9-19-1996

Casco Bay Weekly : 19 September 1996

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**Outlet Sale**

*September 12-30*

**SPORTSWEAR** save up to 60%* on selected shirts, pants and shorts compare at $18 - $85, now $9.99 - $59.99

Aurora Fleece Tops or Bottoms compare at $65 - $85, now $29.99

**OUTERWEAR** save up to 50%* on selected expedition-proven jackets, anoraks and fleece compare at $40 - $385, now $29.99 - $279.99

Printed Fleece Jackets & Pullovers compare at $89 - $129, now $59.99

**EQUIPMENT** save up to 45%* on selected expedition-proven packs and sleeping bags compare at $170 - $505, now $99.99 - $329.99

Cat's Meow Sleeping Bag (Regular) compare at $170, now $99.99

**MUCH MORE ON SALE THROUGHOUT THE OUTLET**

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**A Conversation with Bill Sevigney**

Bill Sevigney, 52, is a crossing guard and poet. He was born in Montreal, but moved to Biddeford as a child. He's been on his own in Portland for 14 years.

When he's not working, he volunteers for many organizations, including the Preble Street Resource Center, The AIDS Project and the Jeny Lewis Telethon.

How long have you been a crossing guard?

Two years, so far.

What do you like about it?

You meet different kids. And the pay is good, $7.50 an hour. There's a little girl who always comes up to me when I cross her and says, 'Thank you very much.' One day she bought me a soda.

How'd you get the job?

I went down to the job service and it was advertised. I got an application and two weeks after that I was hired. Then there was one week of training.

When did you start writing poetry?

A long time ago. I was involved in a writers' group at Preble Street. I'm going to have my own book of poems.

You've written a poem about your job. Can I quote it in the newspaper?

Yeah.

*On Being a Crossing Guard*

I like to cross the kids. It's a big responsibility.

The pay is awful good for the service I provide. Almost $500 so far this year. I like riding on the Metro bus. After work is done, all the kids are friendly to me. The people in the restaurant where I cross are awful nice to me.

What's your goal in life?

My goal is to work all the time. I'd do it if I could.

Interview by Al Diamon; photo by Tonee Harbert
The city council voted to improve the area. The city council voted to improve the area. The city council voted to improve the area.

In addition to his 40-hour-a-week job, Rob is outside looking for places to put the plants. He's outside looking for places to put the plants. He's outside looking for places to put the plants.

The city council voted to improve the area. The city council voted to improve the area. The city council voted to improve the area.

Growing business

When a regular job won't pay the bills, some turn to marijuana cultivation

One of the factors that has contributed to the rise of marijuana cultivation is the sharp increase in the value of pot. The increase in the value of pot has led to increased interest in growing marijuana. The increase in the value of pot has led to increased interest in growing marijuana. The increase in the value of pot has led to increased interest in growing marijuana.

The city council voted to improve the area. The city council voted to improve the area. The city council voted to improve the area.

Rob is a 25-year-old Portlander who works in a warehouse. He's the kind of guy who, a decade ago, would have packed up his car and hit the road to see the sights. He's the kind of guy who, a decade ago, would have packed up his car and hit the road to see the sights. He's the kind of guy who, a decade ago, would have packed up his car and hit the road to see the sights.

"I have a lot of fun doing it," Rob says. "It's not as bad as the news makes it out to be."

Rob decided to start growing marijuana after reading an article about growing marijuana. Rob decided to start growing marijuana after reading an article about growing marijuana. Rob decided to start growing marijuana after reading an article about growing marijuana.

"I have a lot of fun doing it," Rob says. "It's not as bad as the news makes it out to be."

Rob wanted to make some extra money, so he planted some pot. Rob is a 25-year-old Portlander who works in a warehouse. He's the kind of guy who, a decade ago, would have packed up his car and hit the road to see the sights. He's the kind of guy who, a decade ago, would have packed up his car and hit the road to see the sights.

Growing marijuana has earned Rob some money. Growing marijuana has earned Rob some money. Growing marijuana has earned Rob some money.

