TOO MANY PEOPLE
Don't take it personally, but a lot of us must die.

By Monte Paulsen

Each day that dawns, the Earth swells by a population greater than that of the Portland area. From a human perspective, the population explosion is the most difficult problem on Earth. Fighting overpopulation means striking against familial and hormonal procreation, intruding on the privacy of individual religious, violating moral and religious opposition to contraception, and, as a last resort, killing unborn children. Population control measures are unpopular, if not downright offensive, to people at every point along the political spectrum, but from the perspective of the Earth itself, overpopulation is a simple biological fact: there are more people than there is habitat to support them. There are just too many people.

Continued on page 6

Heaven-bound on two wheels
Maine mountain bikers take to the powerlines and the slopes

By Wayne Curtis

Like the prevailing winds, winter recreation trends blow into New England from the West. If trends blow in from the East — say, from Paris — we would spend our idle moments lounging at the outdoor cafes of Wharf Street, smoking clove cigarettes and looking aggrieved. We would confine our exertions to the listless swatting of houseflies with yesterday's newspaper. We would live to ripe old ages unafflicted by creaky joints.

But no. Outdoor obsessions blow in from California. Which may help explain why Dan Ventura, a 25-year-old graphic designer from Portland, was recently standing astraddle a mountain bike on Atherton Hill in Windham, peering over the handlebars and down an 18-foot slab of sheer granite. Gathered around him at the top of the hill were about a half-dozen fellow mountain bikers — all of whom purported to be his friends — urging him to let loose and barrel on down.

Ventura checked his helmet, a semi-spherical foam affair that lent him the appearance of a large toadstool. He eased his front wheel over the brink and released his brakes. The bike accelerated; within moments the front wheel connected with a ledge that jutted from the rock. Abiding by the laws of physics, the bicycle stopped. Subject to these same laws, Ventura continued onward over the handlebars. As he tumbled down the cliff, almost every part of his body — clad in lycra shorts and a tee-shirt — made contact with rock. His bike bounced down disjointedly after him.

As he neared the base of the rock he managed to catapult himself into some low-lying bushes, landing just seconds before his bike came to an abrupt rest a few feet away.

"Last time I got an axle right in my head," he said, pointing to the top of his helmet. "Now that hurt."

Continued on page 10

INSIDE
NEWSBRIEFS page 2-5
TOO MANY PEOPLE page 6
MOUNTAIN BIKES page 10
THOUGHTS FROM THE EDGE page 14
WISDOM page 18
CLASSIFIEDS page 20
PUZZLE page 23

Copyright Peter Gorski 1990.
Westbrook passes Maline's first rent-control law

By supporting its citizens in a struggle with one of Portland’s most profound developers, working class Westbrook became the first community in the state to enact rent-control legislation. The laws were signed July 21 and take affect immediately. But because there is presently only one mobile home park that falls in the new law’s guidelines, the law only affects The Harland, a 288-site mobile home park located on East Avenue.

The new law empowers Westbrook Mayor Fred Wescott to appoint a three-member panel to set rent debases, and empowers the panel to decide if a settlement cannot be reached.

Residents of The Harland petitioned the city to enact the ordinance after the park’s current owner raised rent several times over a three-year period. They claimed the owner of The Harland was operating them for unreasonable profits. 

But David Cope, who along with Michael Liberty is a primary shareholder in the corporation that owns The Harland, said the rent increases were necessary to offset costs. Cope said he offered a sum of his books to the park’s residents, which included costs of operating the park.

“We don’t care what our rent is, the appropriate solution,” said Cope. “We are confident that the board will provide a future in which we can demonstrate that we do not possess unreasonable rent debases.”

Portland police take car away from drunk driver

The Portland Police Department is going to try and take Portland Board of Health’s car away. Hale, who was convicted of driving charges in March and around three times in September while his license was suspended, will become a rent case for the city’s board that allows the city to seize and sell vehicles whose owners continue to drive.

DEP pushes for wider turnpike

The Maine Department of Environmental Protection (DEP) has recommended approval of the proposed $250 million project to widen the 3-mile stretch of the Maine Turnpike from 4 to 6 lanes. The staff recommendation notes was submitted to the Board of Environmental Protection, which may take action at the Oct. 26 meeting.

