Local Artists

One of the great things about Portland is the abundance of artists living in the area and the numerous opportunities to have the public see their work. We will take a look at professional artists whose work you may have seen in one of the many galleries in Portland and local art students with amazing potential in the art community. Beginning on Page 16
TICKETS TO BE SOLD ONLINE AT ticketmaster.com. Service charges may apply.

Tickets available at the box office, ticketmasterlocations, and online at ticketmaster.com. Service charges may apply.

Tickets start at $12!
# Special Advertising Opportunities

Reach your target audience by advertising your product or service in an issue of CW featuring industry-specific content.

## Sept 25 Maine Outdoors

Be it hiking, hunting, camping, or skiing you can be sure your favorite outdoor activity is within a quick drive or drive walk. That's one of the many parts of our city and state for that matter. CW will fill you in on when and where all of your favorite outdoor activities will take place.

Deadline for editorial contributions and advertising is September 17.

## Oct 2 Portland Jazz

Our October 2nd issue will feature the musicians and the venues that make Portland a great place to hear live jazz. If you own a place where jazz is played, or if you're part of a jazz band—or if you just like any of the many varieties of this unique American music style and want your favorite group placed, let us know. Deadline for editorial contributions and advertising is September 24.

## Oct 9 Leaf Peepers!

Leaf Peeper (LEEP) peep-sy, is a person who, at the appropriate time during autumn, seeks out an area where many or most of the trees have changed colors. Let CW help you discover the best places to view Maine's annual forest fireworks show with our October 9 Leaf Peepers issue. Deadline for editorial contributions and advertising is October 16.

## Oct 16 Theatre in Maine

The theatre is alive and well and in and around Portland, Maine. From the Portland Playhouse, Maine’s oldest community theatre to the Schoonhoven Arts Center at Sebasco, the theatre is alive and well. From summer theatre at the Ogunquit Playhouse to the Children’s Theatre on Stevens Avenue, Maine actors, actresses, singers and playwrights are producing superb entertainment. The October 20 issue of CW will bring you up to date on the flourishing theatre scene in Greater Portland and beyond. Deadline for editorial contributions and advertising is October 8.

For more information, contact Roxani Mango-Morgenson at 775.5601 or e-mail baw@maine.com. Space is filling fast.

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**About This Issue**

In this issue you will find interviews with local artists. The art community is very diversified and we try to cover all aspects of it. We went a little further and found that we have a ceramic artist who just happens to be internationally known. He is a teacher at USM and we are honored that he shares his talents with our community. Included in this edition is a story about community-based art education programs through MECA and Cathedral School.

Our Talk section focuses on a tattoo artist from Sanctuary Tattoo. We have a special edition this week as we launch a "Computer Column" for those of you who wonder about the differences between Mac’s and PC’s.

Maine Publishing Corp. is very proud to be creating jobs at the Sydney site. We are pleased to be creating jobs at the Sydney site and to be involved in our community. Your praises have been overwhelming and look forward to reading them each day. We are getting an average of 30 to 35 e-mails every few hours and are thrilled that you are keeping us updated on the happenings in our area and sharing new ideas.

Thanks you all for your warm support.

Roxani Mango-Morgenson
Vice President
Maine Publishing Corp.
Community notices

Spring Harbor Hospital Nursing Staff Recruitment
Spring Harbor Hospital is seeking nurses for both Full-time and Part-time positions. Full-time positions include 8-hour and 12-hour shifts and Part-time positions include 4-hour, 6-hour, and 8-hour shifts. Interested nurses should contact the Nursing Department at 207-325-6732.

Melt Ice Cream Cones
Melt Ice Cream Cones, a social enterprise that supports youth with disabilities, will host an ice cream social on September 6th at 3:00 PM. For more information, please contact Julie DeLaite at MeltIceCreamCones.org/MCPI.

Cancer Support Services
The American Cancer Society is hosting a benefit for cancer support services on September 6th at 10:00 AM. Tickets are available for purchase at CancerSupportServices.org/events.

American Cancer Society Celebrates 125 Years
The American Cancer Society is celebrating its 125th anniversary on September 6th. To celebrate, the Society will host a variety of events, including a benefit concert, a benefit run, and a benefit auction. For more information, please visit AmericanCancerSociety.org/125.

