9-7-1995

Casco Bay Weekly : 7 September 1995

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Recommended Citation for This Issue
Sei Bella Salon
Distinctively Different
For an appointment please call 773-3494
222 St. John St. Suite 140, above Margarita's, Portland (plenty of free parking)

Fibromyalgia Forum
Guest Speaker: Dr. Robert Haile
Tuesday, Sept. 12, 6:30PM to 8:30PM
AdvantageHealth Rehabilitation Clinics
9 Donald B. Dean Drive, South Portland
(Off John Roberts Road)

Fibromyalgia is a chronic condition causing fatigue and widespread pain. If you or someone you know has been diagnosed with fibromyalgia, or have questions about this arthritis-related disease, you should attend this FREE public forum.

Reservations required.
Co-sponsored by
AdvantageHealth Rehabilitation Clinics
773-0595 or 1-800-639-6650

Our Customers Fuss
About the Food:

"Your food is super - always has been good and well!"
"Your chocolate pudding cake is very imaginative and successful."
"Never run out of strawberry shortcake!"
"We even ate the beets..."
"I like the way you season your..."

For an appointment please call 773-3494
222 St. John St. Suite 140, above Margarita's, Portland (plenty of free parking)

DINNER

Light Plates
Bob’s Special Barbecued Squash Soup
Homemade black bean and corn salad
Zucchini Parmigiana
Served with marinated eggplant, garlic, olive oil and tomatoes
Red Lobster Shrimp
Over linguine with a spicy Provencal sauce
Grilled Mushroom Bundles
Served with crispy-fried garlic, sweet onion and white wine
House Salad
Tossed with romaine, garlic croutons, and lemon-Romano dressing
Cesar Salad
Traditional, with romaine, garlic croutons, and lemon-Romano dressing

Large Plates
 Chargrilled Portobello Mushroom Plate
With sautéed onions and vegetables
Wild Rice Stuffed Red Pepper
With yellow tomato concasse
Wild Mushroom Ravioli
Garnished with a cilantro, onion, crème fraîche and truffle oil
Calamari in a Spicy Provencal Sauce
Over linguine
Pan Seared Tuna Steak
With arugula, mango, and mango chutney
Leek Lobster Seafood Pie
Served with fennel, red onion and leek purée
Bouquet of Chicken and Duck with Two Souces
Sautéed onion and lemon sauce, served with traditional souces and garnishes
Peppered Grilled Salmon
Over linguine with a basil sauce
Grilled New York Steak
With roasted garlic, vegetable and mashed potatoes

We even ate the beets..."
Tower of glower
There's prejudice in Portland's public housing for the elderly

EL DIAMOND

The attitude inside Franklin Towers turned ugly as the 1960s public housing architectonics on the inside. Some elderly residents of the high-rise project on Cumberland Avenue resent the arrival of younger handicapped people, and are determining their destiny by harassing the newcomers. The officials of the Portland Housing Authority, which operates the Towers, claim the problem is either overblown or nonexistent.

Franklin Towers was constructed in the post-World War II era housing for elderly people, but by 1969 changes in federal law required setting aside some of the units for the mentally and physically disabled. The Towers, with 380 units, are designed for people with handicaps, but not all of them are the young. IfIA could not supply figures on how many younger people currently live in the building, but Franklin Towers project manager Don Prentiss, Leonard's stepdaughter, died as result of burns.

In all three middle schools and previously underrepresented minority groups.

Three women were killed last year when a single-engine Cessna crashed into a residential neighborhood, killing four persons and injuring the four women. According to autopsy reports, the women were aged 18, 20, and 21. Their official cause of death was blunt force trauma to the head. The victims were identified as Marjorie Allen, 18; Donna Leonard, 20; and Maryn Prentiss, 18. They were the daughters of Leonard Prentiss, who was killed in the crash.

As the victim of the towers' elevator stirring incident, and to last August get another reminder that she's not really wanted in her home. "I had a guy who called on the door with some "at your door. It's going pretty well when people have a chance to give us a chance to live in peace and quiet."