The DEP recommendation cited studies that projected highway congestion on the turnpike for the middle of the 2000s. But the planning board is under no obligation to accept the recommendation of the staff recommendations. The six-member DEP Commissioner D. Kooistra, a political appointee of Gov. John McKee. "We're disappointed, but it's a political decision," said Brown. Caines, director of the Natural Resources Council of Maine, which opposes the turnpike expansion. "I would have been surprised if it was anything different," Caines said.

DEP pushes for wider turnpike

The Maine Department of Environmental Protection (DEP) has recommended approval of the proposed $250 million project to widen the 3-mile stretch of the Maine Turnpike from 4 to 6 lanes. The staff recommendation notes was submitted to the Board of Environmental Protection, which may take action at the Oct. 26 meeting.

The DEP recommendation cited studies that projected highway congestion on the turnpike for the middle of the 2000s. But the planning board is under no obligation to accept the recommendation of the staff recommendations. The six-member DEP Commissioner D. Kooistra, a political appointee of Gov. John McKee. "We're disappointed, but it's a political decision," said Brown. Caines, director of the Natural Resources Council of Maine, which opposes the turnpike expansion. "I would have been surprised if it was anything different," Caines said.

The council maintains that the widening is not necessary, and that it would worsen traffic congestion. The council's report includes a request that the DEP not allow the expansion to proceed.

The council maintains that the widening is not necessary, and that it would worsen traffic congestion. The council's report includes a request that the DEP not allow the expansion to proceed.

The council maintains that the widening is not necessary, and that it would worsen traffic congestion. The council's report includes a request that the DEP not allow the expansion to proceed.

The council maintains that the widening is not necessary, and that it would worsen traffic congestion. The council's report includes a request that the DEP not allow the expansion to proceed.

The council maintains that the widening is not necessary, and that it would worsen traffic congestion. The council's report includes a request that the DEP not allow the expansion to proceed.

The council maintains that the widening is not necessary, and that it would worsen traffic congestion. The council's report includes a request that the DEP not allow the expansion to proceed.

The council maintains that the widening is not necessary, and that it would worsen traffic congestion. The council's report includes a request that the DEP not allow the expansion to proceed.

The council maintains that the widening is not necessary, and that it would worsen traffic congestion. The council's report includes a request that the DEP not allow the expansion to proceed.
and more prolific than people. How many of these had killed
wild pon... homes, another half-year's sales. Only one of the half-
year, another survey showed, is a better year... kitten... 1871-1874
Portland's Best Sports Special... continued to do that lime... Shelter
League... animals, including high quality natural ingredients.

This commitment to high quality ingredients is even more
demonstrated by the fact that Budweiser has been the official
beer of the National and Senior Olympics since 1979. In 1990,
Budweiser will celebrate 50 years of partnership with these
timeless events. 

The return of the Colorado Rockies to the National League... and
in 1990, the expansion of the National Hockey League to
include three new franchises in Denver, Minnesota, and
toronto. The Colorado Avalanche, the official hockey
franchise of the state of Colorado, has been in existence
only since 1990 and already has captured the hearts of its
fans with their exciting play and competitive spirit.

In addition to being the official beer of the National and Senior
Olympics and the Colorado Rockies, Budweiser is also the
official beer of the National Hockey League and the
National Basketball Association. These partnerships
emphasize Budweiser's commitment to supporting
top-tier sports and entertainment in the United States.

Budweiser's commitment to quality and excellence is
evident not only in its products but also in its community
involvement. The company is a strong supporter of
charitable organizations and local events, providing
costume and setting for the
team's home games. These partnerships
enhance the company's reputation as
a leader in the sports and entertainment
industry.

