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Casco Bay Weekly

The Business of Losing Weight

You may not end up any lighter, but your wallet will.

Deep in hock
3
Exclusive! Patti Smith eats soft-shell crab!
7
We shoot the sheriff!
8
Getting the bugs out
20
Farewell to "Ecce Homo"
39
A CONVERSATION WITH
JIMI ST. LEONARD

"Our favorite thing to stock is probably guitars and guns. We like having good band instruments. We have Gibson guitars. We also have Les Pauls, and also we have really good rifles."...

Jimi St. Leonard, 28, has been managing the Wise Trading Co., 55 Exchange St., for four years. You can find everything from antiques to cocktails in the store. St. Leonard is a musician who likes giving people advice when they're picking out a guitar. It seemed like he was a little nervous answering questions during the interview, but he was friendly with staff and customers.

Do you like what you do?
It has its ups and downs.

Why did you become a pawn shop dealer?
It's interesting, unique and different every day.

What's the weirdest thing anyone has tried to sell you here?
I've seen some really weird sexual devices.

What's the most you've paid for something?
I myself don't really handle the huge transactions like the owner does.

What's the biggest amount that you know he has paid?
It's hard to pinpoint. It's been in the thousands before.

What was the object?
An expensive diamond or something.

Have you ever been held up or anything like that?
I haven't yet.

Do you get a lot of people to pawn stuff here?
More people pawn here than you can imagine, especially gun transactions. In order to get a gun, you have to have been convicted of a felony, you have to be a Maine resident and you have to have private identification to show that you're 21 or over.

Interview by Jordan Kocuba; photo by Colin Malakie

SUMMER SALE.
30% - 50% off
Summer Clothing & Shoes

Drink It!
Stone Coast
14 York St. Portland 773-BEER

SUMMER SALE.
30% - 50% off
Summer Clothing & Shoes

SALE: Wild Ginger
Affordable and fun clothing, Jewelry & Gifts.
55 Exchange • Portland • 207-774-1435
Mon - Thurs 11-7, Fri-Sat 11-9, Sun 11-5

KAMEL Cigarettes

SURGEON GENERAL'S WARNING: Smoking Causes Lung Cancer, Heart Disease, Emphysema, And May Complicate Pregnancy.

AUGUST'
The ghost of you walks

Rumors have been swirling that the clanking of chains, the knocking of doors, or the clapping of fingers have been heard in the vicinity of Joe Brennan's former office in Portland City Hall. "It used to exactly like Joe Bren-

can," one neighbor said, "only not as boring."

Brennan was the former governor and congressman who lost the 1980 and 1984 elections. He was succeeded in the gubernatorial seat as well as in the 1990 U.S. Senate contest.

He's been described as a Democratic governor, and after three unsuccessful Senate bids, was considered hopelessly doppelganger. As for his other variety of nocturna, "this world may well have become way for the rest of the day.

What appears to have been the start of his political career could back from the past, the proposal to create an elected mayor in Portland. Participants in a recent editorial board meeting at the Press and Free Press said to have heard at least one echo, light hands and untreated cases.

Brennan's spirit, which could be said to participate in the powerful new role, has been described as being active during the past elections.

As for thePress and Free Press, the view was that he would be particularly dead as he seemed last November. With such a number of alleged sightings, it is not surprising that the spirit of Brennan has been spotted in the city.

The spirit of election years past may well soon be a part of the living by promoting a new mayor. Participants in a recent editorial board meeting at the Press and Free Press said to have heard at least one echo, light hands and untreated cases. Brennan's spirit, which could be said to participate in the powerful new role, has been described as being active during the past elections.

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I'm not necessarily saying my life is always more interesting than yours, but I do see that the Blue Smith fabric company never runs out of ideas, does it? You know what I mean? No, I didn't think so.

What happened to this is... My friend John, who is the director of the Photography Resource Center at Boston University, recently bought a new studio to be used by the students for their work. Apparently, it's a beautiful stone building with a large glass window on the front. When John told me about it, I was excited to see it for myself.

Well, after a long drive, we arrived at the studio and were greeted by John's wife, Deb. Deb was so kind and welcoming. She invited us in and showed us around the studio. It was stunning, with lots of natural light coming in through the large windows.

As we walked around, Deb told us about some of the recent projects that the students had been working on. Some were experimenting with new techniques, while others were exploring different media. It was fascinating to see their dedication and passion for photography.

We spent a few hours there, enjoying each other's company and discussing photography. It was a great day filled with inspiration and ideas.

After the studio, we went to a nearby restaurant for dinner. It was a beautiful evening, and we had a wonderful time. I'm so glad I got to spend this day with John and Deb.
CBW: Why is your prison more efficient than North (the main jail)?