Cassie Gagne of Casco Bay Weekly welcomes your community news.

Casco Bay Weekly: 207-772-6610 • E-mail: cascoweekly@gmail.com

Readers feedback

Independent, Smallboat Fishermen in Danger of Going Out of Business

Maine fishermen are concerned that the federal government is moving to change commercial fishing regulations that would put small-scale, independent fishermen out of business. The proposed regulations would significantly increase the cost of fishing and make it difficult for small-scale fishermen to compete with larger, more commercially viable operations. The fishing industry in Maine is a vital part of the state's economy and culture, and the fishermen are demanding that the regulations be reconsidered.

What's happening now?
The Department of Interior will hold a series of public hearings on the proposed regulations in locations throughout the state. The fishermen are encouraged to attend these hearings and voice their concerns. For more information, please visit Fishermen.com/Fisheries.

We want your letters!

Please send your submissions (no more than 300 words, in letters, News, Bay Weekly, 17 Fore St., Portland, ME 04101 or cbwmagazine@maine.rr.com) to be included in our next issue. Readers are encouraged to submit letters on any topic, including local events, community news, and personal experiences.
Here's the Secret to Achieving the Best Body Ever!

by Sharon Lofthouse, Personal Trainer

Do you want to know the secret to achieving your best body ever? It's not what you think. It's not about the gym or the diet. It's not about the effort or the sacrifice. The secret lies in something much simpler.

The Law of Momentum

Momentum is the key to achieving your best body ever. Each day, you make a decision to take action. This decision has the power to move you closer to your goal. Successful people are not always those who make the right decisions, but they do make decisions every day. But they do make decisions every day. But they do make decisions every day.

At the beginning of your journey, you might not feel like you're making much progress. It's easy to feel discouraged and want to give up. But if you keep doing, the momentum will begin to work in your favor. The Law of Momentum will start to take effect in your life.

The more you act, the more momentum you build. This momentum will keep you moving forward, even when you don't feel like it. It will help you stay motivated even when the going gets tough.

The Power of Consistency

Consistency is key to achieving the best body ever. It's not about doing everything perfectly. It's about doing something consistently, even if it's just a little bit. Each day, you make a decision to take action. This decision has the power to move you closer to your goal.

The more you act, the more momentum you build. This momentum will keep you moving forward, even when you don't feel like it. It will help you stay motivated even when the going gets tough.

The Importance of Small Steps

Small steps add up to big results. Each day, you make a decision to take action. This decision has the power to move you closer to your goal.

The more you act, the more momentum you build. This momentum will keep you moving forward, even when you don't feel like it. It will help you stay motivated even when the going gets tough.

The Power of Positive Thinking

Positive thinking is the key to achieving the best body ever. It's not about being perfect. It's about thinking positively. Each day, you make a decision to take action. This decision has the power to move you closer to your goal.

The more you act, the more momentum you build. This momentum will keep you moving forward, even when you don't feel like it. It will help you stay motivated even when the going gets tough.

The Secret to Success

The secret to achieving the best body ever is simple. It's not about the gym or the diet. It's not about the effort or the sacrifice. It's about making decisions every day. Each day, you make a decision to take action. This decision has the power to move you closer to your goal.

The more you act, the more momentum you build. This momentum will keep you moving forward, even when you don't feel like it. It will help you stay motivated even when the going gets tough.

So what are you waiting for? Start making decisions every day. You'll be amazed at what you can achieve with just a little bit of effort. You'll be closer to that goal.

Signed, Sharon Lofthouse, Personal Trainer
Barbara Bush Holds Book Reading to Benefit Camp Meridian

by Jennifer Reid

Former First Lady Barbara Bush will host a group of children and their families at a special event to be held at the KR Stapes Park, New Hampshire, on Saturday, September 10, to benefit Camp Meridian, a new overnight camping program for children born with heart disease. The evening will be hosted by Dr. Amanda Ramsey, director of the Children's Cardiology Center at the Children's Hospital of Boston.

The evening will include a book signing, a story hour with Barbara Bush, and a tea party with girlfriends. Amanda's personality and enthusiasm are not limited to her love for reading, but also her joy of teaching others how to read. The evening will be a celebration of Amanda's love for reading, as well as the Bar-

The reading of the book will be followed by a story hour for children and their families. The story hour is an opportunity for Amanda to share her passion for reading with others, as well as the opportunity to receive feedback on their stories from her. The evening will also include a reception for all those in attendance.