In conclusion, Budweiser's long history of partnership with
top-tier sports and entertainment in the United States
is a testament to its commitment to quality and
efficiency in all aspects of its business. Whether
delivering its famous quality beer to
the stands, offering exciting
events for fans, or supporting
costumed characters in games,
Budweiser continues to
be a beloved and
dynamic force in the
top-tier sports and
entertainment industry.
For centuries—until after World War II, when the benefits of birth control and the death rate and infant mortality had dropped, the population exploded. It doubled in less than 20 years. By 1960, it was approaching 3 billion. And today, in the first years of the 1990s, living standards have doubled again, to a billion people. By 2015 it is expected to exceed 10 billion. 

Meanwhile, those of us already here are consuming the Earth's finite resources much faster than they can be replaced. During the 1950s, people were still trying to recover from the second world war. In less than a generation, the earth's natural resources were being depleted. But in the 1960s, the world's population doubled. By 1980, it was estimated that the earth could not support another billion people. 

During the 1970s and '80s, the residents of the industrialized world once again became aware of the necessity of maintaining a balanced environment. In 1978, the world's population reached a new high of 4 billion. By 1980, it had doubled again, to 8 billion people. By 1990 there were two billion people living in the United States. 

The increased pressure on production capacity made possible by the Industrial Revolution appeared to be the answer. But by 1980, the world's population was expected to be 8 billion people. By 1989, it was estimated that the earth could not support another billion people. But by 1990, the world's population was expected to be 8 billion people. By 1990, it was estimated that the earth could not support another billion people. By 1990, it was estimated that the earth could not support another billion people. 

Meanwhile, those of us already here are consuming the Earth's finite resources much faster than they can be replaced. During the 1950s, people were still trying to recover from the second world war. In less than a generation, the earth's natural resources were being depleted. But in the 1960s, the world's population doubled. By 1980, it was estimated that the earth could not support another billion people. 

Learning to die

The battle between the Multinationals and those who consider their modern and extravagant lifestyle to be "in touch with the planet" and promote better, more environmentally friendly, and sustainable lifestyles has been raging for many years. In the 1990s, a new generation of activists emerged, dedicated to promoting lifestyle changes and advocating for a more sustainable future. Their efforts have been met with resistance from those who benefit from the current system, including corporations, governments, and individuals. The struggle continues, and the future of the planet hangs in the balance.
Ten things you can do to fight overpopulation

People are the problem, and people are also the solution. Individuals can make a difference by cultivating new attitudes toward food and recruiting others to do the same.

1. Manifest equal opportunity for women. The political and economic opportunity, the Nutbush has declined. But women continue to suffer at the hands of those who manipulate them in the workplace. Whether or not the Equal Rights Amendment is ever passed by the nation's 92 remaining states, the United States Congress, should be honored by every woman.

2. Make contraceptives available globally. During the next two decades, three billion young people will be entering their reproductive years. That is almost the equivalent of the population of the United States in 1970. Currently, only about 50% of fertile women have access to contraceptives.

3. Keep abortion legal. Abortion is not contraception—it is proof that family planning needs to be brought out. The laws that restrict access to abortion do not improve family planning or reduce the abortion rate; they just cause women to go to Sopran Blvd's. Backstreet's. "Dealing with abortion as part of a comprehensive family planning program, instead of making it a crime, is the most effective way to reduce abortion and save women's lives."

4. Offer a choice. If you decide to have children, consider having only one. The government should build birth control clinics in every health center. In the U.S., 4% of births are unwanted. Each baby born is 100 times the stress on the world's resources and our human existence. Just as the death of other living things hurts us, so our deaths must nurture them.

5. Spread the word around. If you are too young to be married, share the message of an all-family agenda, one family at a time. Teachers should be taught about the population problem as a global issue. "Dealing with abortion as part of a comprehensive family planning program, instead of making it a crime, is the most effective way to reduce abortion and save women's lives."

6. Educate your friends. Share the message of an all-family agenda, one family at a time. Teachers should be taught about the population problem as a global issue. "Dealing with abortion as part of a comprehensive family planning program, instead of making it a crime, is the most effective way to reduce abortion and save women's lives."

7. Feed the poor. Whether you live in the developing world or the developed world, there is no substitute for food. Hunger is the greatest threat to human development. Hunger is the greatest threat to human development.