Ridlon: I think we've been doing this longer. North's been doing this for 30 years. We've been doing this for 15 years.

CBW: What kinds of changes do you want to make around here?

Ridlon: I think we've made changes already. We've changed the administration, we've changed the way we do things. We've changed the way we do everything.

CBW: Talk to us about the computer program.

Ridlon: We have a program that's called the "Inmate System." It's a program that we use to manage our inmates. It's a program that we use to track their progress and to keep track of their activities.

CBW: What is the entire sheriffs department budget?

Ridlon: The budget for the sheriff's department is $14 million.

CBW: What is the entire jail budget?

Ridlon: The jail budget is $9 million.

CBW: How do you respond to critics who say the sheriff's department is not efficient?

Ridlon: I think we're doing a good job. We're doing our best to manage our resources and to keep our inmates safe.

CBW: What is the most common mistake that you see in our system?

Ridlon: The most common mistake that I see in our system is a failure to follow procedures. We have procedures in place, but sometimes our officers don't follow them.

CBW: What is the most significant thing you've learned about running a jail?

Ridlon: I've learned that it's important to have a good staff of officers who are dedicated to their work.

CBW: What is the most significant change you've made to the jail?

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by four doctors give her a 50 percent chance of survival. She
is not allowed to smoke or eat solid food. She is hooked up to a
ventilator and a feeding tube. The nurses are watching her. But she
doesn't know why. And she doesn't want to know.

This is her life now. She has been told that she will probably
live for a few more weeks. She is being treated for pneumonia and
acute respiratory failure. She is being kept alive on life support.

The nurses are watching her. But she doesn't want to know.

This is her life now.
Yours have additives.

94% tobacco
6% additives

* Laboratory analyses of the top ten U.S. non-menthol brand styles show all of their tobaccos contain a minimum of 6% additives on a dry weight basis.

New Winstons don't.

100% tobacco
0% additives
Complete Automotive Repairs
German Auto Specialists
Lease Car Maintenance
501 Cottage RD S. Portland - 799-7314

Simple Things for Back to School

Toms of Maine Natural Personal Care Products
Organic Cotton Clothing
Soaps, Lotions & Oils
Recycled Paper
Earth Friendly Housewares

Lafayette Center
Debby Carr
207-983-3674
New Expanded Summer Hours
Mon-Wed 10-6, Thurs-Fri 1-8.7

movies?

Lucas Garden Center's
August Super Sales
50% off All

LUBRICATION SERVICE DISCOUNT. EXP 9-14·97

CASCO BAY WEEKLY

German Auto Maintenance Repairs

PRA97-98

Act Locally, Listen Globally

Sweet Honey in the Rock
1. Five of the general public. of the children who attended 2.
2. October 29, 1997

Richard Thompson
The Man With the Mandolin

Felix Navidad de Puerto Rico

Joyful Noise

Ballet in Boston

Chic-Ajo

The Indioes, Inc.

Tomas Alfonso

Casavant Evora

Verdi-Fulgeri: Highlights from La Traviata

David Parker and the Bang Group

Concerts In City Hall: The 14th Annual Cantata for the Homeless.

Great Performances: In Concert: J. Robert Woodcock, Baritone

New York, New York

Karen, a tall, big-boned woman, was a whiner. "I'm doing this thing called the Weight Watchers' plan, but I lost 5 pounds in the past month."

Carol talked about how much tougher it was to control her feelings when she first started going to OA.

Karen, the 42-year-old, is having a hard time with that. She was brought up in a family of food addicts. "I don't have to be like that anymore."

Karen, a Southern Baptist, is one of eight people who attended the meeting. Despite the occasional tedium of listening to a Janet, you can still get some good stuff from the program. Like a place to vent and an empathetic ear.

Despite the occasional interruptions, the group had to keep its name in the news.

Tummy trophies have tried every weight-loss scheme in the book. "I take it [longest weight-loss] but know I'll never be 30 pounds again, but I should be nice."

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The Business of Losing Weight

Patients lose weight, not to show off more attractive clothing. They become more active in community activities, which leads to personal and family comfort and health."

He was unsure of the recidivism rate, but acknowledged that some people do regain what they've lost. "People who are obese don't know how to eat responsibly and they try it," he said. "They lose weight over several tests."

"Nothing is a cure-all for our children's eating problems," said the psychologist, who helps her patients get in touch with their "real hunger", their emotional hunger. She tells her patients to stop dieting and stop weighing themselves. "It takes a step of faith to stop eating," she said.

Merola doesn't put too much stock in commercial weight-loss methods: "People don't know how to eat for weight gain. They come because they've been on diets and they don't work.

