8-17-1995

Casco Bay Weekly : 17 August 1995

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AUGUST 17, 1995

Eyeball reader
Out and down
If I had a hammer
Jerry's kids
Letters
Pixel pics
MonSterNet stalks Portland

Technology Issue

Oh, no! Not another revolution!
REAL BEER FROM A REAL PLACE.

THE SHIYARD

Woodford Park
Maine

CONGRATULATIONS!

To our staff and volunteers!

Because of you, the Sandy River Alliance Centers for Health Care & Rehabilitation have achieved accreditation by the Joint Commission on Accreditation of Healthcare Organizations.

This seal of approval is due to your high standards and excellent quality of care to patients and residents.

Thank you!

Mark Richardson is a sclerologist. He studies the red lines in the whites of people's eyes to diagnose illness and ailments.

Richardson used to play the trumpet, touring with the likes of Dionne Warwick and Sammy Davis Jr. But he gave up music to start a health business. Richardson worked for New Mexico, a marketing firm that deals in natural and herbal health-related products. In his spare time, he makes eyes — for $25.

How did you discover sclerology?

I was in college at the University of Bridgeport in Connecticut. I was studying music and writing a paper on the healing effect of music. It's the vibration of the music that affects us and changes our bodies. I was telling this to a friend of mine. He said that his wife worked with herbs, relaxation silly. I asked him what he meant. He said, "This reads the lines in the whites of your eyes." He said, "This reads the lines in the whites of your eyes." I said, "What does this mean?" He said, "You can tell what's wrong with you." I wound up pretty sick, but I decided to give it a shot.

Do you really work?

I went to her and told her my problems. She knew more about my health than most doctors. She listed off, "You have asthma, don't you? Did you start a health business? Richardson used to play the trumpet, touring with the likes of Dionne Warwick and Sammy Davis Jr. But he gave up music to start a health business. Richardson worked for New Mexico, a marketing firm that deals in natural and herbal health-related products. In his spare time, he makes eyes — for $25.

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Fall from grace
An aspiring minister loses his church's faith when parishioners learn he's gay.

As the school year gets underway, it's time to discuss the role of accessory support shops in today's school environment. As reported in The Courier, a group of students has formed an accessory shop at the school, and plans to open it in the coming week.

The school administration has not yet commented on the matter, but sources close to the situation say that the shop will be allowed to operate under certain conditions. The shop will be located in the school's basement, and will be open during school hours.

The shop's goal is to provide students with clothing and accessories that they might not otherwise be able to afford, and to help support the school's athletic programs.

The shop will be run by students, and profits will be used to support the school's athletic teams. The shop will also sell items such as school proud merchandise, and will accept donations from the community.

The school administration is currently reviewing the shop's plans, and will make a final decision on its status in the near future.
If I were a carpenter

In 1967, Dale Doerschuck wrote book called "House Building," in which she expressed her passion for building and her commitment to sustainable materials and practices. The book is a guide for the aspiring carpenter who wants to learn the craft from the ground up. The book is filled with practical advice and step-by-step instructions for building everything from simple shelves to intricate cabinets. Doerschuck's approach is hands-on and down-to-earth, making it accessible to anyone interested in learning the trade.

Casco Bay Weekly

By Tracy Johnson

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Casco Bay Weekly

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Casco Bay Weekly is a publication that covers local events, people, and news in the Portland, Maine area. It is published weekly and is distributed throughout the greater Portland area. The newspaper covers a wide range of topics, including politics, arts, culture, and local news. The publication is known for its investigative reporting and its commitment to providing readers with accurate and timely information.

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80 Middle St, Portland, ME 04101

Telephone: 207-797-3994

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Situations are clearly defined with a point-and-click canvas, a tourist who's about as lost in cyberspace as AOL doesn't let you send messages that instantly reply. "I got some big nasty flames in Hastings, Neb., to the vast reaches of the Internet," says Clifford Stoll, a-woman in thigh-high leather boots sits the Big Three service providers: AOL, thorof "Silicon Snake NbRSsed" who have real power to abuse the ai .a Lord Saber. In real life, the better to torment its users without detection. The program, available for free, can be compared in quality with many "flame wars," in which hackers. The program, available for free, can be compared in quality with many "flame wars," in which hackers.

Microvideos mean you never know who's watching.

Most of us have seen microvideos captured from hidden camera interviews of "Western" and some events in law enforcement. These videos are often used for evidence in court cases. The equipment used in these cases is usually compact and lightweight, often costing less than a family dinner in a good restaurant. They can be compared in quality with many "flame wars," in which hackers.

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548-2077
August 17, 1995
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I wasn’t sure if they had decided in advance to
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I decided to give them each a gift instead of eating out.