8. Cut down on waste. The average American uses 1,000 pounds of trash a year, much of it single-use plastic. Reduce, reuse, and recycle materials. Support sustainable agriculture at home and abroad, and eat Maine's microwaved foods and locally grown foods.

9. Don't overcrowd. Overcrowding is the real cause of many of our problems. The average American uses 1,000 pounds of trash a year, much of it single-use plastic. Reduce, reuse, and recycle materials. Support sustainable agriculture at home and abroad, and eat Maine's microwaved foods and locally grown foods.

10. Be more than you are. We are more than our physical bodies. We are more than our material possessions. We are more than our family, our society, our country. We are more than our nation. We are more than our world. We are more than our universe. We are more than our entire existence.

Our human existence requires us to be connected to all living things. The death of other living things hurts us, so our deaths must nurture them. Just as the death of other living things hurts us, so our deaths must nurture them. Just as the death of other living things hurts us, so our deaths must nurture them. Just as the death of other living things hurts us, so our deaths must nurture them. Our human existence requires us to be connected to all living things.
Tips for going down a rock face (Learn back and don’t brake).

TO HEAVEN ON TWO WHEELS
Continued from front page

Unless you’ve been living in a Skinner Box the last ten years or so, you undoubtedly know about mountain bikes. They’re the

outward-looking road bikes.

Mountain biking is finally reaching New England, it’s believed. Marax’s about these bikes, reports David

Shriver, manager of Connectors in Portland. We’re making up our minds to the last ten years. Today, about 80 percent

of the bikes sold with mountain bikes (up from around 50 percent three years ago. Over in New Hampshire, mountain

bikes account for 15 percent of sales at the Crown Wheel in

Burlington. All these bikes, where are they going? There’s no such thing as a ‘mountain bike rider.”

Outside the city, mountain bikers stick to the roads, attention to their newfound ability to avoid hills. Mountain

bikes, typically have 20 spokes, but 25-spoke wheels are now appearing on the market. Deep tires that minimize wind

reduction thanks to the Provenance age of outdoor riding. Deep tires mean less rolling resistance, clearly known to be

an advantage. The white side tires are wider, but like Dan Ventura from the Mellow Groove organization that they should

mountain biking is most in need of the punch of excitement. Reaching the point of excitement could be

as simple as suddenly finding oneself off an enduro mountain bike on a single-speed bike with the high-performance gearing

of a mountain bike.

Finding trails

Mountain bikers are officially entitled to bike on Federal government land open for recreation. 50 percent is located in

the western states. Public lands are the key to

stability. And even on these low public lands, mountain bikers aren’t allowed. In Maine’s state parks, trails are classified as “closed

africa of government land open for recreation. 50 percent is located in

the western states. Public lands are the key to

stability. And even on these low public lands, mountain bikers aren’t allowed. In Maine’s state parks, trails are classified as “closed

for trick cycling at best and impossible cycling at worst,

Over the mountain, a group called the Mellow Groove has been developing

a trail network south of the

Loon Mountain and Waterville Valley ski areas have both

opened mountain bike trails this past summer. Open only on weekends, the ski area on

the far side of the White Mountains, a group called the

Pemi Grove Association, an informal collaboration of about 30

organizations that they should

mountain biking is most in need of the punch of excitement. Reaching the point of excitement could be

as simple as suddenly finding oneself off an enduro mountain bike on a single-speed bike with the high-performance gearing

of a mountain bike.

Finding trails

Mountain bikers are officially entitled to bike on Federal government land open for recreation. 50 percent is located in

the western states. Public lands are the key to

stability. And even on these low public lands, mountain bikers aren’t allowed. In Maine’s state parks, trails are classified as “closed

africa of government land open for recreation. 50 percent is located in

the western states. Public lands are the key to

stability. And even on these low public lands, mountain bikers aren’t allowed. In Maine’s state parks, trails are classified as “closed

for trick cycling at best and impossible cycling at worst,

Over the mountain, a group called the Mellow Groove has been developing

a trail network south of the

Loon Mountain and Waterville Valley ski areas have both

opened mountain bike trails this past summer. Open only on weekends, the ski area on

the far side of the White Mountains, a group called the

Pemi Grove Association, an informal collaboration of about 30

organizations that they should

mountain biking is most in need of the punch of excitement. Reaching the point of excitement could be

as simple as suddenly finding oneself off an enduro mountain bike on a single-speed bike with the high-performance gearing

of a mountain bike.