"Not everyone who's overweight has an eating problem or a full-fledged eating disorder, but many who are thin and who weigh less than their ideal weight have an eating disorder," said Merola. They might have gained a few pounds or are over the holidays. The difference, she pointed out, is that "they don't go crazy about a weight gain. They just eat a little too much."

On the other hand, someone who has an unhealthy obsession about food — and not all are obese, some are at a normal weight or even underweight — might "starve their body". They "can't control their eating"

Merola explained this phenomenon as something that has been genetically "wired" over thousands of years, through famine and times of hunger. "It's the bodies' way of survival. Eating a lot when there is no provision means that the person can be exposed to food."

The body is then "hungry" for food, and Merola said it is another eating disorder.

Merola also sees the "binge-eating syndrome" as something that has been brought on artificially through dietary changes by people who want to look perfect.

Merola works with people to "eat for their real hungers."

Merola also sees the "diet problem or eating disorders," said Merola, "as a symptom of something different."

About the dieting programs, she said, "Once I've been on a diet for a few months of life, if dieting were to continue, we're not going to eat for the rest of our lives."

"It's not about willpower. We're just not eating for the wrong reason," she said.

Merola also sees the "yo-yo weight business" as something that has been "wired" into our bodies.

Merola also sees the "eating problem or eating disorders," said Merola, "as a symptom of something different."

"It's not about willpower. We're just not eating for the wrong reason," she said. "It's about making the next meal count."
When I moved onto Tyng Street, in March of 1995, people told me I had made a mistake. New to Portland, I had no idea what the West End street's reputation was, only that the apartment was affordable and the landlord seemed nice. Soon I learned that many Portlanders viewed Tyng and nearby Tate Street as a "bad neighborhood"—dangerous and scruffy. And then there was the bridge construction. From my bedroom window, I could see the new bridge being built. The noise, everyone told me, would drive me cra-a-a-a-zy. And the bridge would obviously not be done on time.

Well, unless something pretty dramatic happens, the new bridge will open Aug. 30, only a couple of months behind schedule. I see the last two and a half years have not been entirely comfortable. In fact, we've been woken at 7 a.m. morning after morning by the pounding and beeping and whining of heavy equipment. I've had nightmares watching the pace of the foot of the street, where I wash my dishes, be destroyed to make a detour onto the old bridge. I have had my ear coated with dust from the construction.

But despite these irritations, I have grown to really love Tyng Street, where I feel I'm comfortably safe and I have a pleasantmoding acquaintance with most of my neighbors. I love to see the boats appear in the harbor every spring. I love to watch the Scotia Prince steam in and out on summer evenings. I live to listen to the foghorns on snowy nights.

In the last year or so, as the opening of the bridge drew closer, several of the buildings on the street changed hands. There's no great architecture on this one-block street. But the new owners have taken what was demoralized and sometimes dangerous apartment buildings and renovated them nicely. At least six buildings on the block have been cleaned up, painted and finally landscaped since I first moved into the neighborhood.

Tyng Street is starting to look downright respectable, although by no means finished.

This little ramona always goes to show that urban planners have learned a few lessons about development that are actually paying off. There was a time when some were advocating a new bridge to make it easier that its construction would have necorperated the leveling of Tyng and Tate streets.

The awkwardness about what shape the new bridge would take makes it that the new bridge was built to look pristine, to straighten up the community. We've seen it before on the East End, and we're hoping it will be the same experience that we see on the other end of the bridge.

My neighborhood is just a tiny part of the city of Portland. But it's a success story worth noting. Planning that respects the integrity of a neighborhood, one so unfashionable, can result in decent, affordable places to live. Places like Tyng Street.

Saran Goodier

LETTERS

Comment

Wendy George

The street where I live

When I moved onto Tyng Street, in March of 1995, people told me I had made a mistake. New to Portland, I had no idea what the West End street's reputation was, only that the apartment was affordable and the landlord seemed nice. Soon I learned that many Portlanders viewed Tyng and nearby Tate Street as a "bad neighborhood"—dangerous and scruffy. And then there was the bridge construction. From my bedroom window, I could see the new bridge being built. The noise, everyone told me, would drive me cra-a-a-a-zy. And the bridge would obviously not be done on time.

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Saran Goodier

LETTERS

LISTEN UP, AMTs

I am responding to your recent article "Prison, sweet prison," which appeared in your March 9 issue, which I recently got to watch the DOC response to two AMTs (Amended to "AMT")

Richard Michaud

The quality of mercy

A recent story on the charitable cause provided by local hospitals ("When do all the dollars go?"

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Richard Michaud
Totally bugged out

Just don’t call him an exterminator

**SHARON BASS**

Tony Gowell walks into the cramped, grime, bug-infested kitchen of a Portland restaurant, armed with a spray can of pesticide and the determination to evict every last nematode. “Find a lot of roaches in a PCT? Well, there’s your answer,” he says. The PCT—the Portland Cockroach Team, a division of the city’s Health Department, is responsible for controlling the insect infestation in the city’s restaurants.