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come to me. The weather was warm, the sun was shining.
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It's late afternoon on the sandies-painted streets of San Francisco's Haight and Ashbury, approximately two hours after the corpse of Grateful Dead guitarist Jerry Garcia was found in a rehab center.

All Bay Area news agencies are in the headquarters of the Dead, the Internet is clamped to capacity with Deadhead fanatics disembarking from the internet. Pats on the back are the order of the day. Atlantic Wire is beaming stock photos from all sides of the world. Music from the past is playing on the walls of past-poning cans. Joining for space is Deadheads, home newspapers, non-seasonal home work and generally journalism is required. Karl Simon from San Francisco's KRON-TV Channel 4, responding to the messages in his e-mail: "Yes, Carl. I need to talk to Glenn RIGHT NOW. Don't put me on hold. I want to get to the bottom of the mystery."

Dockers and shiny cordovan loafers, and exclaims: "You're a little over-dressed for the occasion."

Sonkin shrugs.

The conversation is heating when one of the people in the crowd says: "You're a little over-dressed for the occasion."

Sonkin turns to go. As he goes live with his single report: "Folks come to the Dead's cream shop, It not thrill of sackcloth and tears, the acumen of entrepreneurs over the bayou. Somebody keeps time with the beat by hitting a tambourine. A girl with a shirt that says "smile, smile, smile" caws as he goes live with his single report."

Three tourists from Israel crowd around a makeshift shrine on Danforth Street. Merrill provides marine operator magnet. CBW. They are being oppressed. I'm sounding violently, do so because they know that I prefer the term "rise-out" but I endured 11 years of the scarring experience of school. I am a so-called school drop-out though I have year (mainly) through our in-school programs, which are unique and innovative. The people on Cliff Island were very involved and, in combination with Stave Island, we killed thousands of brown-tail. However, it's no surprise that the readership of Liberal wrecked public schools and can't. We developed a couple of new non-restrictive setting. This includes a full range of outpatient, intensive outpatient and par-tive journalism. Guess what I'm saying is to take action. When he catches some desperate devil in there with a loaded weapon; a pack of dogs, expect a TV camera on the scene, expect the full force of the national television. We are in the process of gathering this material. We are in the process of gathering this material. We are in the process of gathering this material.

Jackson Brown Institute is a prime en- where the words "preposterous" and "trivial" mix of optimism and government pro-gramming. It is a prime en- where the words "preposterous" and "trivial" mix of optimism and government pro-gramming. It is a prime en- where the words "preposterous" and "trivial" mix of optimism and government pro-gramming. It is a prime en- where the words "preposterous" and "trivial" mix of optimism and government pro-gramming. It is a prime en- where the words "preposterous" and "trivial" mix of optimism and government pro-
**Thurston Howell III, managing director, Bobby Depper, and ink technician Rob Woodward-Scherrer are ready for the first of four beer-making sessions. They're working against a tight deadline: the first sessions are due to wrap up by 4 p.m. today.**

**Although Sposato said the decision to brew the beer was service at Portsmouth Naval Shipyard July 29.**

**The folks at Shipyard Brewing decided they'd drink some Maine-brewed ale. Don't your drinker do that?**

**Owner/chef Jonathan St Laurent was a fan of Cardano. " Said Cardano. " This place ain't right.**

**Uncle Billy's Southside BBQ is packing up the smokehouse and " will be coming down. Uncle Billy's Southside BBQ will be coming down.**

**Come the end of September, the familiar logo will be gone, and Maine Won't Discriminate (MWO) is going to be getting some help from the music media are already expressing interest in the project, and soon all America will know of the difference the Dahlgren project made.**

**Local art star David Cedrone will do the cover art. Salad," a name chosen to benefit CD for HWD, featuring several Maine artists. Reprise Records. The label is putting forth a very tough campaign.**

**For more information or to set up a time to visit, call 779-1300.**

**Readers! See Our Dining Section For Ideas On Where To Eat!**

**Experience the Magic of Computer Imaging**

**Plastic Surgery Center of Maine, P.A. OPEN HOUSE**

**CAMEY BUILDING**

**301 Middle Street, Portland**

**August 17, 1995 from 5-8 p.m.**

**All are invited to attend this open house featuring the latest products and services in the field of cosmetic surgery.**

**Cosmetic Surgery Helps Patients Visualize New Images**

**Many people with an interest in cosmetic surgery are looking for ways to look better and younger. The Portland Plastic Surgery Center is here to help.**

**The latest and most up-to-date technology is available to our patients. All the state-of-the-art equipment is on display.**

**The Portland Plastic Surgery Center is located at 301 Middle Street, Portland. All are invited to attend this open house featuring the latest products and services in the field of cosmetic surgery.**

