Casco Bay Weekly : 14 July 1994

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PLATO’S REPUBLIC

Perennial candidate Plato Truman is back with a bid for the U.S. Senate. This time, he says, “times are different.”

By Al Diamon
Photos by Dione Harbert

Which candidate for the United States Senate supports abortion rights, gay rights and legalizing drugs? If you guessed Democratic Congressman Tom Andrews, guess again. Andrews has never endorsed decriminalizing dope. Which candidate backs a balanced budget amendment, a line-item veto for the president and term limits? If you picked Republican Congresswoman Olympia Snowe, you’re wrong. Snowe opposes term limits.

The only Senate candidate capable of simultaneously holding all these positions is a 65-year-old retired Biddeford businessman, who’s making his 11th run for public office. Plato Truman is carrying a political career that’s spanned more than 30 years by mounting an independent challenge to Snowe and Andrews.

Over the last three decades, Truman has changed parties nearly as often as underwear, and re-upped philosophies more easily than most people switch breakfast cereals. He’s been a Democrat, a Republican, an Independent, a liberal, a conservative and a moderate. Often he’s been some unlikely combination of all of them. He’s run for both chambers of the Legislature, governor, the United States Senate, the U.S. House of Representatives, and mayor of Biddeford. In 10 campaigns, he has one win, two respectable losses and a truckload of trouncings.

Truman admits he doesn’t change this year against Snowe and Andrews as he does: “I’ll probably get slaughtered,” he says. “Doesn’t that discourage him?” “Well, you have to be discouraged sometimes, but do you give up living?” Abraham Lincoln ran 17 times before he was elected president. It’s just the way it happens to go. Some people make it early. Some people make it late. Some people never make it.”

continued on page 8
Did You Know That Most Of Our Glasses Are Made From Recycled Coca-Cola Bottles

MAXWELL'S POTTERY OUTLET
384 FORE ST., OLD PORT 773-7977
40 MAIN ST., FREEPORT 865-1144

Michael Furey: "No, it was a leprechaun. I could tell by the eyes."

Have you ever been visited by the wee people?
Do you mean like pygmies or midgets?
No, have you ever had any leprechauns in the shop?
Leprechauns, you ask? Well, that's a debatable point. I believe I did, but there are nonbelievers who would say it was only a squirrel. However, it's my educated belief that it was a leprechaun in squirrel clothing, a real nuisance, really.

The shop was full of tourists, women mostly. We were doing a brisk business. All of a sudden, this nightmare creature materialized from nowhere and proceeded to terrorize the ladies and destroy half the shop.

The thing ran around the place like a banshee, shrieking and refusing to listen to reason. Though I really tried reasoning with it before I resorted to violence. Then I chased it and it chased me. We took turns.

This leprechaun took out a full shelf of Waterford crystal and Irish china. It was a bull of a squirrel. The ladies were screaming by this time. The creature was running amok. It was a madhouse straight from Dante's Inferno. Afterwards, I nearly took up the drink, and me a teetotaler. It was that shocking.

When I finally got the fat rodent cornered, it disappeared. The creature was gone just as mysteriously as it appeared. One minute, all was chaos and then shocked silence. It was an incredible event. It was an awe-inspiring event.

I wish the Queen could have been here.

By Kevin O'Kendley; photo by Cian Madden
**Elegance Catering**

is celebrating its 10th anniversary!

...and moving to the new beautiful holding at Maine State Museum. Located in the beautiful waterfront of the Kennebec River, Maine State Museum is a perfect location for any event. The new facility features a new banquet hall, a new ballroom, and a new outdoor terrace, providing a stunning backdrop for any occasion.

**Our specialities include:**

- Authentic Maine Lobster Bake
- Texas Steamboat Barbecue
- Be Dazzled With Beautiful Arts & Crafts!
- The 1994 Deering Oaks Festival features the largest and most diverse selection of arts and crafts and over 80 crafters and artists.

**July 22-24**

**Friday 12 PM - 9:30 PM**
**Saturday 9 AM - 9:30 PM**
**Sunday 10 AM - 6 PM**

**Admission:** Free admission for Airtrain passengers and 18th birthday of Maine State Museum.

**ADVISORY:** The event is open to the public and suitable for all ages. It is recommended to check the weather forecast for the day of the event to ensure maximum comfort.

**Elegance Catering • Wendy Merry • (207)443-4942**

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**New Real Estate**

**The Career Institute Faces a Clamdown:**

The Career Institute faces a clamdown as the school is challenging its decision to offer a certificate in real estate. The school, located in Portland, has been offering a program in real estate for several years, but the Maine Board of Real Estate Examiners has determined that the program does not meet the requirements for a real estate certificate.

The school has appealed the decision to offer a certificate in real estate. The school has argued that the program meets the requirements for a real estate certificate. The school has also argued that the program is beneficial to students and the local economy.

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**Driving Tired is Not a Crime:**

Cumberland County District Attorney Stephen DeBretteville said that he is not aware of any case where a driver has been charged with a crime for being tired while driving.

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**Off-track betting slated.**

Off-track betting was new to business in Scarborough, where the Portland State Warden's Office had the track there. The warden's office had set up a temporary facility at an old drug store in the town center.

The warden's office has been looking for a permanent location for off-track betting in the town. The warden's office has been considering several options, including a location in the town center.

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**Word News**

An investigator from the Maine State Police has been looking into a report of a possible shooting at a home in Scarborough. The investigator has been looking into the report of a possible shooting.

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We go Rego

City Manager Bob Ganley pushed his bill to look outward, inward and forward in order to "see" Portland's government. Now, a year after launching the effort, he's eager to start getting the ideas into law.