The city council voted to improve the area. The city council voted to improve the area. The city council voted to improve the area.
THANKS for a Great Summer!

KATAHDIN GOOD COOKIN' *
new menu, new wine list, same great value! 
Corner of Spring and High Sts., Portland 726-1941
Mon.-Sat. 5:00-9:00 pm, Sun. 9:00-9:00 pm, Fri. & Sat.
Media scMChIe

Incomprehensible and quiet about it

"I don't wish to say as a world traveler I

need to save at all costs - even if black
darker side of doctoring - the side that

knows the territory of medical

politics and other mistakes

I-2:30 pm

HARVEST

Meet her:

ComLng October 19:
The celebrated "Paganini of the Mandolin"

THE DAVID GRISMAN

"Dawg Music" ensemble

as we proudly present

Mall Plaza · So. Portland

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773-4238

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Monday afternoon in connection with the

in the second-whitest state in the Union?

how ingrained our racial attitudes can be

sion of error get the same treatment?

added Hazlett. "But let's think hard -

the races of those involved, report it ,"

a s Vietnamese was gratuitous and, to

the case were white, would the headline have

ultimately nothing to do with the story,

bothered to read their own paper. On

Aug. 23; the

not believe the shooting was racially

murder, as some confronta-

suspect in Sagamore shooting ." Reporter

announced, "Police charge Vietnamese

Some Policy Proposals . He urged the

benefit from our visitors ... we urge them

encourage them to come back often ," be

mouthpiece for WCSH-TV, is a

pillow of Maine television journalism.

We thank [tourists for their visit and encouraging

Brennan is a paid informant for the

Enquirer, an influential New York tabloid, a

pocket of ..."雪 said Neavoll . "But I think it was

enough by his cousin, Sen. he sought work in one of the

buildings for unpaid taxes. In 1986, Pray

bled farm in Turner, are cousins who grew 

September, although negotiations were

There's only one problem with this

story, and that is there isn't one. Let's try to

be an excuse to back up its

Saw, Maine's junior senator, and

Gorans, who until recently ran the trou-

tous for their visit and encouraging

Brennan gave direct answers to all

issues.

Collins was undecided on

Great Northern with reports on the

sources. He urged the public to read the story . "Murphy is a good

All this concern for Murphy's psyche

"I can't tell you my name," he said, "but you can bet the relationship between Olympia Snowe and Dean

Starkweather will be the central topic of conversation in the

the Portland Press Herald

What should take care of the phone calls ,

There's only one problem with this

story, and that is there isn't one. Let's try to

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I'm not sure if there's an excuse to back up its

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story, and that is there isn't one. Let's try to
Women may be more politically powerful in this country than they have ever been before. Just look at the presidential race, where the so-called gender gap is giving Bill Clinton a good point of his current comfortable lead over Bob Dole. At the national conventions, both major parties went out of their way to highlight their female stars, like Christine Todd Whitman and Dianne Feinstein. Maine might find itself with both women sitting in the U.S. Senate before much longer.

Yet on the everyday level, women are still struggling with the redeployment of their role in society that "liberation" has brought about. That's why we decided to put out a women's issue this year. Reproducing issues are the focus this time; in future years, we'll look at other aspects of women's lives. If you're a man, enjoy a chance to see what some women see the world. If you're a woman, be sure to check out our listings, starting on page 14, that will help you connect with other women with similar interests.

And for those who think we're giving women too much space, don't worry. Next year, we'll be doing a men's issue as well. Because the relations between the sexes just keep getting more interesting.

In search of child care

There's no such thing as a typical teenage mother.

W AS she thinking about all the good she could get from the government if she got pregnant and brought child to term?

"It's not like that," said the self-claimed "boywoman." "It's just happening." She stopped pouring once she got pregnant, cleaned up her act and became close with her mother. But when she started getting ready to go back to school, she found she wasn't eligible for the "best experience in marriage," she said. Instead, she received a Social Security check because she was more than a year past her deadline to get on the benefits.