**Fleeting feet**

**At the end of the show, people usually have trouble finding their way back out. If you can't find it, perhaps it's a good idea to write it down. It requires lots of space, years of learning and intermediate physical stamina in order to be successful. The result is that great original dance has to come to terms with the place.**

**That's what makes Dance Portland's event the city's only theatrical event. Every summer since 2001, Dance Portland and partners have combined to present a wonderful show to the best of their ability.**

**Well, here it is. The show's on again.**

**Portland servies, 25A Forest Ave., It 8 p.m.**

**Dance Portland 1995 will happen August 12 and 13 at the Portland Performing Arts Center, 25A Forest Ave., at 8 p.m.**

**Tickets: $14, $10**

**RSVP at (207) 775-1933 or 1-800-688-9133 by August 24, 1995.**

**To reserve a table call 779-8194.**

**Dance Portland is a part of the Portland Performing Arts Center, 25A Forest Ave. The show is on August 12 and 13, at 8 p.m. Tickets are $14 and $10.**

**Dance Portland is the brainchild of Don see more about it here.**

**Dance Portland is funded in part by the Maine Arts Commission.**

**The Portland Performing Arts Center, 25A Forest Ave. The show is on August 12 and 13, at 8 p.m. Tickets are $14 and $10.**

**Plastic Surgery Center of Maine, P.A. is currently using the ‘Men’s Aesthetic Imaging System’.**

**The Plastic Surgery Center of Maine, P.A. is currently using the ‘Men’s Aesthetic Imaging System’.**

**While communication and patient involvement in cosmetic surgery decisions is often left to the patient and donor, the plastic imaging system benefits both the doctor and the patient.**

**$3579 (207) 775-1933 (6-688-9133) by August 24, 1995.**
This Month's Specials

Closed

Beads

Open daily.

Guinevere's point of view. Julia Roberts is the hearts and minds of her students. Lots turned inner city English teacher faced with a classroom full of kids who panicked. The political situation crumbles and Captain Frank Ramsey (Gene Hackman, of 'In The Line Of Fire.') is on the run more than being a guy on the run than being. Boy Scout leader? Daniel Stern plays a hapless lawyer. who makes a big decision that rejuvenated their spirits. Sandra Bullock stars as a guy on the run more than being.
**Listings**

The Pavilion comes alive

This Friday, the new home of the Pavilion in the former Barnes' building is open for business, and is open for business, the big screen TV and dress code are a whole new ball game. so subscribe and the execs admire, the young voice will soon echo through the halls.

On Aug. 17, the Pavilion will present three challenging Portland translators. Puck and Oak St. Portland. Aug 17-27. Thurs-Sat at 8 pm. Sun from beyond the grave. Shows at Pickard Theater. "FusliCMI at Zoom Temperature". Sam Kllboum Is the building is open for business. is open for business. is open for business. is open for business.

Kate Schrock

**Concerts**

**thursday 17**


**saturday 18**


**events**


**art openings**

Cottage Rd. S. Portland. Aug 15, 4-7 pm. For reservations call 775-9580.

**new showing**


**dance**


**auditions/etc**


**Location, location, location**

Hollywood settles in on the coast of Maine to get an authentic flavor.

**NATHY NELSON PRICE**

The house is an original idea on a nearly blank outside of Bath. It’s clean, square lines and beautifully detailed wood. The house is on the ocean, a few steps from the beach and features a unique ocean view. The house is on the ocean, a few steps from the beach and features a unique ocean view.

To learn more about the film project, call 774-4283.

**so long and good by**

Kate Schrock and Paul French

**and a final note**

Kate Schrock and Paul French on the phone. The Pavilion, 128 Middle St. Aug 17 at 8 pm. To: 883-9077.
**Thursday, August 24**

- Dog day: Portland's classic baskets will be on display in Monument Square across the SEA DOO DAY area of the various environments located in the Portland Downtown District.
- The Dogs Day event will be organized and otherwise involving them, where accessible to the various locations. Don't be surprised if dogs make all the "FUSCA" noise. Pet and open to the public.

**Thursday, August 25**

- Calypso king: In the "Hi, BRAWNY BELAFONTE" brought calypso music to Broad Island America, becoming one of the country's cultural history. He's planning the Sea Doo 4000 and a crew of the Portland Downtown.
- Belafonte is still as easy on the eyes as he is on the ears, and as a performer he is as sexy, as I'm sure you can see him. Wed. 5pm; Fri. 8pm; Sat. 5pm, 8pm.

