

Harry Potter and the Order of the Phoenix release parties:
* 5pm, Books Etc., 39 Exchange St., Portland. 774-0606.
* 9pm, Casco Bay Books, 101 Middle St., Portland. 541-3840.
* 10pm, Barnes & Noble, 9 Marketplace Drive, Augusta. 621-1187.
* 11am, Staples, games, crafts and refreshments. Books Etc., 340 Route 1, Falmouth. 774-0606.
* 11pm-12am, Reward Books, Mill Creek, South Portland. 799-2559 and South Valley Shopping Center, Saco. 292-2606.

Inner Light Breath-Personal and Professional Facilitator Training Workshop, Level I, June 21 and 22. Ron Young, West Falmouth. Learn a breathing technique to release stress, old emotions and energy blockages and open to greater love, peace and clarity in your life. Call Lashell Moon at 856-1627.

Celebrate Your Dog’s Work Day, a national holiday that celebrates dog companionship, bring your dog for a canine brunch celebration and enter contests and a raffle to win Petal Dog Products. The Animal Welfare Society of Kennebunk, will help educate the public about pet adoption and introduce attendees to some of their available dogs, 12-2pm, Monument Square, Portland.

Saturday, June 21

Piper Shores, a not-for-profit life care retirement community in Scarborough, is having a Summer Solstice Resident Art show from 2-4pm with original works of Piper Shores residents. Come view the watercolors, oils, photography, tapestries and much more. 883-0700 x107 or www.pipershores.org.

West End Beautification Day – West end residents are welcome to come help clean up their community and pick up a free flower box or kids get a gift certificate for our room. The objective of the West End Beautification Day is exactly that, to beautify the west end of Portland. At 10am stations will be set up with bugs, flowers, trash hugs, boxes, plants and more will be delivered to the meeting place at 297 Danforth St., Brattle and Pine St., and York and Tyng St. 775-0109 x27.

The Penn outdoor concert beginning at 7pm. Bluegrass, country and easy listening. Come early and bring chairs and a picnic. Freeport Community Library, 10 Library Drive, Freeport. 867-3307.

Sunday, June 22

* "On the Table" – table makers and other artists whose works relate to the table opening reception from 5-7pm, and remains on exhibit through July 20. Coolidge Center for the arts, Wentworth-Coolidge Mansion. 375 Little Harbor Rd., Portsmouth, NH. (603) 436-1007.

Save your memories at June Memoir-Writing Workshop. The Seal Library Network is offering an introductory Turning Memories into Memoir, the writing workshop in Old Orchard Beach, from Sunday, June 22 to Friday, June 27 to help individuals to learn the craft of writing their life stories.

Monday, June 23

Session and The Trees - Session plays luminous, quirky, quirky songs – music that breathes and asks you to breathe with it. The Trees will be comprised of acoustic sounds rooted in history and heaped toward the unforeseen. Sullivan Studio Theatre, 208 High St., 2nd Ave. Portland. 789-4999.

The Merrills Memorial Library and the Yarmouth Historical Society are co-sponoring a talk and book signing by Yarmouth artist Carol Buse at 7pm in the new Community Room, Yarmouth Town Hall. Main St., Yarmouth, new book, "The Cottage Book: Living Simple and Easy." 845-6239.

Tuesday, June 24

The past, present, and possible future of southern Maine salt marshes are featured in two decks, "Visualizing Restoration of Draken Island Marsh" on June 24, at 12pm and "Salt Marsh Haying: A Historical Perspective" on June 26 at 7pm. Wells Reserve at Laudholm Farm, 342 Laudholm Farm Rd., Wells. 696-1095 or wellsreserve.org.


Wednesday, June 25

Parks and Recreation of South Portland and The Stage will present eleven open-air performances of Macbeth at Fort Popham Battlefield in the Spring Point Marketplace, South Portland from June 25 — July 13. Performances begin at 8pm. Tickets are free, but seating is limited so reservations are recommended. 207-838-2525.

