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Greater Portland's Metro bus system is trying to get people out of their cars one person at a time. Will that ever add up to a successful system?
In April, Dale Wenglowski opened the Isabelle Center in her Victorian home on Portland's Eastern Promenade. The center is a place for women to hold workshops on topics like stress reduction and journal writing, make friends and create new ideas. Wenglowski, 47, moved from Connecticut to Maine in 1991.

What led you to open the center?
I separated from my husband and decided to move to Portland to start over again. I had done a lot of work on myself in the previous years, and I was going through a really difficult time. I felt like I wanted to go back to school to help others.

Is this a female-only space?
We're not sure if we want the center to be all women or open to men. The center is for people who want a space where they can work on themselves and learn new things. It's a place of safety and trust.

How does women's antagonism toward each other fit into the picture of what you're trying to do?
Women's antagonism toward each other is a part of the bigger picture of lineage and what we're handed down. It's important to know our mothers. It's also important to reach back to pull ourselves up.

What led you to open the center?
I moved from Connecticut to Maine to start over again. I had done a lot of work on myself in the previous years, and I was going through a really difficult time. I felt like I wanted to go back to school to help others.

Is the center a place women can bring their children?
Yes, the center is for people who want a space where they can work on themselves and learn new things. It's a place of safety and trust.

What are some of the things you're teaching at the center?
We're teaching things like stress reduction and journal writing. We also have workshops on topics like stress reduction and journal writing. We've also had workshops on topics like stress reduction and journal writing.

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The average Maine voter's prior exposure to referendums on clean energy was limited to the every four years. The last time the Legislature considered the possibility of reducing carbon emissions, the vote was held in 2000. Since then, the issue has resurfaced, but the lack of a clear and consistent message from lawmakers has hindered efforts to pass new laws to address climate change.

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At most important decisions you make?
**Tell me another story**

**Once upon a time, Jezebel was a small old newspaper that was never a day old and was never seen by anyone.**

But Jezebel was not traditional. The editor knew that she was taking a chance making a move in the newspaper business. She decided to try something different.

She asked her assistant, "What can I do to make Jezebel stand out?"

The assistant thought for a moment and then said, "Why don't you try to write something that transcends geographic markets?" Jezebel's editor smiled and said, "That's a great idea. Let's start with a story that can be read by anyone, anywhere."
What price victory? A Portland brewery raises questions about how Maine Times conducts its annual “Best of Maine” balloting

The Portland Press Herald and Maine Today have had a similar two-year lawsuit about the “Best of Maine” category. CBW report says the paper noticed a tally sheet containing incomplete results from the vote.

The issue of the revoked beer prize is one of the many that have come to light since the Portland Press Herald launched its “Best of Maine” contest in 1997. When the vote count was first announced, Monko said, “It was not the basis of the decision.”

The ethics, reliability and integrity of the publication’s annual readers’ poll is being questioned by some people who were not advertisers. Asked how votes were cast for the Star Fish, Jay Davis, a “working that out” when Violette called.

The restaurant’s logo was one of just three chosen to grace the newspaper’s cover page this year. The building may be ready to open as soon as September.

A third generation of Gannetts to lead lives of journalism next year?” Lucas and Geary said, apparently forgetting that the paper noticed a tally sheet containing incomplete results from the vote.

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Greater Portland's Metro bus system is trying to get people out of their cars one person at a time. Will that ever add up to a successful system? 

Sarah deDoes has been with Metro for 19 years, including as the general manager. She has the quiet, somewhat resigned air of a woman who has been at the front lines of something she believes in. But deDoes admitted that Metro has been an uphill battle for her. "When I took the job, it was very frustrating," she said. "It's been a struggle for us to get people to use the bus." 

DeDoes is the latest word in progressive transportation. And she has the quiet, somewhat resigned air of a woman who has been at the front lines of something she believes in. But deDoes admitted that Metro has been an uphill battle for her. "When I took the job, it was very frustrating," she said. "It's been a struggle for us to get people to use the bus." 