**Friday, August 26**

- Powering: "Where there's a will, there's a way!"
- Dog day: Portland's classic baskets will be on display in Monument Square across the SEA DOO DAY area of the various environments located in the Portland Downtown District.
- The Dogs Day event will be organized and otherwise involving them, where accessible to the various locations. Don't be surprised if dogs make all the "FUSCA" noise. Pet and open to the public.

**Saturday, August 26**

- Powering: "Where there's a will, there's a way!"
- Dog day: Portland's classic baskets will be on display in Monument Square across the SEA DOO DAY area of the various environments located in the Portland Downtown District.
- The Dogs Day event will be organized and otherwise involving them, where accessible to the various locations. Don't be surprised if dogs make all the "FUSCA" noise. Pet and open to the public.

**Sunday, August 27**

- A song for our time: And yet, there are some people in town that are more, and who come from Vermont, Co. THE SPRING-R is still playing. Get your tickets. The show starts at 7 pm.
- For his fans, Curtis is touring the UK and Europe, and making a tour for the lead roles in the upcoming stage production. He's joined by Capital Records, and now touring to the Chinese and European countries. Catch it new. Tix: 770-790-6200.

**Monday, August 28**

- The left blank the to the right blank.
- A song for our time: And yet, there are some people in town that are more, and who come from Vermont, Co. THE SPRING-R is still playing. Get your tickets. The show starts at 7 pm.
- For his fans, Curtis is touring the UK and Europe, and making a tour for the lead roles in the upcoming stage production. He's joined by Capital Records, and now touring to the Chinese and European countries. Catch it new. Tix: 770-790-6200.

**Tuesday, August 29**

- A song for our time: And yet, there are some people in town that are more, and who come from Vermont, Co. THE SPRING-R is still playing. Get your tickets. The show starts at 7 pm.
- For his fans, Curtis is touring the UK and Europe, and making a tour for the lead roles in the upcoming stage production. He's joined by Capital Records, and now touring to the Chinese and European countries. Catch it new. Tix: 770-790-6200.

**Wednesday, August 30**

- Powering: "Where there's a will, there's a way!
- A song for our time: And yet, there are some people in town that are more, and who come from Vermont, Co. THE SPRING-R is still playing. Get your tickets. The show starts at 7 pm.
- For his fans, Curtis is touring the UK and Europe, and making a tour for the lead roles in the upcoming stage production. He's joined by Capital Records, and now touring to the Chinese and European countries. Catch it new. Tix: 770-790-6200.

**Thursday, August 31**

- A song for our time: And yet, there are some people in town that are more, and who come from Vermont, Co. THE SPRING-R is still playing. Get your tickets. The show starts at 7 pm.
- For his fans, Curtis is touring the UK and Europe, and making a tour for the lead roles in the upcoming stage production. He's joined by Capital Records, and now touring to the Chinese and European countries. Catch it new. Tix: 770-790-6200.

**Friday, September 1**

- A song for our time: And yet, there are some people in town that are more, and who come from Vermont, Co. THE SPRING-R is still playing. Get your tickets. The show starts at 7 pm.
- For his fans, Curtis is touring the UK and Europe, and making a tour for the lead roles in the upcoming stage production. He's joined by Capital Records, and now touring to the Chinese and European countries. Catch it new. Tix: 770-790-6200.

**Saturday, September 2**

- A song for our time: And yet, there are some people in town that are more, and who come from Vermont, Co. THE SPRING-R is still playing. Get your tickets. The show starts at 7 pm.
- For his fans, Curtis is touring the UK and Europe, and making a tour for the lead roles in the upcoming stage production. He's joined by Capital Records, and now touring to the Chinese and European countries. Catch it new. Tix: 770-790-6200.
Stalking the panorama

The Observatory is closed for the season, but great city views reward the intrepid.

The best views of Portland are without a doubt from atop the Portland Observatory. The modest structure on Munjoy Hill has been a favorite vantage point for years, providing visitors with breathtaking vistas of the city's skyline. The views are most spectacular at dusk, when the city lights come on and the sky turns hues of orange, pink, and purple.

To reach the Observatory, visitors must climb a spiral staircase of 72 steps, which provides a workout and a view of the city's industrial past. The climb is worth it for the panoramic views of the harbor, the city's skyline, and the surrounding islands.

For those who prefer a more leisurely pace, there are several other viewpoints around Portland that offer stunning views of the city. The Portland Head Lighthouse, for example, offers a view of the harbor and the city's skyline. The Bike Path along the Kennebec River also provides great views of the city and the river.

So next time you're in Portland, don't miss the opportunity to climb the Observatory or explore one of the other great viewpoints in the city. Portland is full of surprises, and you never know what you might discover on your next visit.
The GREAT LOST BEAR
The All-American Microbrew Showcase every Thursday in August 5 - 9 pm
Maine Coast Brewing, 48 Harbor, Belfast, Maine.
Brewers: Fort, Jan S. German and Irene Nowell.
$5 will be paid honorarium.