Another resident pointed to a group of Hispanics who were visiting the Towers. "They are not welcome," she said. "We don't want them."

The small number of the seniors cited seems likely to remain an average among some senior residents. One woman, a resident and her sister, said she was harassed by an old woman who shouted from her second-floor window at the front door of the building, saying "You old people are making us sick," and that the old woman threatened to throw a rock at them.

At the time, other older residents claimed that they were accused of "You are old people," and that they were targeted because they were perceived as being disabled.

Before moving to Franklin Towers earlier this year, she lived in a private building that was described as "a Cockroach Hotel." That's where she's been, and she's not going back. She said that she had never seen such a place. She had been subjected to verbal harassment when using the elevator by older people who threatened her employment, said there had been "a lot of tension" in the building.

"I'm not saying it's not a problem," she said. "But it's not as bad as people say."

Another resident, who was arrested soon after.

The groups decided to come together "in case we see more of the same behavior," said one of the residents.

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Beautiful hand-hooked woolen rugs, in over 50 designs and color combinations. Sizes from 2x3 to 9x12, and runners. And, of course, unbeatable prices.

**Discover...**
*"The Maine Source of Oriental Rugs", and hooked rugs, too!*

---

**Miss Macbeth**

**Judy Fox's** fingers are all over the latest ad by one of the biggest cars. Angus King. Fox, a former state representative from Tremont, has announced that he is a candidate for the state's U.S. Senate seat. In a recent interview, Fox said he is running to protect the future for Maine's workers and families. He believes that investing in education and infrastructure is key to the state's economic growth.

**Politics**

As for any lasting influence on the state's politics, Wyman's importance simply because, for the better part of a decade, he was the Republican's man. His leadership is the out-of-date attack strategy and a lack of a real strategy to win over independent voters. From that perch, she's directing an army of women to important government posts, traveled his own meandering highway. The Republican's many ills can be traced back to bad public policy, Wyman's legacy appears to be marked by a campaign to convince the Civic League to stop funding the Haffen Company, a firm that he was so easily convinced to support.

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**Merritt**

**Robert S. Longley** is now chief of Maine gubernatorial candidate, is now chief of staff for Longley, and the other members of the Governor's Office were part of the problem. Suddenly, they were part of the problem. They managed to elect one of their own to the Legislature for failing to nominate enough women to important government posts. As for Maine, he added, "Who knows what tomorrow holds. Who knows what the future holds."
You hear a lot about the Portland music scene, some of it good, some of it not so good. Some people say it doesn’t even exist. So on Thursday, Aug. 31, a few of our photographers and writers headed out to see what was happening. And in just under 12 hours, we found plenty of homegrown music. We couldn’t even get to a lot of the stuff that went on that day - the Memphis Mafia at Morganfield’s, Tony Boffa at the Tipperary Pub, Paul French at Java Joe’s. Maybe we’ll have to do it again sometime.

TOMMY’S PARK, 12:42 P.M. You’d think that you were on Broadway, the way the C5. Choristers are belting out show tunes. During a medley from “How to Succeed in Business Without Really Trying,” little girls in pretty dresses dance and frolic. Construction workers gather around Mark’s Hot Dog stand, mowing down wieners. Bow-tie-wearing architects roll up from the Tipperary Pub, this is the penultimate performance of Portland’s Downtown District’s noontime concert series. It is the Choristers’ third show in Tommy’s Park. PHOTO/COLIN MALAKIE

THE STUDIO, 4:17 P.M. The 3S high school students known as the Windham Chamber Singers begin recording “The Holly and the Ivy,” the final song for a CD they plan to release this fall. The group hopes to sell 2,000 copies of “Festive Holidays” at Heaven’s Gate this Christmas week. “It’s going to be a big hit,” says Wheeler, “if we can get people to buy it.” PHOTO/COLIN MALAKIE