First, he's got to look over 2,000 pages of staff reports an environmental government (called "rego" for short). But some of his staff members have already been taken, Ganley notes, or are close to adopting the system.

For instance, the police department has begun to shift to more community policing (which police officials say would get more local support). And public works has started the round to creating neighborhood departments in each of the city's 11 districts. That way, employees will feel more responsible for the district in which they work, said Ganley, who envisions formal competitions between districts, with the winners winning because, "It's sort of the community policing," he said. "We're linking employees physically and psychologically to the areas.

Other ideas are still years away from producing concrete changes in city government. That's according to Ganley. It's a government in transition, Ganley says, as the city moves toward a more business-like form. That means more attention to customers, and planning better for the future of the city in anticipating and not reacting to problems.

If the city doesn't make these changes, Ganley warns, it may have to lose its private sector competitor and trigger greater taxes.

Rules over results

Ganley wanted to start this idea several years ago, but had to wade through the bureaucracy. Then last year he finally got moving. He first had to get city departments to compete with each other for state funds in New England cities. Then he classified their data and their needs. In the third phase, they changed measures for the departments.

This is how the city has arrived at its new system of "rego." As a department is reorganized, the city looks at its "results." The city's police department report is an example of this approach. The report contains 22 "goals" or "outcomes." Each goal must be written in the pregnant present tense. The city will not use past-tense statements in its goals. The report also explains that the city's goals must be in the progressive form of "results." As a result of setting goals, the city will eliminate Tammany Hall style corruption, but compliance "does not mean better enforcement but rather more effective enforcement of the law." The city is considering the idea of a "deadlock coordinator," a person to see that the city's goals are met.

Portland is a high property crime city, according to the Florida study, but it is not the only one. Other comparables城市的的 an 1890's or a 1980's, and Portland has moved from 20 blocks worse to 100 blocks better, but accomplished little else.

The report also explains that the city has more resources for Portland's project. Portland has 10 years to get its project under way, but the city's goals must be met by 1990. The city has 10 years to get it under way, but the city's goals must be met by 1990. The city has 10 years to get it under way, but the city's goals must be met by 1990.

Ganley proclaims that the report is "devoid of disarray" and that the report is "not a daylily 800.000.000, but an 80.000.000." The report is "not a daylily 800.000.000, but an 80.000.000.

Incredible Prices

Incredible Selection of over 100 Bikes for cyclists of all levels!

Mountain Bikes Starting at $229

Great Selection Of:

Summer Clothing, Biking Ties, Saddlebags

Ad: "Dirt communications, your best moves." See the "Dirt Report," page 33, or your near you store in the week ahead. See the "Dirt Report," page 33, or your near you store in the week ahead.

RODGERS SKI & SPORT

We want to be your summer fun shop.

US 91, Scandinavia (near Scandinavia Drive), 803-3669

Bike Rentals & Full Service Bike Shop

"Dirt communications, your best moves." See the "Dirt Report," page 33, or your near you store in the week ahead. See the "Dirt Report," page 33, or your near you store in the week ahead.
PLATO'S REPUBLIC

continued from front cover

Tom Truman thinks 1994 is in his year. “Things are different,” he says. “You see the
difference in America. People are ready for an independent. Let me do a
quick job for my country as I can be a happy man.”

Tom Truman was born Plato
Throumoulopoulos (“The longest name
in the United States. It was in
‘Right’s Believe It or Not’”) in Athens,
Greece, in October 1948. He arrived
in America with his mother and
two brothers nearly three months later.
His father was already working in the
store and settled the family in
Biddeford, where he opened a
market. Young Plato helped out in
the store and attended local schools,
until he was drafted during the
Korean War. When he got out of the
army, he changed his last name to
Truman in honor of the president.

“Harry had guts,” he told the
Associated Press in a 1986 interview.

“He didn’t always pursue his
interests, but I don’t beat him away.
He got involved in the House floor with
freshman Rep. John Martin of
Portland, who was too independent, that’s what it
was.”

Throumoulopoulos

was a model Cadillac and a taste for fine dining, it’s his

business. He’s slim with neat gray hair and large

company and, over the years, ex­

national . He found himself sitting on the

across the nation . He found himself sitting on the

lower a less conventional route in search of his

Throumoulopoulos

Eagle Lake, and Joe Brennan and Jerry Conley

model Cadillac and a taste for fine dining, it’s his

Democratic Gov. Ken

 memoir in 1986 interview.

He finished last among four candidates, attract­

The 1970 governor’s race was a

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“I am a liberal.”

Truman had always been a registered
Democratic, but he had moved farther to the left as the years went on,
and the debate grew sharper. In 1982 Truman ran as a liberal, and was
defeated, but the campaign highlighted his liberal stance on key issues.

In fact, Truman didn’t see a lot of things the way
In fact, Truman didn’t see a lot of things the way
In fact, Truman didn’t see a lot of things the way
In fact, Truman didn’t see a lot of things the way
In fact, Truman didn’t see a lot of things the way
LOSE WEIGHT NATURALLY

ThermoChrome 5000

ThermoChrome 5000 is a natural formula that decreases appetite and boosts the metabolic rate to help people lose weight. It also provides energy without caffeine.

If you don’t need to lose weight you can still experience the benefits of energy. Since I have introduced ThermoChrome 5000 to friends, I have also heard from people losing weight in just a few days without having to diet. I will never lose this product, the energy is valueable.