Gowell walks the fine line between extermination and extermination. He’s had little hope the exterminator will ever be fog-free, he says, because the pest control doesn’t do much in the way of fogging. “I’m just here to clean up the mess,” he says. “I’m not here to kill the bugs. I’m here to get them out.”

Gowell attributes his success to his “dry” approach. “I don’t use any chemicals,” he says. “I just spray the bugs with a powerful jet of water.”

But there are some bugs that are tougher to get rid of. “Some bugs are harder to get rid of than others,” Gowell says. “The ones that are hardest to get rid of are the ones that live underground.”

Gowell talks in terms of “ecological balance.” “It’s not about killing all the bugs,” he says. “It’s about finding a balance.”

But for this restaurant, the balance is harder to achieve. The PCT has had to be called in once a week to deal with the infestation.

For more information on pest control, call the Portland Health Department at 503-241-2626.
DANCE NIGHTS
WEDNESDAY
Ladies Night
DAM ROY CURTIS & EDIE O'BRIEN HOT BOX. HOUSE AND HIP HOP
THURSDAY
"7-HOUR" WET JOCKEY HOST AN EVENING WITH THE LATEST MODERN DANCE TRAXX, PROBE AND SPECIAL GUESTS
FRIDAY
NEW ENGLAND'S BEST FRIDAY NIGHT DANCE PARTY DJ JAY-Z/DYKES TOP 40. 80'S. HIP HOP, LATINO AND HOUSE
SATURDAY
BEAT STREET STRAIGHT OUTTA BROOKLYN WITH DJ DAVE "DAE DREAD" BRIGETTE. THE HOTTEST SOUNDS FROM EAST NYC AND THE WEST COAST
ROLLING ROCK $1.50
8-10PM EXCEPT SUNDAY SHOWS
ALL SHOWS 8-10PM - ALL SHOWS NOW 18+

ASYLUM
SPORTS BAR & RESTAURANT
Monday-Friday 4-7pm
91 off Appetizers
ALL Domestic drafts
FREE FOOD Thursday & Friday
DIRECT TV offers up to 13 games a day
NOT YOUR TYPICAL SPORTS BAR

Clubs
Prime cut

22
DIRECT TV offers up to 13 games a day
AND SPECIAL QUESTS
SOUNDS FROM EAST NYC ANP
S-10pm
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Monday-Friday 4-7pm
On 4 Large and 4 Huge Screens

OLD PORT TAVERN

RUSH

BUY ONE MEAL
GET THE SECOND
(HOP EQUAL OR LESSER VALUE)
1/3 OFF
Expires April 31, 1997
Get your free Sports Menu

THE GREAT LOST BEAR

presents
The All-American Microbrew Showcase
Every Thursday in August and September 5-9 pm

THURSDAY. 9/2
Red Hook Brewery, Portland. NH • Scott Donham, Lead Brewer.

Friday 8-29
Portland's Best Happy Hour Bulletin $7
FROM GOOD HOMES
SAT. 8-30 $15
The Stars From The Movie
The Commitments

SATURDAY 28
FRIDAY 27

THURSDAY 26

WEDNESDAY 25

MONDAY 23

SAVING "CAROL" VANCE SPINS
R&B, $1.25 Domestic drafts

SUNDAY 22

DORSET 886-0099

GREAT LOST BEAR

218 Middle St. Portland. 775-5411

THE ITHACAN INN

214 Exchange St. Portland. 821-1111

GREAT LOST BEAR

188 Middle St. Portland. 773-0300

CLUB DIRECTORY

SEPT. 1ST
BILLY LEE REEVES

JADIS

RICK'S

THE SAVAGEL

GREAT LOST BEAR

CHERRY TREE

CHIMERA

THE MARSHALL TUCKER BAND

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THE MARSHALL TUCKER BAND
Bargain beer bonanza

Nothing fills a bar like the promise of cheap beer, and Portland's drinking establish­ments are no exception. Among the many options, I'd have to rank The Forge, Stone Coast and The Moon as my top three. I'm sure there's some kind of wisdom that says trashed people with full pockets will develop good associations with your bar. Or maybe it's just a matter of making up your mind to attend on a slow night. Whatever the motivation, cheap beer does work.

The Forge, too, has been the same name in a different form for many years. But two weeks ago, when I first discovered this bar, I was charmed by the variety of nonconformists and bartenders who had time to chat—not exactly the bar owner's dream, but I liked it. The atmosphere changes—new bartenders and decor—will not be a big surprise. I don't always change when I'm at the bar.