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Myth of the ages

My attention was recently directed to Al Diamond's article
（"Is aging a curse?"
）, published in the May 15 edition of
("Often, I have wished that I could do what you do for
myself."
） .

The article is a refreshing look at the issue of aging.

Diamond discusses the idea that aging is inevitable
and that it should be embraced rather than feared.

"Aging is not a curse," Diamond writes. "It is a normal
part of life that everyone experiences.

In fact, Diamond argues that aging can be a positive
experience, providing opportunities for growth and
self-discovery.

Diamond also points out that many cultures have
cultural traditions of honoring the elderly and
recognizing their contributions to society.

In conclusion, Diamond's article is a powerful reminder
that aging is a natural and necessary part of life.

We should embrace it, recognize its value, and work
to create a society that honors and respects the elderly.

LETTERS

To the Editor

I was very pleased to read your article on
aging in the June 15 edition of
("System error" (6.25.98) , in which he describes
his seemingly free spirit, I forever wondered what he
might do if he could
be me. I could be them in a heartbeat.

Brian's story

In the middle of reading the article, enthralled by the
tale of a young man who had overcome great
difficulties, I was deeply moved. Brian's story

mattered.

We should all strive to be like Brian, embracing
the challenges of life with courage and determination.

In the words of one of my favorite authors,
"The world will be won by those who really want to win it."

Let's all be like Brian, and make the world a better
place for ourselves and future generations.

Sincerely,

[Your Name]

Casco Bay Weekly
**edGe**

Bella CANT'T WRITE — NOSE THAT MATTER — DADDY LETS RAY ULTIMATE — LOVING-YOU!” HATS — MAKE YOUL TO THE TABUIAN

**edGe**

Let's hit it for the girls! Planning opening at the Tulip Football Field. Photo/Entertainment

Girls' on the sidelines: Westbrook's Tuffy cheerleading program battles the bimbo stereotype

**ZOE S. MILLER**

In the age of the YouTube video, the expense of a subsidy, stareable grass between the Penobscot River and Westbrook's Tuffy football fields is needed to keep kids. The waves of slap-ship, shopping, pumping and jamping cheerleaders in the stadium waxed to a steady pace — a matter of prophetic girls’ needs. A closer inspection reveals tennis and youth women belonging to the chamber, sharpening the memory.

"How many:

**ZOE S. MILLER**

"You need love of people — that's correct.

Add Davis, but now "she's about the same, about what and what can you do.

Still, the cheerleaders are often confronted with the stereotype of "cheerleading for the quarterlies." The cheer section an article from the school newspaper is what makes them stand out among the crowd, letting in "sport" and comparing the squad to the "greatest" line at the games. "The guy who wrote it came to practice and changed his mind immediately," O'Neill says.

Davis and Mitchell seem proud that they don't look like archetypal cheerleaders. Neither is golden-brained or watered down to prepare them for junior high, says Vail. "I don't think she's like that anymore. It doesn't matter.

"And she's beautiful, too!"

"That's the point — that she doesn't see herself that way," O'Neill says.

"I'm sure of myself. I know who I am and I see you a cheerleader," Davis says.

Parents of Tuffy cheerleaders also realize the difference from the old days. Port Rigg daughter Tennyson is cheering this year for the first time. "Back when I was in high school you had to be a size six," says Port Rigg, "but I don't think it's like that anymore. It doesn't matter."

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Prize cut

Rock tabs like no other these days — what with their social causes and their supple hands.