ThermoChrome 5000 is available in 5.0oz each at supermarkets with a 10.0_weight money back guarantee and can be purchased at:

• DEER POND VARIETY – Rt. 117, Hollis, ME
• LA PAZ DE BEER – Main St., Cornish ME
• FAITH AND FITNESS CENTER, Litchfield Plains, Litchfield, ME
• YE OLDE COUNTRY STORE, Rt. 21, Lisbon, ME
• THE CAN HANDLERS – 25 Elm St., Groton, MA
groton & Groton Station STANDISH
• BORRELLI’S DINER – 647 Main St., Pepperell
• MASS., JETPORT BAR HENNESS III – 400 Western Ave., South Portland, ME
• UNION STATION FITNESS CENTER – 455 Route 25, Sanford, ME
• SUPERMARKET IGA - Rt. 25, Sanford, ME
• JOE’S CAFE - Route 1, Scarborough, ME
• VARIETY - Rt. 117, Hollis, ME

When Andrea and her sister Elizabeth first came into my shop to introduce me to ThermoChrome 5000 it sounded interesting but too good to be true. Well, I am a mother of three small children, my husband couldn’t take it into my shop on consignment. I took it into my shop on consignment. The first day my ad came out, my stores ran out of the product. I have been selling ThermoChrome 5000 for two months, and in that short time I have sold somewhere around $15,000 worth of product. People keep coming back for more and I get several testimonies every week from people saying, “I haven’t been this busy..”

Later, Andrea Silva, 35, a small business owner, with her husband John, 35, sold the product. She took it into her shop and it sat there for two weeks before she finally figured it wouldn’t hurt to put it on the shelf and it sold out.

It was a good day. She says, “I love ThermoChrome 5000. Lee had sold me the product. If you don’t need to lose weight, it will not harm lean mass, you will just have more energy. I feel so good is because of it, I don’t know how to explain it, but we actually...”

Before you... I was drinking coffee and Diet Coke. After seeing them lose weight in three days, I have also heard statements like:

- "I’m busy, I will never be out of ThermoChrome 5000 ."
- "My husband couldn’t take it into my shop on consignment. I took it into my shop on consignment. The first day my ad came out, my stores ran out of the product. I have been selling ThermoChrome 5000 for two months, and in that short time I have sold somewhere around $15,000 worth of product. People keep coming back for more and I get several testimonies every week from people saying, “I haven’t been this busy...”

...I will never be out of this product."

- "I didn’t have to lose weight, it was just a good day."
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- "I didn’t have to lose weight, it was just a good day."
- "I will never be out of ThermoChrome 5000 ."
The children's author and Bookland locations on Friday, July 22:

- Portland:
  - Mortgage Financing: A course on how to purchase a home. This course is sponsored by Citibank (Maine), N.A. Call 773-4238 for information. The meeting, which lasted over five hours, was spent mostly limiting to many people and offered economic advice, such as whether to buy a credit or electronics-related consulting. Giving the credits away does nothing.

- Casco Bay:
  - Affordable Home Buying Classes: There will be two classes at two locations. The first is being sponsored by Maine Voters for Fair Taxation. The board decided that the only way the project can be evaluated is to run it and see how it works. While this may answer some of the nation's and pollution questions, it does not address the concerns of how to maintain fast and high bicycle. The fact that a train could go should pay for pollution clearance equipment. It's their choice. After all, that's how a market works (1978). The conference was well attended.

At Al Diamon, a conference center of the 20th century, non-nicotine, non-alcohol, K. E. Bottles, Georgia, and paid attention to additional losses.
That scurrying sound you may have heard late last winter was the scramble of stage mothers and fathers priming, primping and prepping their offspring for an unprecedented opportunity — the chance to audition at Maine State Music Theatre in Brunswick. For the first time ever, an open casting call to fill non-Equity roles — but for children to appear in three of the five scheduled shows, including the orphan-packed “Annie Warbucks.”

You can bet the open call was a boon for local voice coaches and dance teachers, and the man responsible is Chuck Abbott, Maine State’s artistic director for the past three seasons and the director of two shows this year. Abbott, a veteran New York actor and director, is returning to the kiddie scene he recalls as a “horrendous” experience with a cast of “Oliver.”

But anyone who has ever had to contend with a screeching pack of child actors (not to mention since misery loves company, they can take grim comfort in the knowledge that working with children doesn’t get any easier at the professional level — it’s only that the stakes are a little higher.

When all’s said and done, kids are kids, parents are parents and nature is nature. And everybody’s saying the hot spot in the spotlight.

...
**Silver screen**

**If J’s were a game of clue the solution would be:** Bloody Mary on the patio with an oyster

Mama’s Authentic Oyster Bar
Mixing Good People, Good Food and Good Drinks
516 N. Interstate 45, Suite 102
5 Portland Pier 772-4828

**Defining Creativity**

Ratied the best small arts college in the country, we have limited space available for this Fall. Financial aid and scholarship dollars still available.

Evening BFA degree courses available for the first time.

**Art**

Maine College of Art
Established 1872

307-773-0922

Carnight Hall, Portland State University, 1374 S.W. 13th Ave., Portland, Oregon

**High on homegrown**

**Stage**

Child star Ana Kendrick.

Despite the scheduling changes, some films are getting good in press, according to repertoire specialist Amanda Oates. A recent survey of 500 theatergoers found that 70% had seen a new film within the last month.