If you want to meet 20-somethings in jeans, t-shirt and baseball cap exclaim to his buddy, "If I didn't have a girlfriend I'd be in here a lot!"

Stone Coast has been a mainstay of Portland nightlife. Of course, if you'd like to consider it a gospel, go right ahead. But more than anything else, it's one big glorified happy hour. Cheers.

So cheap beer attracts big crowds and makes money for the bar, but what does that mean? With full pockets will develop good associations with your bar. Or maybe it's just a matter of making up your mind to attend on a slow night. Whatever the motivation, cheap beer does work.

The Moon's cheap beer night is clearly the bargain basement of them all. Who can resist $1 for a Geary's? Most Tuesday nights, the place is packed. The Moon's cheap beer night is clearly the bargain basement of them all. Who can resist $1 for a Geary's? Most Tuesday nights, the place is packed.

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STEADY ROLLIN' BOB MARGINOLIN

Everytime how long has Maine's Bob Marginolin been "steady rollin'?" Well, he's spread a glass-tastic Adirondack style and played alongside Randy Newman, Greg Brown and countless others. He's been just as active as he's been for the past few years. The music is a blend of rockabilly and roots music.

Return to:

o employees.

pledge forms for _

1997 campaign packet

including brochures and

MaineShare. Please send a

26 Address, _______ 

1997 Enrollment Form

Firm _________ 

Fall, '97 Campaign

Register now for the 

87 Campaign

Firm

Contact Person _____ 

Submissions for the calendar must be received in writing by the Thursday two weeks prior
to publication. Send your calendar below in 2

Casco Bay Weekly, 541 Congress St., Portland,

MARGINOLIN

BLUE FOUNTAIN DINER

Sometimes a band can lose all the momentum of a bigger bill, but not Bob and the Great Lakes. They let the momentum spill over into an album release this fall. They have a new album, "The Sound of Things," which will be available on CD and cassette. The music is a blend of rockabilly and roots music.

Andy Staff/Portland Phoenix

MALNE SHARE, P.O. BOX 2095

Return to:

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Fax. 622-3731

Tel. 622-0105 or 772-9824

www.a2zcomputing.com/users/maineshare

Augusta, ME 04338

Quick Picks

A piper's partner, front row left.

AUG 28

Fountain Diner's music straddles genres to good result. At 775-6148.

OPENING CELEBRATION

October 16, 1776. The Casco Bay Bridge is ready for traffic. To celebrate, the Chamber of Commerce is throwing one heck of a shindig. Socializing starts at 26 Congress Square, at 12:30 p.m. and 6 p.m. Tix: $5. 773-6886.

BLUE FOUNTAIN DINER

\"Blue Fresh, Blue Fresh\" will sport a glistening Afro and played alongside Muddy Waters - two pieces of history. More on this later. The music is a blend of rockabilly and roots music.

VOICE MAKES A FAMILY

It's clear how people get together to make music. How do they make music? They have a vision of what they want to accomplish. They have a passion for making music.

FIND OUT WHAT MADE

Walters (bass and barmonica) and Atlanta's Sweet Betty (vocals on "Coffee Bank"). Find out what made them play music. They have a passion for making music.

Casco Bay

Great Fall Fashions!

Calendar

FRIDAY

Saturday 29-

<table>
<thead>
<tr>
<th>FESTIVITIES</th>
<th>LOCATION</th>
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<tbody>
<tr>
<td>Safety Rodeo, Knucklebusters Antique Car Show</td>
<td>Portland</td>
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<tr>
<td>Classic Motor Show, a road race, bridge walk, a marine parade and fireworks at 9 p.m.</td>
<td>Portland</td>
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<tr>
<td>Casco Bay Bridge</td>
<td>Portland</td>
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<tr>
<td>Squeeze Accordion Group, entertainment from Blink and the Goats</td>
<td>Portland</td>
</tr>
<tr>
<td>Blue Fountain diner</td>
<td>Portland</td>
</tr>
</tbody>
</table>

**FAST FACTS**

- **AUG 28**
  - Whether you're planning a convention, a business meeting, a vacation, or a special occasion, the Casco Bay Bridge will make your visit unforgettable.
  - Check out our extensive selections of blues, Louisiana, New Age, Celtic, Singers & Standards and Good of Rock & Roll.

- **AUG 29**
  - For more information, visit our website at www.cascobaybridge.com or call (207) 799-9833.
INDIGO GIRLS
1997

Honor the Earth '97

Where else can your child do the waltz, play the bongos, make French crepes, sculpt a vase and be a pirate all in the same day?

A unique preparatory school for the toddler and preschool years. Just a few spots left in our afternoon program. Call for a brochure or more information.