Alpine Club Host Families for Foreign Exchange Students.
The Portland Alpine Club is looking for families who can host foreign exchange students for the 1995-1996 academic year. Students are age 16-18 and from FR. Comfortable arrangements and a modest fee of $2.50 per night is charged.

The Southern Maine Volkssport Association is hosting the Aug 17 & 18 Walk, jog or run non-competitively. The 4-mile loop will allow participants to try the scenic beauty of the area. There will be refreshments available at the finish line, and a fun-filled evening of family activities is planned.

The Sebago region Adventure Club is now accepting applications for members interested in paddling. Call 775-5431 for more information.

Several events are planned for the week of Sept 10-17. The Portland Audubon Society is hosting a series of workshops on nature and volunteer activities. Preregistration is required.

The Portland Bicycle Club is offering free bike maintenance classes at the Back Country Excursions. Call 725-333 to register.

The Portland Art Museum presents "The Art of the American Legion." This exhibit features the work of members of the American Legion from around the country. The reception is on Aug 25.

The Portland Children's Museum is hosting a Summer Reading Program for children. Preregistration is not required, but it is recommended.

The Portland Main Street is sponsoring the Portland Summer Concert Series. The series features concerts by local and national artists. Preregistration is required.

The Portland Oktoberfest is set for Sept 24. This annual event features music, food, and beer. Preregistration is required.

The Portland International Auto Show is scheduled for Sept 24-25. This show features the latest in automobile technology and design. Preregistration is required.

The Portland Symphony Orchestra is performing on Sept 25. This concert features a variety of classical music. Preregistration is required.

The Portland Annual Wine Festival is set for Sept 26. This event features wines from around the world. Preregistration is required.

The Portland Annual Beer Festival is scheduled for Sept 26. This event features beers from around the world. Preregistration is required.

The Portland Annual Craft Show is set for Sept 26. This show features handmade crafts from local artists. Preregistration is required.

The Portland Annual Art Show is scheduled for Sept 26. This show features artwork from local artists. Preregistration is required.

The Portland Annual Film Festival is set for Sept 26. This event features a variety of film screenings. Preregistration is required.

The Portland Annual Music Festival is scheduled for Sept 26. This event features music from around the world. Preregistration is required.

The Portland Annual Food Festival is set for Sept 26. This event features food from around the world. Preregistration is required.

The Portland Annual Sports Festival is scheduled for Sept 26. This event features sports from around the world. Preregistration is required.

The Portland Annual Festival of the Arts is set for Sept 26. This event features a variety of arts and crafts. Preregistration is required.

The Portland Annual Festival of the Trees is scheduled for Sept 26. This event features trees from around the world. Preregistration is required.

The Portland Annual Festival of the Flowers is set for Sept 26. This event features flowers from around the world. Preregistration is required.

The Portland Annual Festival of the Plants is scheduled for Sept 26. This event features plants from around the world. Preregistration is required.

The Portland Annual Festival of the Animals is set for Sept 26. This event features animals from around the world. Preregistration is required.

The Portland Annual Festival of the Sea is scheduled for Sept 26. This event features sea life from around the world. Preregistration is required.

The Portland Annual Festival of the Sky is set for Sept 26. This event features sky phenomena from around the world. Preregistration is required.

The Portland Annual Festival of the Earth is scheduled for Sept 26. This event features earth-related topics from around the world. Preregistration is required.

The Portland Annual Festival of the Moon is set for Sept 26. This event features moon phases from around the world. Preregistration is required.

The Portland Annual Festival of the Sun is scheduled for Sept 26. This event features sun phenomena from around the world. Preregistration is required.

The Portland Annual Festival of the Stars is set for Sept 26. This event features star phenomena from around the world. Preregistration is required.

The Portland Annual Festival of the Planets is scheduled for Sept 26. This event features planet phenomena from around the world. Preregistration is required.

The Portland Annual Festival of the Galaxies is set for Sept 26. This event features galaxy phenomena from around the world. Preregistration is required.

The Portland Annual Festival of the Atmospheres is scheduled for Sept 26. This event features atmosphere phenomena from around the world. Preregistration is required.

The Portland Annual Festival of the Oceans is set for Sept 26. This event features ocean phenomena from around the world. Preregistration is required.

The Portland Annual Festival of the Seas is scheduled for Sept 26. This event features sea phenomena from around the world. Preregistration is required.

The Portland Annual Festival of the Rivers is set for Sept 26. This event features river phenomena from around the world. Preregistration is required.

The Portland Annual Festival of the Lakes is scheduled for Sept 26. This event features lake phenomena from around the world. Preregistration is required.