If you are interested in learning more about how you can contribute to support these children and their families, or if you would like to make a donation, please visit the website for Seacoast Children's Society at www.seacoastchildrens.org.

Don't miss this chance to support a great cause and enjoy the company of a beloved author. For more information, please contact Seacoast Children's Society at (603) 431-4777 ext. 2000.
To read or not to read...

A Cook's Tour: Global Adventures in Extreme Culinary Cookery
By Anthony Bourdain (Haper Collins, 2000)

WeeiHy "To read or not to read
From seeing him on television or having read his wonderful memoir, Global Good Morning, I see him as the perfect travel writer and not quite the boor one may expect from his [smart aleck] style and willingness to consume almost anything. Bourdain is an enduring sensibility of a writer that brings a touch of pressure past and other good things yet to come. One can read his words and see beyond the words to the mouthwatering creative writing that is his stock in trade.

T productivity is the key to happiness and that one of our basic human needs is to see the world from the inside out. He has a natural talent for breaking the bond between what we see and what we feel. Bourdain invites us to see the world in a new way. His words and images are a celebration of the human spirit.

T book is a tour of the world, a journey through different cultures and cuisines. From the bustling streets of Paris to the serene beaches of Italy, Bourdain takes us on a culinary adventure that is both fascinating and inspiring. He shares his experiences and insights with a sense of humor and a touch of melancholy, making the book a must-read for anyone who loves travel, food, and adventure.

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Ryan Fleming is a tattoo artist at Sanctuary Tattoo in Portland. He has been a professional artist for three years.

What is your role at Sanctuary Tattoo? I guess I'm the new guy. I'm a tattoo artist.

How did you become a tattoo artist? I got my first one at 19 and I was hooked. It's a good way to make a living that's for sure.

Do you enjoy doing this? Why? I enjoy and eat and breathe tattoos. I talk about them all the time, thinkin' about them all the time. It's not just a job. It's a lifestyle. I didn't tattoo I don't know what I'd do.

What's the best part? The best part is that you get to change people's perception of themselves. A tattoo can empower someone, or just make them feel better. If they're going through a hard time, a lot of times, they'll get a tattoo to get them over the hump. I get to interact with all sorts of different people all week long. It's just a lot of fun. You get to touch people's lives at a time of their life.

Your least favorite part? I guess if you're getting a tattoo, you deserve to know the magnitude of the sacrifice. For the rest of their lives they carry around that mark with them.

Do you feel there is a stigma to being a tattoo artist? Why? I don't think there is a stigma so much anymore. It's starting to become a lot more respectable. More people are getting them, doctors, and professionals. It's not just a tattoo anymore. I think even ten years ago there was but now you get a little more respect. Depending on where you go, someone is going to look at you. People will take a step back and not talk to you. For the most part they (tattoos) received pretty well, especially here in Portland, which is a very strong artistic city. Everybody is tattooed around here.

What's your favorite tattoo that you've tattooed? I got my first one when I was 19. I think it's hard to pick one favorite.

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Local Artists

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Making Canoes at Age 80

We met Burt Libby, who decided 15 years ago that he wanted to build canoes. He is a retired carpenter from Falmouth. Twenty years later, Burt is building and selling canoes—at age 80! Last week, I spent the entire afternoon with Burt, seeing his tools and studio, and walking the grounds of The Canoeists, where Burt and his family make canoes.

Burt started out building canoes as a hobby but soon realized that he was very good at it. He decided to make a living at it and started selling his canoes. He now has a waiting list and is very busy building canoes.

Keith Oehmig

Keith Oehmig is a 26-year-old artist who has been painting for 10 years. He recently opened his own studio in Wiscasset, Maine, and is gaining attention for his unique style of painting.

Keith explained that while "Jerry and Rollin and others do this full-time," he enjoys painting as a hobby and finds it relaxing. He also enjoys the freedom of being his own boss and creating his own artwork.

Keith's work is characterized by its vibrant colors and dynamic compositions. He often paints images of ocean scenes and landscapes, and his paintings have been featured in many solo and group shows around the country.

Keith recently opened his first exhibition at the Wiscasset Bay Gallery, which is located in downtown Wiscasset.