With this huge AD, I hope I've gotten your attention - now what? Well, if you haven't been in, you have to check us out! The store is more interesting than the Portland Museum, and there's NO admission charge.

Incredible 50% off everything in store every day! Reprint anywhere for a friend and they get 50% off too! Everything is at least half off!

SATURDAY, SEPTEMBER 13TH
GRAY GAGE
BATES COLLEGE
TICKETS $22.00
AVAILABLE AT ALL BULIMOOSE LOCATIONS AND BATES, BOWDOIN & COLBY STUDENT ACTIVITIES OFFICES

MERRILL AUDITORIUM
At City Hall, 56 Myrtle St, Portland Me.

Sunday, October 12, 1997 8pm
All Seats Reserved (37th, 32nd, 27th)

THURSDAY 28

Jethro Tull

FRIDAY 29

The Jefferies Band

SATURDAY 30

Paul McComas & the Beggars

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SALTWORKS

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PORTLAND-MAIN

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Museum, and there's NO admission
charge. We have tons of Affordble
pottery and lots of other neat stuff, also very
affordable. Please STOP by and help CBW
prove that Advertising works!!!

Just a few spots left in our afternoon program. Call for a brochure or more information.

Jethro Tull

An Evening with

MERRILL AUDITORIUM
At City Hall, 56 Myrtle St, Portland Me.

Sunday, October 12, 1997 8pm
All Seats Reserved (37th, 32nd, 27th)

Casco Bay Weekly is currently seeking Qualified Advertising Sales with General Portland's HOW GOOD ARE YOU?

Accounts Executive. Requires minimum of 1 year experience in advertising sales. Must have ability to prospect, develop and service large number of potential accounts. Exceptional organizational, time management and presentation skills. Sales experience in the arts field a plus. Competitive base plus commission. Please forward resume to:

Gerry J. Watson
Y.P. Sales & Marketing, 207-781-2767

P.O. Box 6082, Portland, Maine 04112
performing arts

auditions

A Wyoming Theatre Company group is seeking experienced dancers to perform in "Fiddler on the Roof." Auditions will be held Thursday, Aug. 29, 5:30-7:30 p.m., at the Portland High School. For more information, call 811-1013.

The Portland School of Ballet announces its Summer Intensive Program, Aug. 1-29, 9 a.m.-noon and 1-5 p.m., at the Child Study Center, 1800 Stevens St. Registration deadline is July 16. For more information, call 775-2708.

Submissions for the next season of "Dance in the Park" are due Aug. 28. The series takes place every Wednesday, 7-9 p.m., at Deering Oaks Park from Sept. 4 through Oct. 16. For more information, contact Susan Ryan at 811-1013.

The Pine Tree Shop and Bayview Gallery, 15 Pleasant St., Portland, is seeking painters to exhibit during September. The deadline for applications is Aug. 15. For more information, call 818-0584.

Center, 383 Warren Ave, Portland. 811-2891 or 811-2891.

Workshops also available. For more information, contact the Portland Parks and Recreation Department, 807 Congress St., Portland. 774-1822.

Theatre Sept 4-21. For more info, contact Brian P. St. George and Backstage Creations. Call 181-5446.

Scenes from "Theater of the Mind," a playscript created by the Public Theatre's BRIC, will be performed at the Portland Community Chorus vaccine center, 415 Cumberland Ave, Portland. 818-5040.

Schoolhouse Arts Center at Sebago Lake, Route 302, Hallowell, is accepting registrations for its 1997 fall/winter season. For a brochure, call 181-9611.

Theatre offerings at the Portland Museum of Art include "The Lost Treasure of the Pharaohs," "Robert L.orus and the rediscovery of the Egyptian pyramids," and "The Ancient Egyptians." For more information, call 774-1822.

See "Paradise Garden," a play about the Garden of Eden, at the University of Southern Maine's Black Box Theater, Aug. 7-9. For more information, call 415-3884.

The Maine School of Dance presents "The Nutcracker," a holiday ballet, at the Portland Community Auditorium, 500 Congress St., Portland. 818-2751.

For more information, call 360-9259.

The Maine School of Dance continues Summer Intensive Program, Aug. 1-29, 9 a.m.-noon and 1-5 p.m., at the Child Study Center, 1800 Stevens St. Registration deadline is July 16. For more information, call 775-2708.

The Portland Community Chorus is recruiting singers for its 1997-98 season. For more information, call 181-9611.

The Royal River Chorus offers performances to participate in its ongoing community theatre project. Meet in physics 181-2891. For more information, call 181-2891.

The Freeport Community Chorus is seeking singers for its upcoming fall season. For more information, call 181-3001.

The Portland Community College Choir and Alumni Choir are seeking members for the 1997-98 season. For more information, call 181-3131.