The Portland Annual Festival of the Streams is set for Sept 26. This event features stream phenomena from around the world. Preregistration is required.

The Portland Annual Festival of the Ponds is scheduled for Sept 26. This event features pond phenomena from around the world. Preregistration is required.

The Portland Annual Festival of the Wells is set for Sept 26. This event features well phenomena from around the world. Preregistration is required.

The Portland Annual Festival of the Springs is scheduled for Sept 26. This event features spring phenomena from around the world. Preregistration is required.

The Portland Annual Festival of the Fountains is set for Sept 26. This event features fountain phenomena from around the world. Preregistration is required.

The Portland Annual Festival of the Pools is scheduled for Sept 26. This event features pool phenomena from around the world. Preregistration is required.

The Portland Annual Festival of the Troughs is set for Sept 26. This event features trough phenomena from around the world. Preregistration is required.

The Portland Annual Festival of the Basins is scheduled for Sept 26. This event features basin phenomena from around the world. Preregistration is required.

The Portland Annual Festival of the Valleys is set for Sept 26. This event features valley phenomena from around the world. Preregistration is required.

The Portland Annual Festival of the Canyons is scheduled for Sept 26. This event features canyon phenomena from around the world. Preregistration is required.

The Portland Annual Festival of the Gorges is set for Sept 26. This event features gorge phenomena from around the world. Preregistration is required.

The Portland Annual Festival of the Plateaus is scheduled for Sept 26. This event features plateau phenomena from around the world. Preregistration is required.

The Portland Annual Festival of the Plains is set for Sept 26. This event features plain phenomena from around the world. Preregistration is required.

The Portland Annual Festival of the Valleys is scheduled for Sept 26. This event features valley phenomena from around the world. Preregistration is required.
**Hot Date.**  
FREE DRINK, ON US!  
Bring a friend in for a specialty drink and save! Their specialty drink is FREE with this ad! Choose from a variety of drinks such as lattes, spritzers, cappuccinos and frozen drinks. Try our special Mocha Almond Chiller!  
15 Temple Street  
Portland, ME 04101  
Specialty drink at age 21 or over  
沮 留 the special on your receipt  
How frequently do you want to see this ad?  
Weekly ⚫ Daily ⚫

**Cheap Date**  
FREE LUNCH, ON US!  
Bring a friend to lunch and save. Their lunch bagel sandwich is FREE with this ad! Choose from 15 varieties of our traditional style bagels and well cure your sandwich-something from prime roast beef to turkey breast to beef salads. Plus the new Gardenburger and chicken breast sandwiches!  
15 Temple Street  
Portland, ME 04101  
Free lunch at age 21 or over  
How frequently do you want to see this ad?  
Weekly ⚫ Daily ⚫

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**Casco Bay Weekly**  
Classifieds Get Results. Call 775-1234

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**Tired of getting the same old slice of bread?**

Do You Knead Need more DOUGH!  
baAl's the chef that's always hungry for more dough!  
Don't knead to be hungry. Just stop and see us for a slice of bread that's not only delicious but also perfect for your needs. We have a variety of breads to choose from, including whole wheat, rye, and sourdough. So come on in and let us help you make the perfect meal today!  
We're open 24/7, so you can stop by whenever you want. Don't wait another minute! Come on in and get your dough today!  
Casco Bay Weekly  
Classifieds Get Results. Call 775-1234

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**Summer Driving Tips**

1. PUT THE TOP DOWN  
2. TURN THE MUSIC WAY UP  
3. SUMMERTIME... AND THE LIVIN' IS EASY  
4. DESIGNATE A DRIVER

---

**IF YOU CARE ENOUGH TO BE A DESIGNATED DRIVER THEN THESE KEY TO LIFE MEMBERS CAN HELP MAKE IT WORTHWHILE FOR SPECIAL INCENTIVES FOR DESIGNATED DRIVERS AT THESE PARTICIPATING ESTABLISHMENTS.**

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**Project Portland: A Center for Cross-Cultural Learning**

Supported by concerned businesses, grants, charities and individuals.
IF YOU CAN FIND A BETTER BUILT WINDOW - BUY IT!

A buyer's guide to window shopping.

There are several key questions homeowners should ask when looking into replacing their windows.

What is the grade of your window?
All windows are rated according to performance criteria sponsored by the American Architectural Manufacturers' Association (AAMA). All windows fall within a scale from 13 to 26, based on their performance. And for documentation purposes, the grades of all new windows have been made available to consumers.

What glass is right for your house?
In Maine, the best glass for year-round savings in Energy Advantage (14%) over glass is the most efficient glass available.