**General Cinemas**

Maine Mall
655 Main St., Portland

Dial: 773-9207

**Circles**

The Flame (PG)
2:00, 3:20, 5:00, 7:20, 9:20

The Shadow (PG)
2:00, 3:20, 5:00, 7:20, 9:20

**Urban Home (PG)**

3:20, 7:20, 9:20

**The Leap (PG)**

3:20, 7:20, 9:20

**True Lies (PG)**

3:20, 7:20, 9:20

**The Last Magpie (PG)**

3:20, 7:20, 9:20

**Little Big League (PG)**

3:20, 7:20, 9:20

**Jenny’s War (PG-13)**

3:20, 7:20, 9:20

**The Movies**

10 Main St., 1000 Main St., Portland

772-9600

**Maine State**

7:20, 9:20

**The Wedge**

7:20, 9:20

**The Seattle Times**

7:20, 9:20

**The Movies**

10 Main St., 1000 Main St., Portland

772-9600

**Nickelodeon**

Templeton Square, Portland

772-9774

**The Crow**

7:20, 9:20

**Four Weddings and a Funeral**

7:20, 9:20

**Coins of The Empire**

7:20, 9:20

**Pride’s Corner Drive-In**

772-6777

**The Wedge**

7:20, 9:20

**The Scream**

772-9241

**Jamestown Park**

772-6777

**Art in the City**

Maine Mall
Portland 52

773-9207

**Defining Creativity**

Rated the best small arts college in the country, we have limited space available for this Fall. Financial aid and scholarship dollars still available.

Evening BFA degree courses available for the first time.
10-day calendar

Get Out & Stay Out

thursday 14

In a sequel to a 1969 novel and television adaptation, "Desert of Maine" is now a musical. The show, set in 1903, centers around a passionate romance between an Englishman and a woman in the American West. The music highlights a mix of Tin Pan Alley hits and new songs by legends such as Cy Coleman and Fats Waller.

Friday 15

Out for a night on the town? Plenty of options in Portland, including a variety of live music venues, theaters, and art galleries. For a more laid-back experience, check out one of Portland's many parks, where you can enjoy the scenery and catch a glimpse of the ebb and flow of daily life.

saturday 16

White's: Leroy White, a regular at venues such as the Newport Jazz Festival and the Apollo Theater, makes his PORTLAND HARD PORTFOLIO stop at the Swedenborgian Church, 325 Stevens Ave., at 7 p.m.

Open wide and say "Ah" on July 21.

sunday 17

Looking for a place to relax and unwind? Consider heading to one of Portland's many beaches or parks, where you can enjoy the fresh air and soak up the sun. For something more adventurous, try kayaking or hiking in the nearby mountains.

monday 18

Get ready to rock out as Seattle's own Band of Horses takes the stage at Merrill Auditorium. Known for their signature sound, the band has been featured in major festivals and events around the country.

wedgesday 20

Don't miss the opportunity to see legendary musician Richard Sewall at the Center for Maine Contemporary Art. Sewall's career has spanned decades, and his work continues to be recognized for its depth and innovation.

friday 22

Contemporary bookstore A TOWN'S END brings a new level of sophistication to the local book scene with its innovative selection of titles and unique atmosphere. Stop by for a browse or a cozy place to read and sip a coffee.

See the latest addition to July 18.

Get Subscriptions for Art & Real Estate listings incarded or to sell on the Thursday prior to publication. Send your Calendar and Listings information to Elizabeth Penny, Goss Bay Weekly, 1 Progress St., Portland, ME 04103.

Comedy

Chris Zito

Don't miss your chance to laugh with Chris Zito, the stand-up comedian known for his sharp wit and quick one-liners. Zito will be performing at a venue near you, so don't miss out on the laughs!

other events:

- "The Greatest Tuna" comedy show at The Center for Maine Contemporary Art
- "Theatre of War" at Merrill Auditorium
- A night out at The Old Port, with live music and atmosphere.

Call 761-7287 for info.

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- A night out at The Old Port, with live music and atmosphere.

Call 761-7287 for info.
Strangely enough, the track works marvelously without MacLean’s atonal guitar puncturing the music’s surface. The band sees a parallel between government’s attempt at controlling the music industry and the way some people in power wish to control society. They believe the only way to stop this is through education, making sure people understand that music and people should be free to do what they wish. It’s a way of saying that the only way something can be stopped is if they understand how it works. The band continues to play, saying, “We’re not doing this just for ourselves. We’re doing this for the people who have been lied to and manipulated.”

The band’s philosophy is reflected in their music, which is a mix of rock, metal, and classical elements. They believe that music is a powerful tool for change, and they use it to educate and inspire. They are determined to continue their mission, to spread awareness, and to help people understand the power of music.

In conclusion, the band’s philosophy is reflected in their music, which is a mix of rock, metal, and classical elements. They believe that music is a powerful tool for change, and they use it to educate and inspire. They are determined to continue their mission, to spread awareness, and to help people understand the power of music.
**Concerts**

**friday 15**

The Soulmen • Sense & Sensuality • Steve Winters/Concert in the Park • St. Phillip's Episcopal Church • 549 Congress St., Portland • 773-7143

**sunday 17**

The Wrong Brothers • The Wrong Brothers Acts a year from now is a pipe dream, something is going to give. Even without Morganfield's, the talk has been that Granny's, Dos Locos, the Blind Boys of Alabama, and the new Center for the Arts are on the verge of being evicted from the actual roof with more than good intentions.

**Wednesday 20**

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**Music**

Sinnin' or savin' - the blues is still the blues

Morganfield's, the venue addition to the live music scene in Portland, occupies a building that has long seemed cursed by hell baked ideas and lowdown décor. No one has ever claimed tenderness with the Old Port, and close to Congress St. to get much foot traffic after five, the 115 Exchange Street right side will have to be utilized by the usual crowd with more than good intentions.

**Clubs**

**Thursday 14**

Bowling Park • 989 Main St. • Portland • 772-0702

**Saturday 16**

**Tuesday 19**

**Sunday 17**

**SATURDAY NIGHT MUSIC**

Even without Morganfield's, the talk has been that Granny's, Dos Locos, the Blind Boys of Alabama, and the new Center for the Arts are on the verge of being evicted from the actual roof with more than good intentions.