"How your camera can open your eyes" talk presented by John G. Kelley, fine art photographer. 7pm, Cobalt Buzz Art, The Shops at Kennebunk, 240 U.S. Route One, Kennebunk. 879-1955.

Pamphlets: How to get color all summer, Join and Kathy Frenner of Appleton Ridge Flower and Vegetable Farm will show and tell about how to keep flowers coming all season, hosted by the Maine Ocean's Farriers and Gardeners Association. Appleton Ridge Flower and Vegetable Farm, 125 Appleton Ridge Rd., Appleton. 780-3271.
HAPPENINGS

Thursday, June 19

Local Voices: Radiology in a Regional Community. 10am, 1pm, and 7pm, Bi-Annual Workshop for Radiology Technologists, Maine Medical Center, 201 Congress St., Portland. TEL: 774-5740.

Thursday, June 26


Friday, June 20

Japanese Film Series: "Missing Our Own," a black and white film by Takeshi Kitano. 7pm, Portland Headlight Theatre, 909 Congress St., Portland. TEL: 761-7007.

Saturday, June 21

Art Show - A Celebration of the 125th Anniversary of the Maine Medical Center. 11am-4pm, Maine Medical Center, 180 Forest Ave., Portland. TEL: 751-7397.

Sunday, June 22

Fresco Barn, 774 Main St., Portland, Maine. Exhibit of paintings by Marcia Baker, through July 2. TEL: 751-7397.

visual arts

Openings/Closings

Tuesday, June 11


Opening/Festivals

Thursday, June 19


**AUDITIONS**

Local about DP: Site production has notes for all ages, male, and female, averaging to heavy build; no actor, male, 50+, large build, actors in rim, fourteen. Auditions will be held June 23, 25 pm or June 30, 54, 10 pm, Portland, 634-2746 or polishproducts@polish-people.com.

**THEATER/COMEDY**

**focalpoint**

"AAMA"—The "Actor's Studio," Portland Style

by Raymond Xiao Ling

As the stage at Spring Point, shows outdoor performances from June 23-24, Fitchburg Society for the Performing Arts, Portland. (polish-theaters@polish-people.com)

**STAGE DOOR**

Comedy Connection, 16Centers House Wharf, Portland, 770-2702.

*June 19* Comedy Showcase hosted by Bob Batch (Comedy Central), 7:30pm.

*June 21* Bob Batch (Comedy Central) with Larry Myers and Shane Kinney, 8:30pm.

*June 22* Bob Batch (Comedy Central) with Larry Myers and Shane Kinney, 9:30 and 11pm.

*June 23* Shane Kinney's Comedy Showcase, 8:30pm.

"These Christian Audiences" takes center stage. June 6-7, Pickard Theater, Bowdoin College, Brunswick, 720-1870.

"Market" the Stage at Spring Point, shows outdoor performances from June 23-24, Fitchburg Society for the Performing Arts, Portland. (polish-theaters@polish-people.com)

"Marriage Can Be Murder," a murder mystery dinner theater comedy that takes place at an Italian wedding, May 17-18, Portland. 650-2704.

"Be Crackers," a murder mystery dinner theater comedy that takes place at an Italian wedding, May 17-18, Portland. 650-2704.

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Three Dollar Starbird Recital
The Space 538
Somewhere 117 Spring St.
Sky Bar 188 Slates
RIRa
The Gritty McDuff's 396 Fore St.
Downeast Restaurant
Gorham campus . 780-5555.
Maquoit Road, Brunswick. 725-3895.
Cathedral 307 Congress St. Portland.
Brian Bull Brooks Student
Bridgeway Restaurant 71
The Big Easy 55 Market St.
Bramhall
Bowdoin
The Alehouse 30
Barbara's
Music
Pavilion
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Street Church
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Restaurant row

American
THREE DOG HUNTERS 24 Commercial St., Portland. 720-2664.
THE BREAKAWAY 32 India St., Portland. 761-8984.
FLUKY'S 455 Forest Avenue, Portland. 761-8984.