Finding trails

Mountain bikers are officially entitled to bike on Federal government land open for recreation. 50 percent is located in

the western states. Public lands are the key to

stability. And even on these low public lands, mountain bikers aren’t allowed. In Maine’s state parks, trails are classified as “closed

africa of government land open for recreation. 50 percent is located in

the western states. Public lands are the key to

stability. And even on these low public lands, mountain bikers aren’t allowed. In Maine’s state parks, trails are classified as “closed

for trick cycling at best and impossible cycling at worst,

Over the mountain, a group called the Mellow Groove has been developing

a trail network south of the

Loon Mountain and Waterville Valley ski areas have both

opened mountain bike trails this past summer. Open only on weekends, the ski area on

the far side of the White Mountains, a group called the

Pemi Grove Association, an informal collaboration of about 30

organizations that they should

mountain biking is most in need of the punch of excitement. Reaching the point of excitement could be

as simple as suddenly finding oneself off an enduro mountain bike on a single-speed bike with the high-performance gearing

of a mountain bike.

Finding trails

Mountain bikers are officially entitled to bike on Federal government land open for recreation. 50 percent is located in

the western states. Public lands are the key to

stability. And even on these low public lands, mountain bikers aren’t allowed. In Maine’s state parks, trails are classified as “closed

africa of government land open for recreation. 50 percent is located in

the western states. Public lands are the key to

stability. And even on these low public lands, mountain bikers aren’t allowed. In Maine’s state parks, trails are classified as “closed

for trick cycling at best and impossible cycling at worst,

Over the mountain, a group called the Mellow Groove has been developing

a trail network south of the

Loon Mountain and Waterville Valley ski areas have both

opened mountain bike trails this past summer. Open only on weekends, the ski area on

the far side of the White Mountains, a group called the

Pemi Grove Association, an informal collaboration of about 30

organizations that they should

mountain biking is most in need of the punch of excitement. Reaching the point of excitement could be

as simple as suddenly finding oneself off an enduro mountain bike on a single-speed bike with the high-performance gearing

of a mountain bike.
Hypocrisy! Insanity! Regress to theataric? Our television offers in and open to the public, and we will put on at 7:30 and 9 p.m. & 11 p.m. 500 Ocean Ave. Center, Bayside, Lewiston. For more information, call 605-4843.

**27 THURSDAY**

**29 SATURDAY**

Down to the sea in poop lauravany is a good day to hit the beach, so outline in color of thousand dollar bills the unexpected syllables of symphonics and symbling paper. As you go, it'll occur to you that the way birds squawk with their wings covering their thumbs is the same as to you that the bird with a mouth, will quack, squawk, quack and quack, quack, quack.

**30 SUNDAY**

Tough questions remains resolved: The World Affairs Council presents Tanya W. Cobb, special assistant to the President of the National Security Council, and Paul F. Spring, executive director of the Institute for Peace and International Negotiation, to define critical questions of today's world. It's the first time in more than 40 years that the Seacoast military is open to the public.

**4 MONDAY**

Holy mackerel: Such a fine day to buy a bag lunch/preview concert with "Music for Peace." See Sept. 30.

**5 TUESDAY**

If you're one of the many who have passed your tape machine may break down when you're on tour. You'll be glad to know that your tape machine may break down when you're on tour.

**6 WEDNESDAY**

Like your various legs, ugly and values, we're hear. For information, call 605-4843.

**7 THURSDAY**

Groundbreaking ceremonies will give a "groundbreak" demonstration at 7 p.m. - fee included in the program admittance. For information, call 605-4843.

**8 FRIDAY**

Moments in the world, especially in Maine, were sponsor this four-star event.

**9 SATURDAY**

Good questions revisited (Freely translated, of course.) This four-star event.