For information, call 800-639-4061.

"New England: A Journal of the Arts," a new quarterly arts magazine, is now accepting subscriptions. The first issue will be published in the fall. For more information, call 181-3001.

"Images of Maine," watercolor paintings by Diana Hill, will be on display at the Pleasant Street Collective, 52 Pleasant St., Portland. 818-8685.

Attic Window Art: "The 1990s: A New Era," a group exhibition curated by Katherine Eades, will be on display at the Abacus American Crafts, Greenhut St., Portland. 811-2891.

"Triptych-Ezekiel-Kaddish," a collaborative exhibit by Trudy Rosenberg and Cindy Mackay, will be on display at the Center for the Arts, 144 High St., Portland. 811-2891.

"Zephyr," a group of paintings by five Portland artists, will be on display at the Frick, shows through Sept 1. Hours: Mon-Sat 10 am-6 pm, Sun 1-5 pm. 725-3275.

"Exhibitions 654 Congress St., Portland. New paintings by Steve Clark, "Le Sauvage," and found metal sculpture by Joyce and Lou Mastro will be on display. Hours: Wed, Thurs and Fri 4-9 pm, Sat noon-9 pm, Sun noon-5 pm. 166-5914.


"Painting Light," a group exhibition of paintings, sculpture and photography by artists from the Portland Community College, will be on display at the Maine History Gallery 489 Congress St., Portland. 811-2891.

"Reconciliation," a group exhibition of paintings and sculpture by artists from the Portland Community College, will be on display at the Maine History Gallery 489 Congress St., Portland. 811-2891.

"Landscape in Detail," photos by Will Richard, will be on display at the Maine History Gallery 489 Congress St., Portland. 811-2891.

" pardon me, in Your Feet". a group exhibition of paintings and sculpture by artists from the Portland Community College, will be on display at the Maine History Gallery 489 Congress St., Portland. 811-2891.


"The Maine Art Museum," a group exhibition curated by Katherine Eades, will be on display at the Abacus American Crafts, Greenhut St., Portland. 811-2891.
In memory of Merwin

I have been lucky to love and to be loved, to have friends and to be a friend, to have a family and to be a family member. I have been fortunate to have a job that I enjoy and to be able to do things that I love. I have been blessed to be able to travel and to see the world. I have been grateful for the opportunities that I have had and for the people that I have met. I have been lucky to have a good life and to have been able to make a difference in the world.

I will miss Merwin. He was a special person and he will be missed by all who knew him. He was a friend, a mentor, a teacher, and a role model. He was a source of inspiration and a source of strength. He was a source of comfort and a source of joy. He was a source of love and a source of wisdom. He was a source of laughter and a source of tears. He was a source of beauty and a source of grace.

Merwin was a wonderful person and he will be missed by all who knew him. He was a source of light and a source of warmth. He was a source of hope and a source of courage. He was a source of joy and a source of happiness. He was a source of love and a source of kindness. He was a source of inspiration and a source of motivation. He was a source of encouragement and a source of support.

I will remember Merwin with love and with gratitude. I will remember him as a friend, as a mentor, as a teacher, as a role model, as a source of inspiration, as a source of strength, as a source of comfort, as a source of joy, as a source of beauty, as a source of grace, as a source of light, as a source of warmth, as a source of hope, as a source of courage, as a source of joy, as a source of happiness, as a source of love, as a source of kindness, as a source of encouragement, as a source of support, as a source of inspiration, as a source of motivation, as a source of encouragement, as a source of support.

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Fools for love
“What Doesn’t Kill Us” may not make us stronger, but it sure makes us laugh

JASON WILKINS

Here’s one characteristic that unifies every screwball comedy: the floor never drops out from under the characters. They are always chasing their dreams, even if those dreams are wildly unrealistic. This is the premise behind the New Yorker’s new screwball comedy, “What Doesn’t Kill Us,” which opens at Portland Stage Company this week. The play is written by Mark Van Doren, a prolific writer who lived from 1871 until 1964.

The plot of “What Doesn’t Kill Us” follows Joy and Byron, a young couple who are struggling to make ends meet in New York City. Joy is a waitress at a cafe, while Byron is a struggling writer. They meet at a bar and fall in love, but their relationship is complicated by the fact that they both have deep-seated issues that prevent them from fully committing to each other.

Joy is a bit of a tomboy, but Byron is a bit of a ladies’ man. They are both drawn to each other, but their differences make it difficult for them to work together as a couple. Despite the challenges they face, they manage to stay together and eventually find happiness.

The show is directed by Manchester’s own Vicky Hourigan, who has a reputation for putting on the best screwball comedies in the city. Hourigan has a passion for the genre, and she brings that passion to her work on “What Doesn’t Kill Us.”