CONGRESS SQUARE, 5:02 P.M. Rain clouds loom over Congress Square as harp player D.W. Gill and singer-guitarist TJ. Wheeler take the stage for Maine Arts Council’s annual “Jive at Five.” Wheeler says “It’s Fri-tastic,” Tom’s Tonight. “The first performance of what will be a series of live performances at the Harpswell Yacht Club.” Street people, residents of the nearby housing project and a table of yuppies eating salads are on the verge of tapping their feet. But just when it seems as if the scene will start smokin’, the skies open up. A few lucky listeners under the somewhat porous fabric awning, while the less committed scurry for dry ground to listen to the rest of the show being broadcast live on WMPG. PHOTO/MATTHEW ROBBINS

UNION WHARF, 10:07 P.M. Inside this boarded-up brick warehouse on a pier down off Commercial Street, the sound of tortured guitars, buzzing bass and cascading drums vibrates through the barren, sheetrocked hallways. A storage building, this place also serves as a practice space for bands who need to play loud - bands like Vicious Cycle, Daddy Black Boots and Rotors to Rust. A new group, Plumber, is grinding out its own pleasantly heavy sound in one 9-by-12 cubicle. They haven’t played out yet, but things are coming together for them. The smell of cigarette and mildew and dead lice is in the air. PHOTO/COLIN MALAKIE

FREESTREET TAVERN, 11:30 P.M. Rumford has had a leisurely tune-up and sound check on the tiny stage in the bar’s front window, framed in painted grapevines. After the mysterious Ghetto Chicken — a feedback master in a James Brown wig — has blasted everyone’s eardrums, Rumford steps up. Guitarist Jason Gibbs and bassist Ian Ross hit a monster chunk of distorted noise through the speakers. Mitch’s trademark tone commands his microphone into a disaffected pout and yells. Full house inside the club.

PHOTO/SHOSHANNAH WHITE

SEPTEMBER 7, 1995

CONTINUED

ON NEXT PAGE
**September Style... For Mother And Child!**

Maternity wear, infant/toddler clothing.

775-3900
457 Fore Street
Portland
Hours: M-F 10-5:30, Sat 10-5

**NEW & USED SURFBOARDS HAVE ARRIVED!**
81 India Street, Portland
761-0174
Wave Hotline: 761-WAVE

Please call to reserve your fable.

GRANNY KILLAM'S
12:22 A.M. The lights are down. The room is dark and quiet with nothing but the DJ playing steady tunes. The sound in the dark is almost taken over by the voices for three solid hours, and even as the DJ in the booth below us is spinning, the dancers below us are spinning as well. The music is on repeat, but the voices are what make this club unique. The DJ is spinning, the dancers below him are spinning, and the music playing is spinning. It's all an endless loop of sound and movement.

The music is driving the dancers, and the dancers are driving the music. It's a perfect balance of sound and movement.

**THE MAINE SPEAKOUT PROJECT**
FOR EQUAL RIGHTS,
A citizen education project of the Unitarian Universalist Community Church in Augusta, will train you to conduct "half-hour speeches on the issue of equal rights at service clubs, places of worship, and other organizations in your community this September and October.

We'll help you to speak non-confrontationally, from your own experience, about why the issue of equal rights matters to you. We believe most Maine people want to be fair and will be more open to thinking about the "equal rights question" if they can connect this issue to real persons—their neighbors, co-workers, and relatives—and if they understand how we are not all protected equally by law from discrimination.

Trainings are free and will be offered on the following dates around the state:

**SOUTHERN MAIN**

- **September 5th**
- **October 10th**

- **October 12th**
- **November 16th**

**NORTHERN MAIN**

- **September 12th**
- **October 10th**
- **November 16th**

**FOR MORE INFORMATION, PLEASE CONTACT:**

**SOUTHERN MAIN**
Jonathan L. Frishman, 879-0480

**NORTHERN MAIN**
John E. Swanson, 942-1545

**THEME:**
"We've Got It!"

**Your Import Car Connection Featuring**

**CROWN QUALITY PARTS**

- Ignition Modules
- Wiper Motors
- Power Steering
- Disc Brake Calipers

**10% Off With This Ad**

*We carry a full line of those automotive parts.*
A Sound Position

A very long time ago in a city called Portland, a group of people decided there was a need to do something about the way the city was being run. They formed a group called the "Sarasota Good" and started to make a difference. They believed that their city was becoming too noisy and they wanted to do something about it.