**10 SUNDAY**

See Sept. 30.
**WHAT'S WHERE**

**ENTERTAINMENT WEEKLY**

**LIVE FROM THE EDGE**

- TUESDAY 10.2.
  - Headliner Comedy with Mike Ric Edmiston (rock).
  - Moose (country).
- THURSDAY 10.2.
  - Open Mike Night with Peter Gluevas.
- FRIDAY 10.2.
  - Open Mike Night with Bob Martin (rock). 363-5471.
  - Mark's at the U (rock)pn.
  - The Anvil (rock) Horseheads.
  - The Pound (rock) The Pound.
- SATURDAY 10.2.
  - Open Mike Night with Bob Martin (rock).

**SILVER SCREEN**

- **Check out our movie listings!**

**CLUBS**

- **THURSDAY 8.27.**
  - Summer (music) Casa, 133 Forest Rd., Portland.
  - Harry Witten and Marguerite (music) 178 Market St., Portland.

- **WEDNESDAY 10.3.**
  - The Review (music) Marry, 56 Market St., Portland.
  - Nandu (music) 150 Forest St., Portland.

**DANCING**

- **FRIDAY 8.28.**
  - Bowdoin College Club.
  - Don Carlos.
  - Red Light Review.
  - Visual Arts Center.
  - South Auditorium, 865 Forest Ave.

**STREAKY BURBAN & DOGGIE BLUE ROCK**

**THE FRESH MARKET**

**3 DOLLAR LUNCH**

**SUNDAY 9.30**

**RAOUl'S**

- **ROADSIDE ATTIRATION**
  - 865 Forest Avenue.
  - 207-775-5600.

**THE MOVIES**

- **TUESDAY 10.2.**
  - 

**THE HEAT**

- **WEDNESDAY 10.3.**
  - 

- **THURSDAY 8.27.**
  - 

**FOOTBALL SPECIAL**

- **SUNDAY 9.30.**
  - 

**BOWDOIN COLLEGE**

- **Dancing to the 50's & 60's.**
  - For 200 people.
  - Free admission.

**THE BRAVE:**

- **FRIDAY 8.28.**
  - Bowdoin College Club.
  - Don Carlos.
  - Red Light Review.
  - Visual Arts Center.
  - South Auditorium, 865 Forest Ave.

- **SATURDAY 9.28.**

**THE NORTHWESTERN UNIVERSITY**

- **TUESDAY 10.2.**
  - 

**THE LEAGUE**

- **SATURDAY 9.28.**
  - 

- **SUNDAY 9.30.**
  - 

**3 DOLLAR LUNCH**

- **SUNDAY 9.30.**
  - 

**THE FRESH MARKET**

- **SUNDAY 9.30.**
  - 

**RESTAURANT & TAVERN**

- **THE BROKEN DECK**
  - The September Sun is still warm and our Deck is still open!
  - Live music this weekend.
  - Friday, Sept. 28 & Saturday, Sept. 29.

**Breakaway**

- **TUESDAY 10.2.**
  - Open Mike Night with Bob Martin (rock).
  - Mark's at the U (rock)pn.
  - The Anvil (rock) Horseheads.
  - The Pound (rock) The Pound.

**NEW HAMPSHIRE**

- **TUESDAY 10.2.**
  - Open Mike Night with Bob Martin (rock).
  - Mark's at the U (rock)pn.
  - The Anvil (rock) Horseheads.
  - The Pound (rock) The Pound.

**RAOUl'S**

- **ROADSIDE ATTIRATION**
  - 865 Forest Avenue.
  - 207-775-5600.

**THE MOVIES**

- **TUESDAY 10.2.**
  - 

**THE BRAVE:**

- **FRIDAY 8.28.**
  - Bowdoin College Club.
  - Don Carlos.
  - Red Light Review.
  - Visual Arts Center.
  - South Auditorium, 865 Forest Ave.

**THE LEAGUE**

- **SATURDAY 9.28.**

**THE NORTHWESTERN UNIVERSITY**

- **TUESDAY 10.2.**
  - 

**THE LEAGUE**

- **SATURDAY 9.28.**
  - 

- **SUNDAY 9.30.**
  - 

**THE FRESH MARKET**

- **SUNDAY 9.30.**
  - 

**RESTAURANT & TAVERN**

- **THE BROKEN DECK**
  - The September Sun is still warm and our Deck is still open!
  - Live music this weekend.
  - Friday, Sept. 28 & Saturday, Sept. 29.