**SUMMER CLASSES!**

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ECLECTIC'S RESTAURANT: Park, cinema, pool, hotel, 817 St. and 17th, 774-8538 serving dinner daily. Flavored by the world of spices, aromas, and colors. 540 S. Commercial St. Portland. 773-1577.

FOODS: Social environment and cuisine. All day long & night. Located at 330 W. Water St. Portland. 772-5533.


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FULCO MARITTA. The flavor of seafood and specialty foods, serving dinner Thursday-Saturday. 101 Washington St. Portland. 774-2972.

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RICH'S. Sit Stay Fixed at the Bar. Early bird or fresh baked pastries and sandwiches. Open daily. 584 Fore St. Portland. 773-2217.

SEAFOOD


CAFÉ

MACS WOOL. Serving delicious tapas-style appetizers, fresh baked breads, and desserts. Great atmosphere in a casual setting. 186 Fore St. Portland. 774-8145.

KHALIDI'S

Creative Seafood at the heart of the city. 30 Market St. Portland. 774-1881.

KHALIDI'S


Lunch: 11:30-2:30
Dinner: 5-10
Raw Bar, Appetizer, and Dessert Menus Available

CRAB DINNER

A Work Progressively Entertained By... 1-1-20
16 Microbrews on Tap...

NEW YORK'S

Sandy St. Portland. 774-2151.

FIDDLEHEAD FARM.

Closed Monday. Serving daily 11:30-10 at the heart of downtown. 277 Congress St. Portland. 774-4071.

 דdeen's RESTAURANT: Serving casual dining, delicious soups, entrees, and specialties. 160 Middle St. Portland. 774-4071.

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There's still time to pack a lot of excitement into your summer.

Call for your FREE copies of L.L.Bean's latest guides to a world of outdoor enjoyment. L.L.Bean's Outdoor Discovery Program can show you plenty of ways to have more fun this summer. There are still over 130 courses to choose from, all taught by our staff of expert instructors. Our wide variety of classes make it easy to find one that matches your level of experience.

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$16.95

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Just call 1-900-370-2041 anytime, 24 hours a day. You can leave a message, read others, or send an answer. There is a one-time call charge of $1.75 plus tax. Calls must be made from touch-tone phones.

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Call 1-900-370-2041 anytime, 24 hours a day. You can leave a message, read others, or send an answer. There is a one-time call charge of $1.75 plus tax. Calls must be made from touch-tone phones.

How to use your Personal Call® number:

Once you have a call number, you can call back at any time to check your personal ad. If you respond to another ad, you can ask them to call your Personal Call® number for you.

Classifieds: 775-1234

Personal Of The Week

12 Long-Distance Roses $3 - $18.95

Reuben had the hots for chicks like me. Voluptuous, flower-faced, long-haired SWF, 26, seeks men who is not seeking a mirror. Values a stimulating intellect and a warm, friendly sense of humor. Laid back, laid back, laid back.

Classifieds: 775-1234

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Why are you still paying a monthly fee for checking?

"It's only $6, or $7, maybe it's $8 a month." Well that's $72, $84, or a whopping $96 a year you could put to better use. That's why it's time to open a Citibank Checking Account.

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It's easy to enjoy Citibank checking with no monthly fee. Simply have your pay or pension directly deposited to your Regular Checking Account, we'll waive the monthly service charge plus your first order of checks will be free. Then write as many checks as you like, because there are no per-check charges. Plus, there's no charge to use your Ciacard® to make purchases and get up to $200 cash back from checking at your nearby Shop 'n Save Supermarket.

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If your employer doesn't offer Direct Deposit, it's still easy to enjoy Citibank checking with no monthly fee. Right now we're offering six months of checking with no monthly fee plus your first order of checks free. After that, we'll waive the monthly service charge every month you maintain a combined average balance of $1,500 in your Citibank accounts. And there's no monthly fee for your money market and savings when they're linked to your checking account.

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Better Than It Has To Be

Washington crossing 1-295
Steve Caldwell Holder

Go away
In search of the two-hour adventure

OK, let's say you're equipped with one of those pricey onboard trip systems. Entailing all manner of sensor mounted equipment, you've got a satellite to view the wilderness. Take the scenic route to summer destinations on the Dead River, a scenic trip for exploring Westmore Mascoma Bay and a mountain lake for wheeling over logging roads in the Mahoosuc. You've all heard the phrase: "Think you've got everything? Think again. Because you still don't have half the time you need to do everything you'd like. If you're a visitor just passing through, you forget to focus on the traffic on Route 1 and the peculiar allure of outlet shopping. If you live here, you forget that old high school friend will drop by unannounced and demand that you drink Zima with them.

So let's forget the Big Adventures consistently make you.
But if you're in or around Portland, be bashful — there's always a quick escape at hand. The most popular ones — Mackworth Island, Back Cove pathway, Portland Head Light and Fortunes. Cemetery — are well known among residents and visitors alike. But other spots fail to get good billing. So we've pulled together brief descriptions of eight escapes in Greater Portland. They're all within 30 minutes of downtown, and all can be completed within two or three hours of the clock. We've provided the information to get you started, including rough maps in a convenient pull-out section on page 19. To take an interest in your own. Take a sheets from outlet shopping. Slip out the back door when friends try to force their way in. Whatever it takes. Don't let another day slip by. Just go away.

Happy trails.