The group was made up of several people who were passionate about making sure that their city was a quiet and peaceful place to live. They believed that the noise was affecting the quality of life for everyone and they wanted to do something about it.

The Sarasota Good started by organizing a series of meetings and events to raise awareness about the issue. They invited speakers to talk about the impact of noise on the community and they also held workshops to teach people how to reduce noise in their own homes and neighborhoods.

The group worked hard to get the attention of city officials and eventually, they were able to get them to take notice of the issue. The city began to implement policies to limit noise pollution, and the Sarasota Good continued to work to ensure that these policies were effective.

Today, the Sarasota Good is still active in their city, working to make sure that their community remains a quiet and peaceful place to live. They believe that everyone has a right to a good quality of life, and they are committed to doing whatever it takes to make sure that this happens.
**edgE**

**SABRETOOTH NUDIST**

**GOUDY**

---

**Ticket to the top**

Five area bands will be playing for fame and fortune this weekend.

---

**From dusk to dawn: all-ages event**

Come, no apologies — Come, no age limit — on the Floor

---

**Dead Short**

Peer Jam may not rise like Ticklemore, at right soon there are at least 10 unaligned bands across America that are very good to the trippy skull. And why shouldn't they try, if the ethos of redundancy is that the less we do together, the more we convert. The music. However, they do complete this idea of band identity,

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**Elders**

One of the bands in the Portland showcase has been dropped itself. Last year, Goud's Thumb, then using the name Buffalo Belle, played the Boston area and ended up going all the way to the national level. A group called the Sentinels, from Temple, Ariz., won top honors. Where are they now? The members of Goud's Thumb have a long history in the Maine music scene, and they started out as a cover band. They have high hopes, but they're also very busy, and now they're playing on their own and trying to make it as a band.

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**Shore Thing**

Five area bands will be playing for fame and fortune this weekend.

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**Beach Thing**

The only New Hampshire entry, The Freist, has been together as a band for just a month when they put their tag in at the beginning of a friend. According to group leader, Michael Langdon, the band was able to play at the "Mustard Seed" gig. As the singer-songwriters of the group, they've been influenced by numerous acts such as Neil Young, Lou Reed, and Bob Dylan.

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**Post-Show**

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USED AND OUT-OF-PRINT

BOOKS

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 13 Exchange St., Portland

 774-1114

 61 ·5637.

 118 PREBLE ST. • PORTLAND. ME 04101

 OCTOBER WORKSHOPS

 Monday 11

 The Majestic, 418 Commercial St.,
 Portland. 767-4627.

 'The Big Lebowski' sound track
 (15MM) 1:00, 3:20, 5:30, 7:45,
 10:00

 The Cellar, 128 Spring St.,
 Portland. 173-3315.

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Thursday 7


Friday 8


Saturday 9


Monday 10


Wednesday 13


Friday 15


Tuesday 12

**Listings**

**Stage**

**"Fishing in America"** from Honolulu, a new stage version of the Hawai’ian musical, continues at the State Theatre, 609 Congress St., Portland. Tix: $21.50.

**Cukl&Sax (saxophone quartet)** 7:30 pm, at the Saco River Theatre. Admission $21.50 cabaret (plus $10.50 dinner ticket).


**Eventi**


**Outdoors**

**Casino Night** at Island City High School, 215 Main St., Portland. Tix: $25. 774-5444.

**Chamber of Commerce of Greater Portland, Sept 12, 7-10 pm** at the Cumbumand County Civic Show. Admission $3.

**Bowdoin College Museum of Art** has a great new show through Sept 29. Hours: Mon-Fri, 8 am-5 pm. 772-3786.

**Portland Museum of Art** features "The Great Detectives: Portraits that Solve Crimes." A great show! Through Oct. Hours: Tues-Fri, 10 am-5 pm, Sat-Sun, 11 am-5 pm. 775-6245.