Asian/Chinese
ORIENTAL TABLE 116 Exchange St. (off the Old Port). Portland. 773-8984.
Fax 773-8984.
WOK & RICE 120 Forest Ave, Portland. 773-9952 or 773-9953.

European
BRITISH AMERICAN CAFE 50 Portland St., Portland (across from the Old Port). Portland. 772-4340.
FRIENDSHIP CAFE 193 Congress St., Portland. 871-5000.
The Wine Bar & Restaurant 40 India St., Portland. 774-0999.

Continental
BAKE & RESTAURANT LOUNGE 23 High Street, New Market, ME. 207-654-6428.
Delicatessen
FULL BELLY 1703 Preble Street Shopping Center 775-1127.
Ecclectic
16 CONGRESS 775-7712.
THE ALBION 52 Market St., Portland's Old Port. 207-1766.
ALPINE PRODUCE East End of 41st Ave, Portland. 870-0880.
BROOK'S MASH APPLE CAKE 23 Forest Ave.
CLYTON'S GOURMET MARKET, CAFE & BAKERY 18 High Street, Asian/American 866-5075.
DAGNIN'S CREATIVE CRISPS Monument Square 774-6608.
GRANDPA'S HOMEMADE 60 Congress St.
GREAT LID DOG 50 Market St., Portland. 702-0950.
MAINE BEER & BEVERAGE 79 Commercial St. 926-5677.
P&T'S BROCCHI CAFE 69 Bronson Ave. Portland. 874-2306.
POPULAR 23 Middle St., Portland. 925-8707 or 29 Middle St. Portland. 754-0999.

Chinese/Japanese
JAPANESE/KOREAN
BONJU 3 India St, Portland (across from Congress). 773-5555.
DORIS JAPANESE FOOD Portland Public Market. 15 Middle St., Portland. 220-0290.
NARA SUSHI 20 Middle Mall South, Portland. 772-0980 or Fax 772-5140.

Mexican
AMBER'S 808 Main St., Portland. 772-9722.
GRANDTY'S 60 Fore St. 703-2791.

Seafood
22 CENTER 3 Portland St. (across from) Portland. 772-4089.
20 Commerce St. Portland. 875-3569.
STEAKHOUSE/SEAFOOD
MOLLY'S STEAKHOUSE 417 Congress St. Portland. 871-5000.
Specializing in delicious steaks, prime rib and shop made crab cakes. Molly's is on the Old Port waterfront. Serving bounty pub bars including Molly's Rib High Elevations. All M's accept major credit cards. 46 Market St., in the Old Port, Portland. 773-4894.

Thai

Vegetarian
LITE NATURAL MARKETPLACE DELI & CAFE 121 Congress St, Portland, ME 04101.

Café
PORTLAND HOME OF PIZZA 113 Washington St., Portland. Tel: 774-6001.

Pizza
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while back, I talked about Fournier's just about kicking the other guy's butt.

GROWTH OR PHYSICAL
crease that the Olympic

THAT

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It might be good to publish the student

A: Frants!

Q: What do you get if you cross a duck with a

A: A spelling bee!

Q: Where do ants go for their holidays?

A: There are

Q : What is more clever than a talking cat?

A: EMILY

LAHTINEN

POETRY:

I AM (AMNESIA)
by Teresa J. Seavey of Windham

I can't quite capture it, just beyond the curling page, finger-worn and jelly-smeared, Beyond to the telling lines, which some thoughtless louse, tore out to tack upon the wall.

Stolen in a gust through the fluttering-curtain window, it winks, then scatters, from prism-like walls, it drips in rhythmic heartbeat sound, in secrecy and silence it seeps into my brain, flooding through round and round, and drips in pulpy mass into the aluminum sinkwell, then dribbles upon my knee. In accuracy and silence it seeps into my brain, circulating haunting illusion, swirling round and round and round again.

"Can't you see me, it laughs?" "Can't you feel me, it jeers?" "Don't you know me?" and it's gone again, to peer at me from undiscovered corners and dusty stovepipes. To taunt and tease, but never to reveal.

PHOTOGRAPHY:

EMILY

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