— The Editors

Cover design by Chris Con. Cover photos, top to bottom, by Bill Weston, Colin Malakie and Matthew Robbins.
Dance

**Sunday Night Dance Party**

**Thursday Nights**
293-639
Starts some tennis great fun!

**Friday Nights**
all ages
Bring your party

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**Summer Handbook 1994**

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*Eileen Fisher*

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**Summer Handbook 1994**

**Why is Everyone Talking About Ruski's & Rosie's?**

**One of the Oldest, Littlest Neighborhood Pubs Left in Portland**

- **Ruski's**
- **Rosie's**

**"Undoubtedly One Of Portland's Finest Eateries"**

Did you know that Ruski's has been serving the West End since 1860? Purchased in 1985 by Dave & Rosie Harris, the old pub serves up a 5-page menu, breakfast served all night or day, the best beer prices and a daily special board of homecooked meals, soups & chowders. Rosie's carries on the "pub & grub" tradition of the historical West End known for its 1/2 lb burgers, calzones and eggs benedict (served 7 days a week). Stop by and join us for breakfast, lunch or dinner where our staff "really wants to know your name". We're small, but very good! Ask around, we've been serving on this corner generation after generation, probably even your grandfather.

**MEAN**

- Breakfast Items:
  - Create your own omelette
  - Hangover Special
  - Pancakes, French Toast, Ruski Muffins
  - Fill-Me-Up Please
  - Eggs Benedict
  - Belgian Waffles
  - Veggie Benedict
  - The Best Breakfast in Town All Day or Night!!

- Lunch & Dinner Items:
  - Homecooked Specials
  - Pasta Specials
  - Soups, Chowders, 5 Alarm Meat Chili
  - Nachos, Burritos, Appetizers
  - Pizzas, Calzones, 1/2lb Burgers
  - Sandwiches (17 to pick from)
  - Chicken & Steak Dinners, Seafood Dinners, Jumbo Shrimp 2/$1.00

- Deep Fried Mushrooms, Italian Breaded Chicken Fingers, Beer Batter Onion Rings
- Buffalo Wings
- Mozzarella Sticks
- Roski's Famous Clam Cakes

- Daily Soup & Chowdah Specials, 5 Alarm Meat Chili, House Salads, Salad Combo Plate
- Chef's Salad 20 Sandwiches to choose from
- Rosie's Famous Calzones
- Design Your Own Pizza
- 1/2lb Burgers, Chicken & Steak Dinners
- Fried Shrimp, Jumbo Shrimp 2/$1.00
- Nachos, Burrito Dinner

**FULL MENU AVAILABLE FOR TAKE OUT.**

---

**Rosies**

**Summer Handbook 1994**
HIKE 1
Through Gorham’s wilds

A test for the intrepid in the local backcountry

to connect the public segments of trail.
Always enjoy private property.
Begin at the USM Gorham Trails
Parking area into Gorham.
After crossing through the village, Main Street extends into Route 25 and Route 839.
Route 25 is the main USM Gorham campus.
Continue on about 3 miles to Gorham Trails.
Turn right at Route 839 (Bob Frazier’s sign), a small yellow house on the right.
From here you’re welcome to push here or to the charting across the road.

Summer Handbook 1994

Bob Frazier, the founder of Gorham Trails, had charted a good hike. We followed the route several times on the map with our fingers and calculated the distance at about 6 miles. The loop cut a jagged line along an abandoned road, a logging road, a section of old carriage road (known by locals as Lover’s Lane), a trail network behind the campus road and Route 25 to Narragansett Street.

Gorham may not seem a likely place for an extended hike. The town is home to by four interstate roads — Route 25, 839 and 188 — and the usual commercial clutter that comes with being an artery of commerce.

But, if you venture off the usual routes, the countryside surrounding the village, blanketed with hardwoods and pines and broken up by a string of small, dairy farms, has a pleasant, peaceful feel to it.

Looking trails found by Gorham volunteers makes an inviting place for a hike.

The mile loop described here has the added benefit of very little traffic. You don’t have to fight the crowds or take a long walk through a parking lot.

This trail is definitely a mile loop that you can do in about 30 minutes.

A hiker comes upon a quiet pond along the Gorham loop trail.

You’ll want to parallel the edge of this pond's edge. Stay on this trail (avoiding two trails on the left) which heads through a section of ridges where lumbermen have hauled out trees with skidders.

The trail soon starts to loop. The trail actually looks more travel-worn than the trail that continues straight.) The trail becomes rough and sometimes muddy, but push on.

You’ll soon encounter a small pond. Pause to cup a polybag if you’re inclined, then...
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  - Oil & filter change
  - 24-point safety check
  - Rotate and balance tires
  - Braint check
  - 4-cylinder tune up including new plugs
  - Check operation of air conditioning

*Pre-vacation special*

Oil & Filter Change

24-point safety check.

Rotate and balance tires.

Braint check.

4-cylinder tune up including new plugs.

Check operation of air conditioning.

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Saturday 8:00AM - 4:00PM

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Rte. 302, N. Windham
893-bike

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This coupon may not be combined with any other offer.

Only $59.95

Monday - Friday 7:30AM - 6:00PM
Saturday 8:00AM - 4:00PM

1994 Bates Dance Festival

July 30 - August 19

July 30
Jazz dance by Danny Buraczowski
August 5
Doug Elkim; Dance Company
11 composers in concert
12 Doug Varone and dancers
13 Festival faculty gala
18 Young chorographers in new works
19 Young chorographers in new works

Please inform showings, workshops, films, and panel discussions open to the public free of charge.

For locations, times, and tickets call 786-6161 or write for events brochure:

Bates Dance Festival, Bates College, Lewiston, ME 04240

1-800-368-1508

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Saturday 8:00AM - 4:00PM

Ronald McDonald House Charities, Bike, and pet food donation open to the public free of charge.