**Portland Home Front: Maine During WW II" shows through Oct. Hours: Mon 10 am-5 pm, Tues-Sat 11 am-5 pm, Sun 1-5 pm. 772-5571.

**D_ Gall.** 34 Danforth St, Portland. Opening from 4-7 pm, featuring Nancy Marcolla.

**Greenhut Gall...** 146 Middle St, Portland. Opening from 5-7 pm.

**Assyrian , Egyptian, CyprIot, Greek and Roman art ,"** from the Assyrian , Egyptian, CyprIot, Greek and Roman art ," from the Assyrian, Egyptian, CyprIot, Greek and Roman art ," from the Assyrian, Egyptian, CyprIot, Greek and Roman art ," from the Assyrian, Egyptian, CyprIot, Greek and Roman art ," from the Assyrian, Egyptian, CyprIot, Greek and Roman art ," from the Assyrian, Egyptian, CyprIot, Greek and Roman art ," from the Assyrian, Egyptian, CyprIot, Greek and Roman art ," from the Assyrian, Egyptian, CyprIot, Greek and Roman art ," from the Assyrian, Egyptian, CyprIot, Greek and Roman art ," from the Assyrian, Egyptian, CyprIot, Greek and Roman art ," from the Assyrian, Egyptian, CyprIot, Greek and Roman art ," from the Assyrian, Egyptian, CyprIot, Greek and Roman art ," from the Assyrian, Egyptian, CyprIot, Greek and Roman art ," from the Assyrian, Egyptian, CyprIot, Greek and Roman art ," from the Assyrian, Egyptian, CyprIot, Greek and Roman art ," from the Assyrian, Egyptian, CyprIot, Greek and Roman art ," from the Assyrian, Egyptian, CyprIot, Greek and Roman art ," from the Assyrian, Egyptian, CyprIot, Greek and Roman art ," from the Assyrian, Egyptian, CyprIot, Greek and Roman art ," from the Assyrian, Egyptian, CyprIot, Greek and Roman art ," from the Assyrian, Egyptian, CyprIot, Greek and Roman art ," from the Assyrian, Egyptian, CyprIot, Greek and Roman art .

**Trvl to the Past, Stay at the Present** is a great new exhibit at the Portland Museum of Art. Through Oct. Hours: Tues-Sat, 10 am-5 pm. 775-6245.

**Artlata Apply Portland Public Library, 5 Monument St., Portland. Opening from 4-7 pm.**

**Other**

**Portland Art Museum, Congress Square.** Hours: Tues-Sat 10 am-5 pm, Sun 1-5 pm. 773-0885.

**Intercultural Family Center** is a wonderful new resource for the Portland community. Services include counseling, adoption assistance, and much more. Call 774-3007 for more information.

**Maine Won 't Ne...**

**Western Prom Walk** is a fantastic new event in Portland. Hours: Sat-Sun 7 am-7 pm, Mon 7 am-11 pm. 773-0910.

**A merican Hard Cider Co., Denver, MA, Cafe Jack Hard Cider.** At 46th Ave.

**Sunday Wine Borsing Co., Bristol, ME, Main Street Downtown.**Buy a bottle and try something new from Sunday Wine.

**OlewetheLander MANDY** at the OlewetheLander MANDY. Opening from 4-7 pm.

**Mountains to Maine** exhibit of gallery artists, as well as group exhibits of this activity level for 10 weeks during the course of the study. Chosen participants will be paid $50.00 for approximately 2 hours of clinic time.

**Call the pulmonology division** at 871-2370.
Don't fence them in

If you can't get to the show, you might want to check out local band Cyclone Fence, which will be performing two shows at Zooes: one on Sunday, one on Tuesday. With The Dance, Attraction, and the other bands regularly bowling at ages shows, it's a sure Zooes fill the gap, even though the clubs will undoubtedly attract kids to City Hall! All the ages show starts with New Hampshire's Chaucer, who have a small, slighty reminiscent of the Smashing Pumpkins. For more information, Maine Ministry will arrive on the bill.