Not rock impressionism; true impressionism. The keyboards, a grand piano, and a new outfit: Montreal. Magnum are out to downsize American dreams. For the band's debut, "Freetzeitig." Answer: and his cohorts spent 21 days in Las Vegas working on related visuals and watching people pour their savings. The result is most bid, personal, and heavy on Wyndorf's signature guitar work. "It's extremely physical," says Wyndorf. "The guitar is the only instrument you actually wear. It's part of you. I can pretty much play with a guitar, among other things. It's the stuff of life," says Wyndorf. Even Kober's demand that keep your distance from Wyndorf: July 24 at Asylum, 221 Center St., Portland, at 8 p.m. Second Opening: Tony 11, 722-9274.

Cut the coat

8/7 Look's All Request Night Joe Villani (piano/8 pm-1 am/$0, 00. St. John's, 275 Congress St., Portland, 723-9110.

8/8 Spring Heeled Jack Concert Series Tragically Hip Monster Magnet and Second no cover) Coming (8 pm/no cover) OJ Dressed in leather, a rock guitarist and his new outfit Monster Magnet are out to downsize American dreams. The band's debut: "Freetzeitig." Answer: and his cohorts spent 21 days in Las Vegas working on related visuals and watching people pour their savings. The result is most bid, personal, and heavy on Wyndorf's signature guitar work. "It's extremely physical," says Wyndorf. "The guitar is the only instrument you actually wear. It's part of you. I can pretty much play with a guitar, among other things. It's the stuff of life," says Wyndorf. Even Kober's demand that keep your distance from Wyndorf: July 24 at Asylum, 221 Center St., Portland, at 8 p.m. Second Opening: Tony 11, 722-9274.

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**SPECTRAL EVIDENCE**

**Friday 24**

The Maine Mall Family Fun Festival

Clowns have a habit of turning up where you least expect them. On the box in line at the grocery store — and every once in awhile, candidly bawling out the surface of your reach. Now, it turns out, they’re at the mall, too. Benefiting the People’s Regional Opportunity Program, the Maine Mall Family Fun Festival is in a kaleidoscope of fun, games, and lots of that commendable food stuffs and doctors here so much. Highlights include the Great Family High Wire Act and the “Motorcycle Globe of Death” from Paris. At the Maine Mall, 10 Exchange St., Portland, from noon-11 p.m. The festival continues through July 26, 10-11 a.m.-7 p.m. at 800-698-4959.

**Monday 25**

MORNING PUFFIN CRUISES

Thanks to aggressive trapping by Ringling Brothers and Barnam and Bailey, the number of clown clowns has been reduced drastically. Fortunately, there are still plenty of puffins. With the Maine Audubon Society’s morning puffin cruises, nature lovers have the opportunity to see these small, penguin-like birds, whose colorful facial markings are not unlike those of our bigtop friends. However, unlike human clowns, no more than three puffins are able to squeeze into a miniature stopwatch. At Bowman’s Harbor, near 10 Exchange St., Portland, 7:30 a.m.-noon. Cost: $28 ($25 member). Reservations required. 773-2462.

**Quick Picks**

**July 24**

- **Watch** — *Tess Gerritsen* speaks from her new book, *Bodyworlds* at Booksport, 440 Congress St., Portland, at 8 p.m. 773-2951.

- **July 26**

- **Video Festival** — Presents its work in “The Moving Pictures: A Postcard and Reality Project.” Joining at Coffee by Story, Mass MoCA Reel, Portland, through Oct. 8, 11 a.m.-10 p.m. (Japanese, 7-9 p.m. 774-2562.

- **July 28**


**Music**

- **Vacation** — **What a Cool Place to Shop!**

**Out**

- **Try Our Summer Special**

**Ongoing**

- **Rice & Kalajian Note Card wi$h any purchase**

- **Free Anne Kllhan note card with any purchase**

- **Bonnie Zamcohan**

**La Traviata**

**JULY 23, 1998**

**NEED A VACATION, CAN’T GET OUT OF TOWN?**

**DANCE**

**SILENT EVIDENCE — False Accusation from Witches to Whitewater**


— July 23-25, 2-6 p.m. Tune: July 24, 12 noon-5 p.m. Tune: July 30 and Aug. 6 at 7:30 p.m. Cost: $10 ($8 seniors and students). July 20 and Aug. 6 are pay-what-you-can. (Professional non-Equity.) 929-55412.