The gallery is a 300-year-old building that was once a mill and is now home to many artists and galleries. It is the perfect location for exhibiting Keith's work, as it has a rich history and is a great place to see art.

The gallery is open from September 19 through 21. Keith is also available for commissioned work.

Keith encourages everyone to visit the gallery and see his paintings. He says, "I'm just an old guy doing what he loves," and he hopes that visitors will enjoy his artwork as much as he enjoys creating it.

For more information about Keith Oehmig and his artwork, visit www.wiscassettbaygallery.com or call (207) 882-9534.
Ray Chen of Taiwan and Maine: Master Sculptor, Beloved Teacher

by Wendy Smith

It is inspired. Ray Chen's work is a tribute to the beauty of Taiwan. His clay and porcelain sculptures are a reflection of his passion for the earth. Ray believes that clay represents his mother's tortured skin and stoneware represents the sweetness of the bond between a mother and child. Each abstract piece is made up of a textured surface that reflects the artist's personal experiences. Ray's sculptures are a testament to the power of art to heal and inspire.

The Coming of the Three, Courtney Evans, Ryan Wing and Erin Severance

by Charlotte Smith

What kind of media do you most enjoy working in? Erin Severance: The coming of the three. Courtney Evans: I really enjoy working with paints and paper. Ryan Wing: I have been working with paper and mixed media. It allows me to create a variety of textures and colors. Erin Severance: I enjoy working with different forms of media, including painting, sculpture, and printmaking.

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Local Artists

1-2. Ray Chen—Mother and Child series
3-4. Ryan Wing
5. Courtney Fyrnau
6. Keith Oehmig
7. Erin Severance
**Restaurant Row**

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<tr>
<th>Restaurant</th>
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**Molly's**

**Molly's Weekly Specials**

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<td>Mon-Fri</td>
<td>$21 Lobster Dinner</td>
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<td>Sun-Thurs</td>
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**Molly's Customer Appreciation Night**

Every Monday

For the Price of 1*

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<td>Lots of Great Food in a Fun Atmosphere</td>
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*Note: Open 7 days a week, no reservations taken.

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**Bleachers**

**Breakaway**

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**Bleachers**

**Restaurant & Pub**

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<tr>
<td>Sun 2004</td>
<td>Live Trivia with Laura</td>
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identity

This film was released on DVD and VHS earlier this month. It is rated R for violence, gore and profanity; its running length is one and a half hours.

By Andy Horne

Identity is a thriller movie that is filled with a lot of twists and turns. The story is about a group of friends who go out to a cabin and end up being stalked by a maniac. The film is directed by John Duurn and stars James McAvoy, who plays the lead role.

The film begins with a group of friends who are at a cabin in the woods. They are trying to have a good time and enjoy each other's company. However, things take a turn for the worse when they are stalked by a maniac who is hiding in the woods.

The film is full of suspense and tension, and it keeps the audience on the edge of their seats. The acting is good, and the performances are strong. The film is well-directed and well-edited.

Overall, Identity is a good thriller movie that is worth watching. It is full of twists and turns, and it will keep you guessing until the very end. It is a film that is sure to leave you on the edge of your seat.
SON: The going bit is fine, as is the coming home bit too, but I'm not too keen on the time in-between!

SON: Funny joke, another one please.

TEACHER: That's quite a cough you have there, what are you taking for it?

TEACHER: We will have the other half this afternoon!

TEACHER: When you yawn, you supposed to put your hand to your mouth!

PUPIL: Not very much!

FATHER: How do you like going to school?

PUPIL: No, teacher. I hear you skipped school to play football.

FATHER: Why not?

FATHER: Where don't you well?

SON: In school!

PUPIL: No, teacher, I don't know, teacher. What are you giving me?

FATHER: You missed school yesterday didn't you?

PUPIL: We can discern, the universe is a very silly place.

A big part of the way life should be is sharing time with others. Life shines a lot brighter at school with their parents, or a round of sharing a joke, shaking with a stranger in the checkout line—that building community, you know.

Today we end our driven a page every issue into humor & puzzles for you all. We hope you'll share them with whatever's your own son or daughter or the guy at the bus stop.

POETRY:

Silken Strands
By H. Hodgkins of West Poland

These silken strands I do weave, with great care for your intrigue.

For love and trust, I do spin these delicate strands of this lovers den.