For locations, times, and dates call 253-283-BIKE.

Bike Shop Rental, Bates College, Lewiston, ME 04240

1-800-368-1508
Turkey Lobster...

Turkey Lobster (known locally as "lobster"") is a popular main course that travels well. They are sold whole or in half, fresh or frozen, and can be found at most markets in coastal Maine. They are available year-round, but peak during the warmer months.

The perfect preparation is Grilled Lobster Tails. This dish is easy to make at home and requires only a few simple ingredients:

1. Grill the lobster tails for 4-5 minutes per side.
2. Season with salt and pepper.
3. Serve with melted butter and a squeeze of lemon.

The lobster is a true delicacy that is sure to please any seafood lover.

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Urban sanctuary

A salt marsh and a waterfall inside city limits

The Fore River Sanctuary, a 76-acre preserve owned by the Maine Audubon Society, provides haven access to Portland's only salt marsh and estuary. The marsh is a unique ecosystem, home to a diverse array of wildlife and vegetation. The sanctuary offers visitors a chance to connect with nature and learn about the region's natural history.

HIKE 1

Urban sanctuary

A salt marsh and a waterfall inside city limits

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HIKE 2

Urban sanctuary

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The South Portland Greenbelt is as well known among locals as the Back Cove pathway is across town. But Portlanders — and residents of the suburbs — have rarely heard of it. This is good news for South Portland, which wouldn’t just as much keep it quiet. But it’s a shame for others. They’re missing out on one of the region’s best-kept secrets.

The Greenbelt, which runs along Portland Harbor, is in work in progress. It was launched in 1989, with a second phase completed in 1996. And there’s a third phase scheduled to get underway this autumn. The trail will not only extend the coastline, it will also connect to the Back Cove Greenbelt through Ferry Village.

Cinching the Greenbelt
South Portland’s premier bike trail — still a secret

The trail then trends toward the oil tanks. This should allow bikers to better connect to Southern Maine Technical College, where they can pick up the waterfront pathway that leads to Willard Beach.

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The South Portland Greenbelt is as well known among locals as the Back Cove pathway is across town. But Portlanders — and residents of the suburbs — have rarely heard of it. This is good news for South Portland, which wouldn’t just as much keep it quiet. But it’s a shame for others. They’re missing out on one of the region’s best-kept secrets.

The Greenbelt, which runs along Portland Harbor, is in work in progress. It was launched in 1989, with a second phase completed in 1996. And there’s a third phase scheduled to get underway this autumn. The trail will not only extend the coastline, it will also connect to the Back Cove Greenbelt through Ferry Village.

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The dammed Presumpscot
Greater Portland's hidden river

The Presumpscot River descends 20 winding miles from the outlet of Sebago Lake to Casco Bay near Princes Point. Along the way are fairy glades, deep forest, summer cottages and plenty of early history, including the remains of a once-active canal. The river also has fewer carries and better beaches. But ambitious canoeists head to the active canal. The river also has dams — the largest on the river — the largest on the river. A. Gagne.

Welcome to the Presumpscot.

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Welcome to the Presumpscot.
Fresh, flavorful Katahdin Golden is the locally brewed alternative to imported beers.

Broadcast for a clean, crisp taste—each batch at a time. Katahdin beers are handcrafted in small batches in the traditional American style of top fermenting yeast, and brewed with only the finest natural ingredients.

Katahdin Golden beer is complex, distinguishably flavorful beer, a fresh, flavorful alternative to the imports. Katahdin Red Ale, with its full-bodied taste and distinctive color, is a step ahead of other ales. Look for Katahdin beers whenever fine bottled beers are sold throughout Maine.

For more information or tours call (207) 797-2020.
Please remember to Designate Before You Celebrate!

The best place for this within walking distance of Portland is Atherton Hill (3 miles north). This rugged hill has long been a popular destination over Portland's hard-core mountain bikers, as it offers up roughly identical rocky trails, steep hills and one of the best views in the Portland area— the hill is traversed by an old fire tower that affords views from the White Mountains to island-cluttered Casco Bay.

One caveat: this isn't the most aesthetic of trail loops. Much of it runs beneath a high-voltage power line, and the fire tower itself has been vandalized. But for serious bikers, these drawbacks are easily overlooked.

Be aware that Atherton's trails take some skill and perseverance. The trails traverse steep rock, loose dirt and cross through narrow, knee-deep puddles that become swamps after a stiff rainfall. Don't be deterred if your skills aren't up to snuff; don't forget you can always walk if the going gets too rough. (Don't walk too closely. Rocks and ruts beneath the power lines.)

Serious bikers in serious shape could probably complete the loop in a few hours. More入手者 should plan on an hour or two to complete the whole trip.

The main route to the fire tower leaves from Ralhso Road directly toward the power line. See below for driving instructions.

The next stop is a red barn on your right. Babbidge Road will appear on your left just beyond the barn. Drive north on Washington Avenue through North Deering Plaza. (Watch Washington Avenue through North Deering Plaza.)

After 15 minutes or so, you'll see a red barn on your right and a fork in the trail that's marked by a pole with a snowmobile sign—a small orange arrow. The arrow indicates right, but turn left. The trail on this side of the road is just as good as that from the cabin itself.

The cabin at the top has been vandalized. But for serious bikers, these drawbacks are easily overlooked. The trails traverse steep rock, loose dirt and cross through narrow, knee-deep puddles that become swamps after a stiff rainfall. Don't be deterred if your skills aren't up to snuff; don't forget you can always walk if the going gets too rough. (Don't walk too closely. Rocks and ruts beneath the power lines.)

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Whether you're a veteran or a greenhorn, this high-adventure sport is fast-paced, physically-challenging, and environmentally-sustainable, while being a blast of fun for everyone!
Comfortable summer styles...