The same melody that starts the show can be catchy for kids, and catchy for adults. Make no mistake, Cyclone Fence is anything but slick or snobby. With a repertoire that spans the hits of drug rock and the recent back-to-mix of pop, the band can cut out some serious tunes. The one they did for WMPO's "Local Minstrel" was the master's students' favorite.

Cyclone Fence will be at Zooes Sept. 5, 8:30 pm, 6:30-8:30 pm at 1538, 6:30.

To end on a high note

It's a common story: Small rock band on a small label is forgotten by the fans on the radio, but manages to get support in the first place. In the case of Letters to Cleo, the band's success has been limited to their local area, but that's not stopping Maine Vocal's release of W zob's "Maine Vocals." The band's debut single, "Maine Vocals," has been a hit on the radio, and the release of the album "Maine Vocals" has consistently been one of the best of the year.


New and Alpine House Opening for grand opening.

There's no easy way to summarize the hits of drug rock and the recent back-to-mix of pop. The band's debut album, "Maine Vocals," has been a hit on the radio, and the release of the album "Maine Vocals" has consistently been one of the best of the year. Letters to Cleo: Cute and catchy.

For more information or to set up a time to visit, call 795-2460
**Please Recycle this Paper**

**BUSINESS SERVICES DIRECTORY**

<table>
<thead>
<tr>
<th>Category</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Production Manager wanted!!</strong></td>
<td>Maine Publishing is looking for a talented individual to orchestrate the production of our weekly newspaper. Maine Times and Casco Bay Weekly. We are seeking someone with experience in print production and an eye for detail. You will be responsible for overseeing the creation of our weekly newspaper, from design to distribution. Experience with Adobe InDesign and QuarkXPress is required. This is a full-time position. For more information, call (207) 775-1234.</td>
</tr>
<tr>
<td><strong>Massage the Body, Touch the Soul</strong></td>
<td>Professional-Level Holistic Massage Training. Located on Portland’s East Side, we offer a variety of massage services to help our clients relax and feel rejuvenated. Our professional masseuses are all certified and experienced in their field. For more information, call (207) 775-1234.</td>
</tr>
<tr>
<td><strong>Office Jobs</strong></td>
<td>We are currently looking for individuals to fill a variety of positions within our office. Positions include receptionists, data entry specialists, and administrative assistants. For more information, call (207) 775-1234.</td>
</tr>
<tr>
<td><strong>Help Wanted</strong></td>
<td>We are looking for a talented individual to join our team. This is a full-time position and requires experience in the field. For more information, call (207) 775-1234.</td>
</tr>
</tbody>
</table>

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**TO PLACE YOUR AD: T 775-1234 • DEADLINES MONDAY 3PM**

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**ELIGIBILITY TO POST AN AD**

1. You must be at least 18 years old to post an ad.
2. Ads must be submitted in English.
3. Ads must be related to the business or organization.
4. Ads must be free of any违法违规内容.
5. Ads must be submitted in a clear and readable format.

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**FEES**

- Basic ad: $25 per week
- Banner ad: $50 per week
- Motion ad: $100 per week

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**CASHOLA BAY WEEKLY**

Contact Us:
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- Email: info@casholabayweekly.com
- Address: 123 Main St, Portland, ME 04101
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1300 Forest Avenue, Portland, Maine

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ANNOUNCEMENT

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Forest Avenue Apartments
1300 Forest Avenue, Portland, Maine

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roommates

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- Stretching
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- 846-1482
- Meditation Centers
- A New Perspective on Life

**Spiritual Life Center**
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- 609 Forest Ave.
- Psychic Readings
- Tarot Cards
- Astrological Charts

**StreetFunk**
- 386-9764
- 1822 S.W. Third Ave.
- Therapeutic Massage & Body Work

**Light of the Moon**
- 32 Pleasant St.
- Portland, ME
- Therapeutic Massage & Body Work

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**PORTLAND YOGA STUDIO**
- 759-0284
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- Beginners to advanced
- Weekly classes

**Men's Therapy Group**
- For men who want to improve their lives
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- To improve your health and wellness, visit the weekly Wellness Directory.
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