— **SILENT EVIDENCE — False Accusation from Witches to Whitewater**

— At Portland Performing Arts Center, 25A Forest Ave., at 1:30 p.m. Tix: $10 ($8 seniors and students). July 30 and Aug. 6 are pay-what-you-can. (Professional non-Equity.) 929-55412.

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John Etnier's "Modem" was reviewed in the Casco Bay Weekly. The album, available in local record stores, is described as experimental and progressive music. The reviewer finds John Etnier's work more approachable than most of Zappa's stuff. Although Etnier creates instrumentals that are more atmospheric and engaging, the album is highly recommended for fans of experimental and progressive music.

The problem with blues-rock isn't the lack of originality. It's the insincere attitude. The problem with many blues-rock bands is that some of them, like Fugazi, have spent so much time hiding from the mainstream that they've lost sight of what their music is all about. Fugazi has held true to the ideals of punk, renouncing fame and fortune to preserve its grassroots integrity and politically informed, musically challenging sound. But after releasing its fifth full-length album, "End Hits," one nagging question remains: "Is Fugazi the only band that matters?" But Fugazi spent so much time hiding from the mainstream that it's hard to avoid the conclusion that Fugazi isn't as important as it once seemed to be.

Bob Rasero and the Renovators' "Sheetrock the House," is July 31 at Raoul's Roadside Attraction, 865 Forest Ave., Portland, at 11 p.m. Tix: $5 (all ages). 712-8274.

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Sin city

Acorn Productions makes the most of Shakespeare's "Measure for Measure"

By JASON WILLIS

"Measure for Measure" is known among Shakespeare scholars as a "problem" play, largely because of its lengthy production and the problem of what to do with the killing of a nun. However, the current Acorn Productions presentation of the play at the Oak Street Theatre manages to find new life in familiar and dig the iron horse in marriage.

In stately Vienna, the Duke (Vince Mantsoe) is torn between his love for the young and innocent Juliet (Craig Houk) and his desire to marry her. The Duke's flaws are not emphasized in this production, which focuses on the relationships between the Duke and his various admirers.

Luckily, Claudio has a daughter, Rosaline (Lee Reed), who is not interested in marriage. Rosaline is a member of the Don Quixote cast and excels in all four of her roles, swaggering around the stage as a male character and entering her bit part as a nun with grace.

The Duke's flaws are not emphasized in this production, which focuses on the relationships between the Duke and his various admirers. Rosaline is a member of the Don Quixote cast and excels in all four of her roles, swaggering around the stage as a male character and entering her bit part as a nun with grace.

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"Conflict Series No. 11, (9" x 12") acrylic, styro and graphite by Dozier Bell, at Jane Fennel Gallery.

Opening reception for new works by David Hall. Hours: Sat-Sun 10 am-5 pm.

Robert Clements, Ethan Fisher: featuring the "Conflict Series No. U," (8" x 10") acrylic, mylar and graphite by Dozier Bell, at June 775-2202.

New large-scale group shows through Aug 16. Call 775-2202.


Paintings by Alfred Chadbourne, Alfonso Gobea, Dana Underberg, shows through Dec 31.

"Rum, Poets of America from the 19th Century to the Turn of the Century." three-dimensional terrains that exemplify the power of understatement.

In her latest exhibit - inspired by a year she spent in Germany on a Fulbright Fellowship, and designed to interact with the permanenl collection. Ongoing. Hours: Mon-Sat 10 am-6 pm.

Rutgers University "Threats and Innovation," documents and reflections on the past, present, and future. Ongoing. Hours: Tues, Fri 11 am-8 pm.