So come to me my gentle one, and I'll spin my web around your heart.

My threads are strong, my weave is tight. You'll never want to leave after this night.

In my spell, you shall be. I'll keep you here and I'll fill your needs.

**Crossword**
calendar 9.18 to 9.24.03

Thursday, September 18

"Mask-making and Masquerade Ceremony: bringing the spirit of the mask to life"- Spindletop/Works welcomes Oscar Moloney from the African Tribal Arts Museum in Portland to help celebrate the opening of the new Spindletop/Work Studio. The public is warmly invited to a workshop in mask-making, to celebrate the new Spindletop/Work Studio and the local community. The creation of the clay studio was made possible by a generous grant from the Maine Arts Council. www.spindletop.org. 272-8620.

A Taste of Wine, A Pach of Fall at the Hall Institute for Documentary Studies. Out for art by Thomas Fagan. A myth and memory being held from 5-8 pm and there will be a galaxy of 40+ artists. Jameson and Gallery and on the 7th Commercial Street, Portland. 367-0932.

Small Tapestries "1996" listed exhibit presents thirteen artists with more than thirty tapestries. The pieces span a broad range of styles and techniques. All work is new and has been created during the past year and through October 31. Dependent Framing and Gallery, 61 Main Street, South Bremen. 384-5983.

Friday, September 19

The Mayan Legacy. An exhibition of photography at the Portland Gallery of Contemporary Maine Photography. Guest Andrew Bird enjoys the sounds of straight up pop in the form of various CDs to be held, musical event and more from Dion Mercedes. Also enjoy the critically acclaimed composer, singer and violinist Andrew Bird. Show starts at 5pm. Space, 709 Congress Street, Portland. 828-5002.

Monday, September 22

Alternative Vision: Contemporary Maine Photography On Exhibit is work by Benson Hamilton, Dagi Harvey, Joe Knockem and Elizabeth Greengard. Work is now on display until October 10. Jewett Hall Gallery at the University of Maine at Augusta. Gallery Hours: Mon-Fri, 9am-3pm. 653-7174.

Tuesday, September 23

A Taste of Wine, A Pach of Fall at the Hall Institute for Documentary Studies. Out for art by Thomas Fagan. A myth and memory being held from 5-8 pm and there will be a galaxy of 40+ artists. Jameson and Gallery and on the 7th Commercial Street, Portland. 367-0932.

Wednesday, September 24

Beach Benefit Dinner. The Firehouse Gallery Changes with Maine Crystaline evening light cool clear days with expressive blue skies and breathtaking sunsets, change is the air. With the change of the seasons the Firehouse Gallery introduces these new arrivals to its gallery and celebrate the new arrivals with the added feature of sculptures by Ralph Makey. The exhibit continues now through October 16. The Portland Gallery is located at the Business Route One and Route 129, Damariscotta. Gallery Hours: Tues-Sat. 10am-5pm, Sunday 11am-4pm. 538-7199.

Sunday, September 21

Dial At For Murder Auditions. Orchard Maine Stage Theater will hold auditions from 2-4pm and again on Monday, September 22nd from 7-9pm. Character requirements are men and women. Suggested age is 36-24 for the female and 30-48 for the male. Auditions will be held at the theater on Melville Lane in Yarmouth, 730-0373.

September 18, 2003
the amazing
in defense of civil rights....
announcing the establishment of the
maine gun owners association inc

...an organization dedicated to the preservation and promotion of the lawabiding individual's reasonable right to keep and bear arms for self-defense and sporting purposes throughout maine.

mgoa's mission includes speaking out on behalf of individuals and organizations that are unfairly attacked... publicly or privately, politically, socially, or legally... for exercising their lawful rights as gun owners.

additionally, mgoa vigorously supports safe gun handling education programs for adults and youngsters alike. only through education can individuals be reasonably safe from the myriad of daily activities in which we participate. the fact is that firearms activities have a safety myth that's the envy of virtually every other sporting activity in the world. we do our part to keep it that way.

maine gun owners association inc
po box 373 < yarmouth me 04098 < tel 646-3000
www.mgoa.com

stage

theater/comedy

elemental & fast, a concept show written and performed by yas collins, september 18 and 26, st. spann's arts and community center, portland. 7:00-9:00.
give by inc jacob & marvin casey. september 19-October 5. the portland players, 430 college rd, south portland. 7:00-11:00.