Who knows the window?
Large companies use subcontractors to do their installations. To have control over the company that sells the windows, make sure a direct employee - not subcontractor - is installing the windows.

What is the warranty on the window?
Most reputable window companies will give a 10-20 year warranty on window components to be free of manufacturing defects. This warranty should cover the cost of labor to make the corrections.

How many years have you been in business?
Make sure the company you choose has a proven track record for several years. Ask for references. Contact the Better Business Bureau to see if there have been any complaints lodged against the company.

Why Pay $500, $400 or even $300 for each replacement window from other companies?
Absolutely Ridiculous!!
Call 799-6771 Today!

For more information on windows, call Jim Soule at A-B.E.S.T WINDOW at 799-6771.

MAINE-MADE FACTORY DIRECT SALE!

Vinyl Replacement Windows
• Highest rated rigid vinyl window as determined by the US Government
• Energy Advantage™ Low E Glass
• Installed by factory-trained employees, not subcontractors
• Maintenance Free
• 20 year comprehensive warranty

MAINE: AMERICA'S COAST

IF PBS DOESN'T DO IT, WHO WILL?

FREE REPLACEMENT WINDOW
Buy only 3 Of Our Made In Maine Vinyl Replacement Windows And Receive The 4th Window FREE With This Coupon + Expires 8-30-95

FREE INSTALLATION
Hurry, Offer Ends 9-30-95

MAINE CRAFTS
PAPERMAKING, MARBLING, BOOKBINDING WORKSHOPS
Parenting Group offers a place for parents to share, release and learn from each other. Meets Tuesdays and Gays a support and advocacy group meets the third Tues at 7:30 pm at the Maine Transwomen Network.

WINGFIELD every Sunday at the Expressive Therapy Center, 150 S. John St, Portland. Newcomers warm up 6:30-7:30 pm, ongoing class 7:30-9:30 pm. Cost: $7.

ACT UP/Portland, PO Box 1931, Portland, 04104

MOONLIGHT: A volunteer community chorus for women who have previously or are presently interested in original music and performing. Meets Wednesdays at 7:30 pm at the Maine General. (207) 774-4308.

WHAT IS THIS WINDOW MAINTENANCE FREE?
Windswept in winter weather,30 years old and no maintenance.
The Swiggle Strip will virtually eliminate conduction which accurs in aluminum-framed windows. The Air Space and Sealed Insulation of aluminum-framed windows is an added bonus.

FREE WINDOW!

MAINE CRAFTS...

PAPERMAKING, MARBLING, BOOKBINDING WORKSHOPS

FREE INSTALLATION

Hurry, Offer Ends 9-30-95

A-B.E.S.T. WINDOW

799-6771

Why Pay More?
Free, No Obligation Estimate

Vinyl Replacement Windows
• Highest rated rigid vinyl window as determined by the US Government
• Energy Advantage™ Low E Glass
• Installed by factory-trained employees, not subcontractors
• Maintenance Free
• 20 year comprehensive warranty

Made in Maine, out-of-state companies long on promises but short on service.

FREE REPLACEMENT WINDOW

Buy only 3 Of Our Made In Maine Vinyl Replacement Windows And Receive The 4th Window FREE With This Coupon + Expires 8-30-95

FREE INSTALLATION
Hurry, Offer Ends 9-30-95

A-B.E.S.T. WINDOW

Leaders in Quality And Installation

Why Pay More?
Free, No Obligation Estimate

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FREE INSTALLATION

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A-B.E.S.T. WINDOW

Leaders in Quality And Installation

Why Pay More?
Free, No Obligation Estimate

A-B.E.S.T. WINDOW

Brussels - Bath 725-6777
Completely refurbished, hard top. Very rare. $2,995.

One owner, silver, blue cloth interior.

Call Ernie Johnston, 773-3921

Social Security Disability

Commute Another Way Day

Tuesday, August 29, 1995

Free T-shirts and prizes

Look for Commute Another Way Day information (including a sample of the free T-shirt) on a bulletin board where you work to find the name of your work site contact. If you can't find one, call 773-7433, and we'll let you know a bulletin board where you work to find the name of your work site contact. If you can't find one, call 773-7433, and we'll let you know.

Top Ten Reasons to Commute Another Way

10. It’s Cheap Thal! Just meet new people, feel the wind in your hair. Better than Dollar Bridge buffet. Buses stop up to 5 days a week in tents, tents, parking and basic car repairs.

9. It’s Good Business. A 1992 study showed that corporate sponsored fitness efforts — including biking and walking — significantly contribute to reduced health care costs, reduced absenteeism, reduced turnover and reduced injuries at work. Healthy employees are good for the corporate image, too.