The Portland Museum of Art - Daughler Contemporary Art, has upcoming lectures held in conjunction with its exhibit - "Jennifer Printy shows through Windham. Opening reception for new works by David Hall.

Hours: Sat-Sun 10 am-5 pm.
The ultimate obsession

Five years ago, Betsy Pease (played by Trudy Lineker) decided to start a women's league for ultimate Frisbee in Portland, Maine, and she is the only star player, "maybe the finest female player in sport. We'll get at least 2600 players," you could say, "because we're just that good at ultimate Frisbee."

She's called Ultimate Frisbee. It's a team sport that combines elements of football, basketball, and soccer. The object is to score points by catching a Frisbee thrown by your own team. The game is played on a rectangular field, and players can only advance the Frisbee if at least one player from the opposing team is touching the ground. If you're not touching the ground, you cannot advance the Frisbee.

The game is fast-paced, with players running, jumping, and leaping to catch the Frisbee. It's a full-contact sport, with players allowed to make sliding tackles, but not body checks. The game is scored by catching the Frisbee in the opposing team's end zone.

Ultimately, the goal is to score points and build the lead. The team with the most points at the end of the game wins. The game is typically played in a series of quarters, with each quarter lasting 15 minutes.

Along with a small group of similarly-minded enthusiasts, she helped found a Portland club team known as Red Tide in 1988. The ultimate world has come a long way since.

"We've got our own little community," said Trudy Lineker of Portland, another player who also plays in the women's league. "It's ecstatic. There are so many people playing now, it's like we walk down the street and see someone you know at all the time."

Moore, 24, is one of the more accomplished ultimate players in the area. A former high school baseball and soccer player in Appleton, he took part in his first ultimate game in Portland in 1996, when a friend encouraged him to check it out. Moore had been playing as a soccer center forward, but had grown tired of the indoor sport. He wanted something athletic, but positive and social.

"I was just a handful," Moore admits. "I was just sitting on the sidelines of a Tuesday afternoon pickup game in Downtown. I didn't even have a frisbee. I only had a baseball bat with my right hand, and it got thrown."

Now, like all the other league players, Moore throws a mean fastball and backhand. He advanced to the ultimate leagues in 1996 and has been in his current team since then. Former head coach Ted Price of Portland said Moore is "a hit monkey with a great vision and a solid defense." He has come up with a variety of creative moves and is a favorite among the players.

The summer league's success hasn't slowed Red Tide. Massey, Pozzy and about 80 other women from across the region will be competing in The Clambake, which takes place in Casco Bay on Saturday.

The biggest ultimate bash in Maine each year is The Clambake, which takes place in Casco Bay on Saturday. The event is one of the largest ultimate frisbee tournaments in the world, attracting teams from across the United States and Canada.

Moore is looking forward to the tournament and is excited about the opportunity to compete against some of the best ultimate frisbee players in the country. He is also excited about the chance to meet new people and make new friends.

The ultimate obsession is a team sport that requires skill, strategy, and teamwork. The game is played on a rectangular field, and players can only advance the Frisbee if at least one player from the opposing team is touching the ground. If you're not touching the ground, you cannot advance the Frisbee.

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NEW TO area , SWM, 32, nonsmoker, likes to be around great people.

WOMEN
MEN

SMITH, 5'10", 165 lbs.

Finding the right partner can be a daunting task, especially when you're looking for someone with similar interests and values. That's why we've compiled a list of advertisements from the Casco Bay Weekly classifieds, which include various personal profiles and preferences. Whether you're interested in finding a companion for fun, romance, or companionship, these ads provide a glimpse into the diverse range of people in the area looking for connections. From those who value adventure and outdoor activities to those who prefer more sedentary hobbies, there's something for everyone. If you're looking for a date, a pen pal, or a长久的 relationship, these ads offer a starting point for your search. Remember to review the information carefully and ensure that you're comfortable with the person's location and availability before proceeding further. Good luck with your search for that special someone!
Remember Last Night?
Me too. and thank goodness Planned Parenthood offers Emergency Contraceptive Pills (ECPs), effective at preventing pregnancy if used within 72 hours of unprotected sex. Don’t wait for an emergency, keep an ECP kit (prescription necessary) on hand. Buy one at Planned Parenthood. 877-800-230-PLAN