naked & pearl, by jason williams. september 19. october 3. studio theater of the portland regional performing arts center. 25a forest ave, portland. 7:00-9:00.

auditions

interstitials, for production of dolby's 'irish wedding & class reunion as well as new production, smunday, july 11 and 12, student union, 2nd floor, maine portland. appointments only. 284-3401.

student stage: theater will hold open auditions for final m for martin on saturday, september 21 from 12 to 2 pm. auditions for 'been there done that' will be held from 2 to 4 pm. both auditions will be at the meyer allen theater at usm, 750 bussey st, south portland.

the public theatre is looking for 4 parts: man, woman, and 2 children. the piece is original and has not been performed in maine. auditions will be held on wednesday, september 18 from 3:00 to 5:00.

announcing the establishment of the maine gun owners association inc

in defense of civil rights....
announcing the establishment of the maine gun owners association inc

...an organization dedicated to the preservation and promotion of the lawabiding individual's reasonable right to keep and bear arms for self-defense and sporting purposes throughout maine.

mgoa's mission includes speaking out on behalf of individuals and organizations that are unfairly attacked... publicly or privately, politically, socially, or legally... for exercising their lawful rights as gun owners.

additionally, mgoa vigorously supports safe gun handling education programs for adults and youngsters alike. only through education can individuals be reasonably safe from the myriad of daily activities in which we participate. the fact is that firearms activities have a safety myth that's the envy of virtually every other sporting activity in the world. we do our part to keep it that way.

maine gun owners association inc
po box 373 < yarmouth me 04098 < tel 646-3000
www.mgoa.com

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OPENINGS/CLOSINGS

Thursday, September 10

Focal Point
Naked in Portland

by Jason Williams

We're Open Mod Productions is proud to present Naked in Portland, an original full-length musical, at the Studio Theater of the Portland Performing Arts Center from September 19 through October 19, 2008.

Naked in Portland is a celebration of the Portland arts scene and the people who make it, a heartfelt comedy about love, sex, and art—and the ways in which the three can get confused when you're young and creative. It tells the story of three young women as they learn how to become the people they want to be. It's a saucy entertainment with a thrilling score and tender overtones. Plus, there aren't any sex and dance numbers!

The cast features an all-star lineup of actors at a local theater and music venue.

The show has already broken the box office records on a number of occasions.

Naked in Portland features a cast of talented actors and singers, with a variety of musical styles.

Naked in Portland is directed by Barry Entner, with music by Michael Eric Berube, and is produced by the Portland Playwrights Project. The show will be held at the Studio Theater of the Portland Performing Arts Center, located at 100 Congress St., Portland, Maine. The show will run through October 19, 2008. Tickets are available at www.windowseat.com or by calling 207-846-3643.
### MacBerserker's

#### Scurrious Computing

**Thoughts, reflections and opinions**

by Mike L. Robertson

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You want a new computer? Here’s what the free market says about Macs versus Windows.

---

### Follow Up

**Call to action:** Join us for an opportunity to discuss Mac versus Windows.

---

### Music Directory

#### Thursday 18

- **The Alcove**
  - Concentric/Our Favorite: Electronica (9pm/21+)
  - Mr. Goodbar: DJ (7pm/21+)

- **Barhouse/Tavern (Windham)**
  - DJ Jim Casey (9pm)

- **The Breakaway Pub**
  - The Jerks of Glass (9:30pm/21+)

- **Brian Boru**
  - Stream (Reggae/9pm/21+)

- **Headliners**
  - DJ Baby J (9pm/21+)

- **McGillivray's**
  - Ken Gresham and Dave Dudge (acoustic)

- **Old Port Tavern**
  - Karaoke w/ Mike C (9pm/21+)

- **The Station**
  - DJ Cosgrove (9:30pm/21+)

- **Una**
  - DJ Jack MF (9:30pm/21+)

#### Friday 19

- **The Alcove**
  - Lamont Smooth (9pm/21+)

- **Bowdoin College**
  - Concentric/Our Favorite: Electronica (9pm/21+)

- **The Breakaway Pub**
  - Karaoke w/ Dom Cerrana (9pm/21+)

- **Brian Boru**
  - Karaoke (9pm/21+)