The YWCA has few free care programs for people who are getting their GED, but not going to high school," she said. With the help of her family, she decided to get pregnant and, with her mother's help, found a job and a place to live. She was then helped by the People's Regional Opportunity Program, the Department of Human Services, Maine Christian Child Care and the Preble Street Resource Center, among many others. She even wrote to Bill Clinton's office. Nothing was falling through the cracks.

As the school year approached, Seymour learned to make a few wise investments that would allow her to be back in class by the spring. She also bought a new pair of shoes, a new pair of pants and a new pair of underwear. Each year, when she attended Rolling High, she was a cheerleader, but she and her brother were adopted by her father, so Angelina was not a typical student. The school didn't want her to stay on campus, but she's willing to pay the price so she can continue her education.

Seymour said that while her teacher was surprised during pregnancy, "he was not happy." She was trying to find child care. She has some definite opinions about what the school systems should do to help girls like her. "They should have child care in South Portland High School," Seymour said. "They should have an individual counselor who determines what you need and helps you get it. And they should have programs for transportation. I don't have a car and I can't take the bus on the schoolbus.

The South Portland superintendent of schools, Ronald MacDowell, said he was easy to hear a student who felt she hadn't been helped by the system. "We'll be happy," he said, "to provide counseling services, although we don't have child care. I would hope that you and your parents will continue to contact our social services community." MacDonald pointed out that the school doesn't allow dropouts. "She's in the name of many races in the county," he said, "and she's failing the child care test." She's had a hard time getting child care because she's on disability, he said.

Carolee Seymour, for one, never considered going out of state to find the care for her son so she could go back to school. "It's just me and my daughter. It's the only way out of poverty, welfare and low-skill jobs," she said. Carolee Seymour, for one, never considered going out of state to find the care for her son so she could go back to school. "It's just me and my daughter. It's the only way out of poverty, welfare and low-skill jobs," she said.

Sarah Goodwin is CRP's editor.

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Sarah Goodwin is CRP's editor.
Eggs are easy!
Being an egg donor is not a quick $1,500

ELLEN MCALISTER
Catholic mother would never approve of.
weeks terrified that my life had been
single, I find comfort in reminding
getting knocked up.
I can be 100 percent certain I'm not
committing suicide. It's not that I don't like children. O. I just happen to feel that having a
Plight. I recognize that most women feel
Boston seeking prospective egg donors
eggs to do with as I pleased. I liked the
thought of making money from
beloved CD collection.
reasonably healthy and relatively
suitable for fertilization. As the eggs
under intravenous sedation. Eggs are
retrieved from the ovaries using a
gynecological ultrasound. The actual
procedure to retrieve eggs normally
lasts for 3-8 hours, and 3-5 vaginal ultrasound transducers take part.

When the eggs are mature, they are
retrieved from the ovaries using a
gynecological ultrasound. The actual
procedure to retrieve eggs normally
lasts for 3-8 hours, and 3-5 vaginal ultrasound transducers take part.

The procedure of the retrieval
between 14 and 16 hours. Of course,
the donor usually has no serious
side effects. The recovery of the
eggs is determined by the number
of donated eggs.

In order to become an egg donor,
you must be between the ages of
21 and 30, in good health, and
willing to donate eggs under
medical supervision.

The first step in the process is
an initial consultation with a
female doctor. During this
consultation, the doctor will
evaluate your medical history,
ask questions about your
family medical history, and
review any medications you
may be taking.

If you are accepted as an egg
donor, you will be scheduled for
an egg retrieval procedure. The
egg retrieval process is
performed under general
anesthesia.

The eggs are transferred to a
reproductive medicine facility
for fertilization and implantation.

Once the eggs are fertilized,
you will be contacted and
informed of the progress of your
donation.

The donation process can take
several months, and you will be
paid a stipend for your services.

I am thinking about selling eggs again,
and when summer is over
I wondered if I could donate eggs more
readily, as a way to make some money.

The process of egg donation is
complicated, but it is a
worthwhile contribution to
your community.