HIKE 6

Down by Freeport's Mill Stream
Seeking refuge from Consumer Ground Zero

OK, you've been besotted, Gazped, Crowned, Dusked and Caddied Down. You need an escape and not the sort offered by Ben or Jerry. You need the woods.

Mill Landing Sanctuary, a Maine Audubon property located only a mile from L.L. Bean, consists of 140 acres of apple orchards, open fields, rocky pine and hemlock forest, and tidal wetland. Although it's close to town, this preserve holds secrets, and it makes an ideal spot to walk and second while observing a variety of flora and fauna.

Mill Landing got its name during colonial times, when timbers were landed for the King's Navy yard. In 1991, the sanctuary was donated to the Maine Audubon Society. (These are the same Smiths who donated nearby Wolfe's Neck Farm to the University of Maine, and the site of an old dam.) Volunteers have maintained the property ever since, and it serves as a fine example of successful land stewardship and conservation.

The 3-mile trail system is well designed for a variety of hikers, from families with children to power walkers who demand that the squirrel get out of their way.

At 1.4 miles, the Loop Trail is the longest of the hikes. It takes you through most of the habitat the sanctuary offers, as well as past the former miller's house, a saltbox and the site of an old sawmill. For something completely different, follow the Mill Stream Trail from intersections of the Loop Trail. This pathway will take you along a pleasant stream. Keep an eye out for bearded, fanged frogs. Snakes, and larks for woodpeckers.

The Mill Stream Trail rejoins the Loop Trail at the site of the early mill dam—a sturdy rock wall on either side across the stream here. (A brighter, more beautiful former site of industry would be hard to find.) The Mill Stream cascades down a set of falls before it meanders into the Harraseeket River estuary. A picnic table nearby so you might want to pack along a lunch.

Visit us and see our wide selection of perennial, hanging baskets, trees, shrubs, and garden accessories. 205 U.S. Harpswell Road, Harpswell, ME 04079. Open 7 Days a week.

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From the mill site, the Loop Trail brings you back to the parking lot via the service road. About halfway back, look for the Estuary Trail, which you can follow to another of the property's natural communities. This trail winds along the marshlands of the estuary, over a wooden bridge and back to the parking lot.

Not enough wildlife for you? Wolfe's Neck Woods State Park is located a short drive away. (Continue on Bear Street to Wolf Neck Road, make a right and drive about 3 miles until you see the sign.) The state park offers additional hiking trails through woods and along rocky banks at the edge of the bay.

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By Peter Curtis

The sanctuary is easy to find from Freeport. From Route 1, take the Bear Street, shortly across from L.L. Bean turn onto Bear Road for one mile, then make a left at Upper Mill Landing Road. Take the first right into the parking lot. Maps and other information are posted at the trailhead at the north end of the parking lot. The sanctuary is open from April to mid-October. No fires allowed.

Also, for those interested, there is an overnight camp at Mill Landing for boys and girls in grades 2 through 8. The camp offers several one- or two-week courses designed to teach campers, respect and understanding of their natural environment. For more information call 775-2230.

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The Royal River is pretty simple. You pull over, buy your drinks and maybe a bag of potato chips (preferably barbecue). Allow for a steady 7 to 9 mph, depending on your lounging-to-paddling ratio. Figure on two to four hours to complete the trip. Because there are no obstructions, the trip is a popular local activity. Don't plan on much wildlife. Occasionally beautiful scenery may be seen as you pass over canoes, bridges and roads during a lazy three-hour paddle.

Setting up a shuttle with two cars is the best way to do this trip. You'll hear the river spilling over a dam just beyond here, so don't miss it.

**Drifting the Royal River**

**A lazy afternoon in Yarmouth's backyard**
MAINE ART GALLERIES

Showing in Portland This Summer

James Richardson: Pastels in Soft, Rich Colors at the Fine Image Gallery

John Martin's Paintings at Portrait House, Among Others at Dering Hall

Augustus Personal View to Europe in Clare

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MAINE ART GALLERIES
Rent a kayak for Outfitters at the foot of Munjoy Hill. (Popular launch points in Casco Bay.)

Beach at the foot of Eastern Prom, you probably already know this, as it's one of the most under your own steam. It's like mountain biking on water - you can explore hidden coves and headlands, and get there down and diving in (which isn't a bad ocean than anything short of stripping and a kayak will get you closer to the summer long (65 degrees is the air, the ocean remains cool all days like these - cruising Portland harbor by kayak. No matter how sultry temperature rises over 90 degrees. It's

Kayaks are also one of the best ways to explore the Maine If you don't have a boat, head to Norumbega and return back to the mainland (at low tide, a marshy bar prevents crossing) . Fortunately, there's an easy escape on the hill above, from here, you can angle out to the imposing granite fort.

The city-owned Fort Gorges, which was completed in 1858, and you're free to explore the Courtney and the impressive compound. It's a good place to launch and a longue. Notre Dame architectural fact: The fort was dedicated by U.S. Secretary of War Jefferson Davis, who went on to fame as head of the Confederacy three years later. No shot was ever fired in anger from here, pull up and around the Diamond Islands.

Little Diamond is the island closest to the fort. Choose which side to paddle on by taking the wind into account. At high and return back to the mainland (at low tide; you might choose to paddle between the two islands or at the fort.

The fort should take about 20 minutes. Watch for errant power boats and tricky currents. At mid to low tide, there's a

From here, push on and around the Diamond Islands. Watch for errant power boats and tricky currents. At mid to low tide, there's a break on the fort's west side where you can pull up your boat.

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Nigel Dennis

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