**Breakaway**

- **TUESDAY 10.2.**
  - Open Mike Night with Bob Martin (rock).
  - Mark's at the U (rock)pn.
  - The Anvil (rock) Horseheads.
  - The Pound (rock) The Pound.

**NEW HAMPSHIRE**

- **TUESDAY 10.2.**
  - Open Mike Night with Bob Martin (rock).
  - Mark's at the U (rock)pn.
  - The Anvil (rock) Horseheads.
  - The Pound (rock) The Pound.
**Entertainment Weekly**

**CONCERTS**

**FRIDAY 28**

Laura Waterford (8th/night time pm). Portland will present a benefit concert

**SATURDAY 9.29**

Center of Benton Round Four Glory (4). 1 pm. Catherine Whipp and the Staves will perform this program will be open to the public.

**SUNDAY 9.30**

~100 Auditorium (5 pm). Portland will present a benefit concert

---

**AUDITIONS**

For "American Idol" and the Night Stage at the Portland Performing Arts Centre, Portland will present a benefit concert

---

**UPCOMING**


---

**STAGE**

The Importance of Being Earnest. The Portland Playhouse presents a benefit concert

---

**ART OPENING**

The Art Gallery at the Main Street, will present a benefit concert

---

**OUT OF TOWN**

The Art Gallery at the Main Street, will present a benefit concert

---

**OTHER**

Cranleigh-Roundstone Basket. Fiddle & Friends, will present a benefit concert

---

**SOUND ALTERNATIVES**

A holistic approach to therapeutic massage by a professional expert in conventional medicine.

---

**NEW & USED**

Records Tapes CDs

---

**CYR INDUSTRIES, INC.**

Electrical Contractors

---
line ad deadline: noon Monday. display ad deadline: 5 p.m. Friday. use the coupon or call 775-6601.

**PERSONAL OF THE WEEK**

Winter receives two free movie tickets compliments of the Rume Mall General.

When your summer standards fall for winter, call Mr. Domando. Send Better Homes and Gardens photos.

CBW Box 306.

If you have trouble with your career, write personal, consider Q 100 (500 words maximum) to the following address:

P.O. Box 295 Gorham ME 04038

Be sure to indicate your sexual preference and include your telephone number with area code.

**BIZ SERVICES**

"To Your Personal Mess" interior decoration and design, 125 years experience, personalized service, individualized style, 2115 Main St. Call 878-6002.

For the next 5 weeks, get to know us, our services, our people. We're 100% FREE. Saturday 10am-5pm, 225-0225.

**COMMENTS**

"To: Your Dating Service For Men"

"Your Service Must Be Doing Something Right."

I'm writing to you, as a member of your service, to have a say in the future of the service. I've found your service to be very effective and I would like to see it continue to be so.

"In Your Next Campaign, I Would Like To See the Following Changes:"

1. A more personalized approach to match making.
2. Increased communication with clients to keep them informed of new developments.
3. A more efficient way to handle customer inquiries and complaints.

I appreciate your service and look forward to continued positive experiences.

Sincerely,

[Client's Name]
learning

ROOMS!!! Learning to live on one's own can be very exciting. In this class, we will discuss the importance of

scheduling, time management, and problem solving. We will also explore

self-care and how to create a safe, healthy environment. The class includes


roommates

Available 3rd floor, 2 bedroom apartment next to Portland U. Sept.-May. $2000+ utilities. Refundable deposit

$1000. 970-1503.

REALITY THERAPY/PERSONAL GROWTH OR GROUP

Barbara 773-8519

CERTIFICATION PROGRAM

POLARITY REALIZATION

NEW

Scarborough, Maine

160-hour Polarity Therapy

ongoing therapy group

Psychotherapy Center of Maine

Sarah J. Bailey, LCSW

Psychotherapist

- EAP Trainee - Relationship Addictions

- Loss Counseling - Marital Counseling

871-9256

New ongoing therapy group:

Co-dependency/Gender-Role Therapy Group

for adults from Dysfunctional Families

$30 per person, $18 for students or family couples.