I left the seminar without taking an
answer, but I didn't understand
myself in that position.

I was shocked when my
representatives of the electric,
and phone companies with the
same representatives
insisted that I get on the phone,
and sign some paper.

Still, the advertisement's
Women Helping Women' headline appealed to
my sense of sisterhood and I realized
that I was one of many women who
are facing the same situation.

As I walked out of the seminar,
I felt a sense of relief. I had
made a decision, and I was
proud of myself.

I am sure that my decision to
become an egg donor was not
an easy one. But I believe that
I made the right choice for
myself, and I am grateful for
the experience.

I hope that my story will
inspire others to consider
becoming egg donors as well.

Your Plasma Donation
Helps Make the Difference!

Plains is an essential part of life and is used to make medicines to treat people with bleeding disorders.
A national Pennsylvania company is currently seeking
willing, healthy people to participate in a plasma donation
to be used in community. You can earn INN a month, and
people up to $800 a month to cover living expenses.

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## Listings

### What to See
- **Maine State Museum** (Portland) - Located in downtown Portland, this museum offers a variety of exhibits and programs throughout the year.
- **Portland Museum of Art** (Portland) - Features changing exhibitions of contemporary and modern art, as well as permanent collections.
- **International Museum of Women** (Portland) - Specializes in showcasing the art and cultures of women worldwide.

### Arts
- **Maine Women's and Writers Alliance** (Portland) - An organization that promotes the arts and women's issues through various events and publications.
- **Portland Symphony Orchestra** (Portland) - Presents concerts featuring world-renowned conductors and soloists.

### Business
- **Greek Restaurant** (Portland) - Offers traditional Greek cuisine in a cozy setting.
- **Italian Restaurant** (Portland) - Known for its award-winning pasta dishes and friendly service.

### Health
- **Portland Regional Medical Center** (Portland) - Provides comprehensive health care services including emergency care, surgery, and rehabilitation.
- **Community Health Center** (Portland) - Offers affordable health care services to the community.

### Education
- **Southern Maine Community College** (Portland) - Offers a wide range of programs and courses for students.
- **University of Maine** (Orono) - A public research university known for its innovative programs and beautiful campus.

### Sports
- **Portland Trailblazers** (Portland) - A professional basketball team, known for its talented players and dedicated fans.
- **Portland Pirates** (Portland) - A professional soccer team, known for its competitive games and passionate fans.

### Outdoor Activities
- **Mount Desert Island** - Known for its stunning natural beauty and outdoor recreational activities.
- **Maine Coast Bookstores** - Offers a wide selection of books on Maine's history, nature, and culture.

### Community Services
- **Portland Public Library** - Provides a variety of resources for community members, including books, magazines, and digital media.
- **Community Action Agency** (Portland) - Offers support and assistance to low-income families and individuals.

### Events
- **Maine State Fair** (Augusta) - One of the largest state fairs in the country, featuring exhibits, competitions, and live entertainment.
- **Portland International Festival** (Augusta) - Celebrates diverse cultures through music, dance, and food festivities.

### Travel
- **Maine Seacoast Mission** (Portland) - Offers vacation opportunities in beautiful coastal Maine.
- **Maine State Parks** - Provides a variety of outdoor recreational opportunities for visitors.

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**Note:** The information provided is a summary and may not be exhaustive. For more detailed information, please visit the respective websites or contact the organizations directly.
I suggest you talk to your roommates about the music. It might be a good idea to schedule music that everyone enjoys, or have a rotating system where each person gets to choose the music for a certain period of time. This way, everyone can participate and the atmosphere can be more inclusive. If you don't want to compromise, you might consider finding a solution that allows for flexibility and choice, such as a playlist or a recommendation system where you can vote on songs and see what gains the most support. Remember, the goal is to create a happy and inclusive environment for everyone.
one week. eight reasons to come in.
Monday 4-8 PM: Internet Happy Hour!
Tuesday at 7 PM: Poetry Reading by local poet Ken Rosen
Wednesday at 7:30 PM: "What is Polarity Therapy?"
Thursday, 4-6 PM: Teacher Appreciation Reception
Friday: Java Jazz by Free Speech in our Cafe
Saturday: Curious George at 2 & 4 PM and Live Poets Society at 8 PM
Sunday, 2-4 PM: our House Blend music series with Jeff Aumeller
Monday at 8 PM: Kick off Banned Books Week with a screening of "Fahrenheit 451" in our Cafe. Free popcorn!