The cast is led by Joy and Byron, played by Mabel Ellin and Mark Van Doren respectively. The two actors have a wonderful chemistry, and they bring the characters to life in a way that is both funny and touching. The rest of the cast is equally出色, with each actor bringing their own unique perspective to the show.

“What Doesn’t Kill Us” is a wonderful show that is both funny and thought-provoking. It is a great way to spend an evening, and I highly recommend it to anyone who enjoys screwball comedies. The show runs until October 13, so be sure to catch it while you can!
What Portland deserves is a moratorium from the Press Herald pulling queer-related news off the wire and more effort in local reporting and getting queer voices on the editorial page. CBW needs to get more balls, and CMP just needs to get a clue.

When I arrived in Portland, I've been accused of being highly critical of Portland's queer communities, although I've never written a single word about any community except my own. I don't know what it is about our community that makes us so easy to criticize, or why others don't think it's worth it. Perhaps it's because we are so often the targets of our own intolerance. Whatever the reason, it's time for a change.

The first step is to recognize that we are not alone. There are other communities that face similar challenges and have found ways to overcome them. We must learn from their examples and work together to make Portland a better place for everyone.

I've been told that there is no such thing as a perfect society, but I don't believe that. I believe that we can work together to create a better world, one where everyone is treated with dignity and respect. We must start by taking a hard look at ourselves and our community. We must be willing to admit our mistakes and work to correct them. Only then can we hope to make a real difference in the world.

Thank you for your attention to this important issue. Let's work together to make Portland a place where everyone is welcome and respected.
**JG**

James Mangold's star-studded thriller "Cop Land" is a solidly acted thriller. "Cop Land" is a film about two blokes running their own food truck. Holland (John Travolta), a man on the run from the law, and his partner, a retired cop (Robert De Niro), are the stars of the show. Holland is determined to get rid of the Internal Affairs Investigation headed by Mel Gibson ("Aliens"), who's a cop living in a sleepy New Jersey suburb. A Smile Like Yours" stars Greg Kinnear and Janeane Garofalo. In "A Smile Like Yours," Garofalo plays a restaurant critic and commitment-shy freelancer who tries to make a living as a scriptwriter. The review is engaging. Add the pride. Whether you're expecting turns like Janeane Garofalo or not. The review is equally engaging. Add the pride. Whether you're expecting turns like Janeane Garofalo or not. The review is equally engaging. Add the pride. Whether you're expecting turns like Janeane Garofalo or not. The review is equally engaging. Add the pride. Whether you're expecting turns like Janeane Garofalo or not.
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- Maintain a positive attitude
- Be a team player

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If you are interested in joining our team, please submit your resume to:

IKON Office Solutions
123 Main Street
Scarborough, ME 04074
(207) 883-7184

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**Weekly Wellness Directory**

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For Men and Women.
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- Neck & Back Pain
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- Stress Reduction
- Relaxation

**Sandy Bay Weekly**

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**The personals have moved up to the front of our classifieds section**

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- September 13th - 18th
- 10:30 am - 12:30 pm
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- with Elizabeth Serody
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- 772-1013

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- Therapeutic Massage
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- Saturday, September 13th
- 10:30 am
- 772-8277

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**WOMEN OF SIZE**

- Large Women: How To Explore Life Issues
- Group Hosted by a Woman
- Men, Women, 13-18 years, Tue., Thu., Fri., Sat.
- FMI Call Pauline A. Salustri, LMFT x 799-0596
- UNDERSTANDING GENDER DIVERSITY COUNSELING

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**Therapeutic Massage**

- Stress Reduction
- Therapeutic Massage
- Professional Associates

**FREE CLASS**

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- Mindful Breathing
- Shamanic Touch
- Gift Certificates available
- Weekdays, All Holidays
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**West End MASSAGE**

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- Myofascial Trigger Points
- Stress Reduction
- Relaxation

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**Rutland School of Massage**

- Neck & Back Pain
- Myofascial Trigger Points
- Stress Reduction
- Relaxation

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**SACRED BODYWORK**

- Kristine Schares
- 827-5413

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**Luna School of Wisdom**

- Light work for Wisdom
- 207-755-0500

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**A Ballet Choreography Workshop**

- with Elizabeth Serody
- September 13th - 18th
- 10:30 am - 12:30 pm
- 772-1013

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**Canc Bay Ballet Arts**

- A Ballet Choreography Workshop
- with Elizabeth Serody
- September 13th - 18th
- 10:30 am - 12:30 pm
- 772-1013

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**Canc Bay Massage**

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- Reflexology
- Polarity Therapy
- Therapeutic Massage
- Colon Hydro-Therapy
- Bach Flower Remedies

**FREE INTRODUCTORY CLASS!**

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