Co-dependence and intergenerational trauma can be healing for people who have been emotionally neglected or betrayed by their parents.

Subsequent group will also offer experiential therapy and workshops.

For more information or to schedule an assessment, call

Cathie Kast, LCSW 871-8498

Karen Sueda, LCSW 773-4339

music lessons

GUITAR LESSONS

from punk to jazz, from beginner to advanced

Jeff Weinberger 772-0088

real estate

real estate

Produced by Portland Newspapers

930-3700

Name chains

Some people have last names that are more interesting than others. For example:

Other people have last names that could be easier to spell or are more unique or

The above names are just a few examples of the last names that can be:

1. Spelled easily

2. Easy to type and spell

3. Not alphabetized together

4.’t’ not in a word

5. ‘Y’ not in a word

6. Sounding like first names

If you want to win more than one prize

Name chains must be submitted by Sept. 23.

A name chain is a series of names that look like last names. For example:

Name chains must be submitted by Sept. 23.

The second prize winner receives 2 tickets to the Portland Symphony Orchestra.

All entries for this week’s puzzle will appear in the Oct. 11 issue of Casco Bay Weekly.

Real Puzzle #39

Carsey Weekly

155 Exchange St.

Portland, Maine 04102

617-434-3900

42-00 5th Ave.

Marshfield, MA 02050

413-775-7211

Studio/rent

East Portland.

2 bedroom, 1 bath with kitchen and living room.

Available Oct. 1.

Ask about the post office

P.S.

Send your best solutions to the post office

solution to Real Puzzle #37

The solution to this week’s puzzle appears in the October 10 issue of Casco Bay Weekly.

ARTISTS’ STUDIO OPENING

A contemporary 4 bdrm. house near Fort

Woodfords area with one woman, a big

family, and a room suite with skylights and

ceiling fan.

Definitely seeking a responsible

female roommate wanted, a professional or

nice woman to share weight, comedy and fully equipped studio

but the truth is that I’m a professional and

I’m not going to let this number

The post office

New York City

September 21, 2006

23
A Full Service KilC Store For All Mighty Wind Related Needs

Kites for the Whole Family from novice to expert DELTAS, DIAMONDS, PARAFOOLS, DRAGONS, BOX, SATELLITES, DESIGNER WIND SOCKS, WIND TOYS

A Unit Store Portland ME 04101 77-0070

Stay Warm with a Steaming Bowl of Homemade Soup or Fresh Warm Quiche & More

When YOUR Game Goes into Extra Innings.

Home Plate

Breakfast & Lunch Monday-Friday, 7AM-2PM & Saturday & Sunday 7AM-1PM

5 Dana Street • The Old Port • 774-9967

MEXICAN FOOD SO AUTHENTIC YOU'LL THINK TWICE BEFORE DRINKING THE WATER.

DON'T LET IT SLIDE

DON'T LET THAT SLIMMED & TANNED SUMMER BODY SLIP AWAY

BUY 2 MONTHS FOR $50 & WE'LL THROW IN 5 FREE TANS!

Union Station Fitness Depot
222 Exchange Street • Portland • Maine 04101
Phone 778-9144

Stay Warm with a Steaming Bowl of Homemade Soup or Fresh Warm Quiche & More

When YOUR Game Goes into Extra Innings.

Home Plate

Breakfast & Lunch Monday-Friday, 7AM-2PM & Saturday & Sunday 7AM-1PM

5 Dana Street • The Old Port • 774-9967

MEXICAN FOOD SO AUTHENTIC YOU'LL THINK TWICE BEFORE DRINKING THE WATER.

DON'T LET IT SLIDE

DON'T LET THAT SLIMMED & TANNED SUMMER BODY SLIP AWAY

BUY 2 MONTHS FOR $50 & WE'LL THROW IN 5 FREE TANS!

Union Station Fitness Depot
222 Exchange Street • Portland • Maine 04101
Phone 778-9144