ALL EVENTS ARE FREE AND OPEN TO THE PUBLIC

LETTERS
CONTINUED FROM PREVIOUS PAGE

Consider the Alternatives
Phoenix New Times
L.A. Weekly
San Francisco Bay Guardian
Westword (Denver)
Casco Bay Weekly
Boston Phoenix
Metro Times (Detroit)
New York Press
Philadelphia Weekly
Austin Chronicle
Seattle Weekly

We’re known by the company we keep.
To get your message across, choose the one with the edge: the voice, the humor, the buzz and the action.

For advertising rates and information call (207) 775-6601

Leanne Gardner
Portland

Melissa rocked!
Jim Pinfold must have attended a different Melissa Etheridge concert than everyone else did! She has never "phoned in" a performance in her life, nor is she ever apt to.

According to the Portland Press Herald, in its review of the same show: "For more than 2-1/2 hours Sunday night, the diminutive Kansan owned the Civic Center. The fans came to watch her rock, and rock is exactly what she did." And, according to the Asbury Post, in its review of the Fleet Center show: "It was a 2-1/2 hour show, yet much tighter and faster-moving than her marathons of the past. It left no doubt that Etheridge can stand her ground with anyone in the rock trenches." These two reviews are of the shows I attended. I don't know who Jim Pinfold may have seen. The fact that Melissa played for 2-1/2-plus hours and set up a stage at the back of the arena so the audience in the back could also enjoy her up close are not the actions of someone who "can no longer play." To further illustrate his ignorance of the music business, Pinfold referred to her new drummer as "Kenny Aronson;" his correct name is Kenny Aronoff. Aronoff has been named rock's No. 1 drummer for the past five years, and is one of rock's most sought-after session drummers. I would expect that a music critic would know these simple facts about a drummer of Aronoff's status. Maybe Jim should consider changing his profession and leave the concert reviews to someone who knows what they are talking about.

Melissa: A. Jim: F.

Robin Washburn
Kennebunk

Melissa Eckert
vestimenta
Exclusively at Joseph's
410 Fore St.
PORTLAND
HOURS: 10-6 M-F, SAT 10-5:30, SUN 11-4
Nancy Foster-Wolf
Maine Art & Jewelry
335 Congress St.
Portland, ME 04101
(207) 776-5304
nancy@maine-art.com
http://www.main-art.com

"I've always been interested in jewelry. I've never had it on, as a matter of fact, but it's always been a part of my life. I've always been interested in the way people wear it, how it's made, and how it looks."

Fibula's owner and principal artist, Phoebe Johnson, is known for her unique and timeless jewelry. She has a strong commitment to using only the finest materials and ensuring that each piece is of the highest quality. Her work is often described as "timeless" and "one-of-a-kind," and she has a loyal following in the Portland area.

"I think people appreciate the quality and craftsmanship that goes into each piece," Johnson said. "And they can tell that each piece is made with love and attention to detail."

Her studio is a hub of creative activity, with a range of tools and equipment available to her. She is often seen working on new designs or perfecting existing ones. Johnson is also known for her dedication to community service, and she frequently donates her time and talents to local organizations.

"I believe that art should be accessible to everyone," she said. "And I'm always looking for ways to give back to the community and share my passion for art with others."
BELLA BELLA

Bella Bella, Cynthia Luna & Maggie Pond
622-355-2760

"Mediterranean cooking is healthy cooking."