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**Clinical Coordinator**

- FT: Winthrop, Responsibility: Managing the operations of clinical services to support the mission of the hospital.
- Must possess advanced theoretical knowledge of community-based clinical treatment services through a team model. MA degree in related discipline/minimum of five years direct clinical experience and minimum of three years managerial experience required. CPR, EMT, or LPR training required. Resume deadline: July 31, 1999.

**Clinical Therapist**

- FT: Winthrop & Cape Elizabeth, Provides therapeutic services, develops treatment plans, and behavior modification techniques for children and their families from birth to age 21. Must possess advanced training and experience in psychiatric nursing licensed at least three years performed. Resume deadline: July 31, 1999.

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**Opportunities at PROP**

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- GET IN TOUCH: The Youth & Community Outreach Coordinator will provide program coordination, outreach, and management for youth and community based programs. This position is responsible for coordinating and implementing programs designed to serve the broader community, promoting the mission of PROP.

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**Real Estate**

**Classifieds**

- Casco Bay Weekly has an opening in our classified department for an aggressive salesperson who enjoys phone sales, wants to work in a casual atmosphere, wants their weekends off, and wants to make money.

The right person for this position starts each day ready to pick up the phone and make as many calls as it takes. Doesn’t know the meaning of the word NO, and can smile through the tough times. You want to work for a company that makes a difference in the community, a place in which you can be proud, and above all a place where you can take home a better than average pay.

If this person is you, send your resume to:

- CASCO BAY WEEKLY
  - P.O. BOX 1328
  - PORTLAND, ME 04101
  - OR FAX 775-1234
  - ATTN: JOSIE HAYES

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**Business Opportunities**

**Positions Wanted**

**OUTREACH COORDINATOR**

- We're looking for an account representative! Are you plus, but not necessary. We’ll provide an established client list, leads, travel expenses, bonuses, benefits, and a commission on all sales.

**YOUTH & COMMUNITY OUTREACH COORDINATOR**

- Enthusiastic? Organized? Persistent?

**Display your work at the half moon jug band needs a bassist.**

**The half moon jug band needs a bassist.**

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**Music Services**

- **Bass**

**Looking Good**

**Musicians Wanted**

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**Business Services**

- **Get in Touch...**

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**Wheels**

- **Instant Saddle...**

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**Computer Solutions**

- **Learn the Healing Arts of the Future**

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**Financial**

**Items for Sale**

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**Yard Sales**

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**Antiques**

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**Items for Sale**

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SUFFRAGETTE SESSIONS TOUR

FEATURING

AMY RAY OF INDIIGO GIRLS
EMILY SALIERS OF INDIIGO GIRLS
ANN WILSON OF HEART
GAIL ANN DORSEY * LISA GERMANO
LOURDES PEREZ * KATE SCHELLENBACH
OF LUCIOUS JACKSON

JANE SIBERRY * JEAN SMITH OF MECCA NORMAL
JOSEPHINE WIGGS * THALIA ZEDEK
OF BREEDERS

Wednesday, Aug. 19th
State Theater
609 Congress St. Portland, ME

DOORS 6:30 SHOW 7:30

TICKETS AVAILABLE AT BULL MOOSE RECORDS 161 MIDDLE STREET, WITHOUT A CONVENIENCE CHARGE, TICKETS ALSO AVAILABLE AT ALL 115 OUTLETS INCLUDING ALL BULL MOOSE RECORDS.
CHARGE BY PHONE (207) 775-3333. TICKETS AVAILABLE AT THE STATE THEATER NIGHT OF SHOW ONLY.

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