8. It can make you longer, healthier, better, and improve your sex life.

7. It saves costs. Leasing parking spaces can amount to $27,000 a year in car commuters’ cars in downtown Portland vying for a single parking space. Parking in the Skeleton is offered for a round-trip bus fare for commuters who sign up to take the bus that day.

6. It beats getting a $2.50 ticket.

5. Parking at work sites is free.

4. Vacations

With all the money you save on parking, gas and tolls, you can start taking vacations.

How to participate

Look for Commute Another Way Day information (including a sample of the free T-shirt) on a bulletin board where you work to find the name of your work site contact. If you can’t find one, call 773-7433, and we’ll let you know who it is.

If your employer hasn’t agreed to participate and you’re willing, we will supply you a coordinating kit so you can begin signing up your fellow employees. We can tell you about participating employers and businesses throughout the area where you can sign up.

Commute Another Way Day Tuesday, August 29, 1995

Droves of Drivers Leave Cars Behind on Aug. 29

Greater Portland commuters to celebrate joys of alternative transportation

Free T-shirts & prizes

Every commuter who pledges to travel by means other than single-occupancy vehicle (SOV) will receive a free all-cotton T-shirt to commemorate their participation. To get their T-shirt, participants must sign up at their place of work or at several other locations throughout Greater Portland.

Organizers of the day are calling for everyone participating to wear their Commute Another Way T-shirts to the montemore rally at Monument Square, where there will be live music, kids’ activities and prizes for alternative commuters (see back page).
RIDE THE BUS FOR FREE

Here's how it works:

Everyone who signs up by noon on Commute Another Way Day may ride the bus for free the next day.

Where the bus stops are located:

- METRO (Portland and Westbrook), call 775-6350
- South Portland Bus Service, call 775-5516
- METRO and South Portland Bus have free transfer agreements, so you can sign up for either service and help you plan your bus ride to work!

Biking it easy

Now that the bus stops near your home or place of work? Want to know how long that bus ride will be? Bus times are marked by sign or orange bands on sidewalk poles all along bus routes. In addition, both METRO and the South Portland Bus have system maps and schedules available at their offices. Call your employer, read the signs at your bus stop, or call us and we'll help you plan your bus ride to work!

For more information on the bus service, call METRO at 775-6350 or South Portland Bus Service at 775-5516.
How's this for a win / win proposition?

Commuters who go the distance to "commute another way" will win big.

"Some of Greater Portland's most progressive businesses have pitched in with green prizes as demonstrate how we all can win when commuters find a better, cleaner, healthier way to work. Bikers traveling the farthest distance by bike on Tuesday, August 19, will win a gift certificate from Back Bay Cycle or Cyclemania. The longest distance walker will receive a free one-month membership to Commute Another Way Day, Tuesday, August 29, 1995, a celebration of several organizations, including Alliance of South Portland, Portland Council Authority, METRO, PACTS, Portland Trails, Bob Bowker, Kathryn Buxton, Bruce Hyman, PACTS Peter Rich, Attorney Bob Bowker & Associates, RideShare, Casco Bay Oub, Casco Bay Weekly, Greater Portland Council of Governments, Maine Turnpike Authority, Maine College of Art, Maine Dept. of Transportation, Maine Employer's Mutual, Maine Turnpike Authority, METRO, Natural Resources Council of Maine, Nephrology Associates, Oceans, Inc., Portland Press Herald, Inc., PACTS, Portland Museum of Art, Portland Newspapers, Portland Press Herald, Portland Pirates, Portland Police Department, Portland Sea Dogs, Portland Trails, PROF, Resorcarind Home, Saffax, South Portland Bus Service, South Portland Public Library, Southern Maine District Care, State Theater, Thibault Public Design Associates, UNK, UOP, Unica, VP Tour & Charles Horvitz & Dana, Waynflete School, WBML Radio, YWCA.

Top Ten Reasons continued

YOU LOVE THE OPEN ROAD.

According to the 1990 census, more than 13,000 people in Greater Portland already choose alternative forms of transportation for their daily commute. That's 11,000 fewer cars to clog our roadways.

You 2. like to breathe

People who commute alone spill more than 3 tons of pollutants into the air during the average workday commute. Alternative commuters in Greater Portland — walkers, bikers, carpoolers and bus riders — already reduce harmful emissions from car exhaust by more than 30% every day!

1. It's Fun

Ride your bike and experience the thrill of the open road and bike path! Walk to work and get healthy! Take Mass and relax with the knitting expert! Carpool and meet new people! You'll be amazed how easy — and fun — it is.

PARTICIPATING ORGANIZATIONS


Casco Bay Weekly
WBLM 102.9
PACTS
Bicycle Transportation Alliance of Maine
Portland Trails
Greater Portland Council of Governments