- **The Breakaway Pub**
  - Karaoke w/ Dom Cerrana (9pm/21+)

- **Hot Butter**
  - DJ Cosgrove (9pm/21+)

- **Una**
  - DJ Jack MF (9:30pm/21+)

#### Saturday 20

- **The Alcove**
  - Eastern Sun (9pm/21+)

- **Breakaway Restaurant**
  - Karaoke w/ Mike C (9pm/21+)

- **Clydes Pub (South Portland)**
  - Living Large (9:30pm)

- **Free Street Taverna**
  - Stream (9:30pm/21+)

- **Headliners**
  - DJ Baby J (9pm/21+)

- **HiRa**
  - DJ Tony McShane (9pm/21+)

- **The Space**
  - ESA (9pm/21+)

#### Sunday 21

- **Big Easy**
  - DJ Jay (9pm/21+)

- **Brian Boru**
  - Karaoke (9pm/21+)

- **The Breakaway Pub**
  - Karaoke w/ Dom Cerrana (9pm/21+)

- **Una**
  - DJ Jack MF (9:30pm/21+)

#### Monday 22

- **The Breakaway Pub**
  - DJ Cosgrove (9pm/21+)

- ** Una**
  - DJ Jack MF (9:30pm/21+)

---

**listening posts**

- **Ryan McMahan**
  - DJ (9pm/21+)

- **Old Port Tavern**
  - Karaoke w/ DJ Std (9pm/21+)

- **The Station**
  - DJ Cosgrove/Karaoke (9:30pm)

- **Tuesday 23**
  - **The Big Easy**
  - DJ (9pm/21+)

  - **Breakaway Restaurant**
  - DJ O'Shea (9-11pm)

  - **The Mercury**
  - DJ (9pm/21+)

---

**NOW OPEN**

### Maine Massage & Yoga*

Located in the East End of Portland, Maine Massage & Yoga offers a range of services including massage therapy, yoga classes, and yoga retreats.

---

**Call to register early and save $25 toward a 1-hour massage.**

---

### VINEASA

- **Yoga for Beginners**
  - Register by phone: 207-882-6919

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### YOGA FOR BEGINNERS

- **Yoga Class**
  - Register by phone: 207-882-6919

---

### Indie Music:

- **The Alcove**
  - Concentric/Our Favorite: Electronica (9pm/21+)

- **The Breakaway Pub**
  - Karaoke w/ Dom Cerrana (9pm/21+)

- **Brian Boru**
  - Karaoke (9pm/21+)

- **The Breakaway Pub**
  - Karaoke w/ Dom Cerrana (9pm/21+)

- **Una**
  - DJ Jack MF (9:30pm/21+)

---

### Friday 19

- **The Breakaway Pub**
  - Karaoke w/ Dom Cerrana (9pm/21+)

- **Brian Boru**
  - Karaoke (9pm/21+)

- **The Breakaway Pub**
  - Karaoke w/ Dom Cerrana (9pm/21+)

- **Una**
  - DJ Jack MF (9:30pm/21+)

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  - Eastern Sun (9pm/21+)

- **Breakaway Restaurant**
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  - Stream (9:30pm/21+)

- **Headliners**
  - DJ Baby J (9pm/21+)

- **HiRa**
  - DJ Tony McShane (9pm/21+)

- **The Space**
  - ESA (9pm/21+)

---

### Sunday 21

- **Big Easy**
  - DJ Jay (9pm/21+)

- **Brian Boru**
  - Karaoke (9pm/21+)

- **The Breakaway Pub**
  - Karaoke w/ Dom Cerrana (9pm/21+)

- **Una**
  - DJ Jack MF (9:30pm/21+)

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### Monday 22

- **The Breakaway Pub**
  - DJ Cosgrove (9pm/21+)

- ** Una**
  - DJ Jack MF (9:30pm/21+)

---

**listening posts**

- **Ryan McMahan**
  - DJ (9pm/21+)

- **Old Port Tavern**
  - Karaoke w/ DJ Std (9pm/21+)

- **The Station**
  - DJ Cosgrove/Karaoke (9:30pm)

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- **The Breakaway Pub**
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### Monday 22

- **The Breakaway Pub**
  - DJ Cosgrove (9pm/21+)

- ** Una**
  - DJ Jack MF (9:30pm/21+)
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