Chef Maggie Pond and manager Cynthia Luna believe our country's most undiscovered regions, California, with a blossoming new city in a simpler place, Oaxaca, Mexico, is the best place to begin such a journey. As an idea begins to form through the lens of love, work and passion, we proclaim the benefits of Mediterranean food, most recently, that of Italy. She makes a strong pitch. Maggie and Cynthia have worked together in rich and varied settings and have traveled throughout Europe and Asia about the food and especially the historical open exchange of cuisine experienced through travel. Furthermore, China is a profound and powerful place for inspiration for cuisine. As such, Bella Bella offers a wonderful variety of Chinese food in addition to Continental and Mediterranean dishes. The menu at Bella Bella is extensive, including dishes such as the classic Italian antipasto and a tasty yellow tea. Bella Bella is a fantastic place to experience the flavors of the Mediterranean.

FORGET ME NOTS

Jennine Forget opened Forget Me Not's new location on Water Street in April 1995. After having been "Mediterranean"-oriented for the past several years, she is now a "Mediterranean"-influenced restaurant. Forget Me Not's new location is in the heart of the historic Old Port district, and is a wonderful addition to the area. The restaurant offers a variety of Mediterranean dishes, including a range of salads, pastas, and pizzas. Jennine Forget has been in the restaurant business for over 20 years, and is a true expert in Mediterranean cuisine. She is passionate about her work and dedicated to providing her customers with the best possible experience. She is known for her fresh ingredients, creative menu, and welcoming atmosphere. Jennine Forget offers a unique and delicious dining experience that is sure to satisfy even the most discerning palate.

OPEN GATE

Open Gate: Traditional Health Care Center
Julie Taylor, N.D., L.C.C., Libya Alhassan, R.N.
628-4332

"Let us walk with you on your journey to better health."

Our team of knowledgeable and dedicated staff will guide you on your path to better health. We offer a wide range of services, from acupuncture to nutrition counseling, to help you achieve your personal health goals. Our team is committed to providing you with the highest quality care, and we are dedicated to helping you reach your health goals. We are located in Portland, Maine, and our services are available to anyone who is interested in improving their health.

PORTOBELLO

Portobello
Leslie Hames
3 Exchange Street
Portland, ME
287-775-6398

"No, it's not the mushroom."

Portobello is a delightful restaurant located in the heart of Portland's Old Port district. The menu features a variety of delicious dishes, including house specialties such as the Portobello Mushroom and the Portobello Salad. The restaurant offers a comfortable and welcoming atmosphere, with cozy seating and a pleasant ambiance. Portobello is a great place to enjoy a meal with friends or family, or to celebrate a special occasion. With its unique and delicious menu, Portobello is a must-try destination for anyone looking for a taste of the finest Portland cuisine.

1996-97 SEASON

We are excited to announce that our 1996-97 Season will be the best yet. Our team of experienced professionals will work tirelessly to ensure that our guests receive the highest level of service. We are committed to providing our guests with a memorable experience, and we look forward to seeing you soon.

Advertising Supplement

Black Tie
Christine Weber
271 Broadway
South Portland, ME
624-6134

Debbie Elliott Salon & Day Spa
Debbie Elliott
38 Congress Street
Portland, ME
974-1728

The Portland Stage Company

Advertising Supplement

SEPTEMBER 5, 1996
Welcome!

At the new Gibson’s, Division of Portland Stage Company, we would like to invite you to join us in the fall for our latest production. We are committed to producing thoughtful, engaging, and entertaining theatre that speaks to the human condition and our shared experiences. Whether you are a regular theatre-goer or new to the experience, we hope you will join us in exploring the stories and ideas that define our world.

For information on tickets and schedules, please visit our website at www.gibsonstheatre.org. We look forward to seeing you at the newly renovated Gibson’s, and we hope you will make it a part of your fall season.

The role of regional theatre is to exist for its community. It must ask what will be the most pertinent, the most viable theatre for its audience...

We envision theatrical experiences where a group of people share one space: some of the people telling the others a story.

Both groups actively participate in the making of the theatrical event...

---

Chef Maggie Pond and manager Cynthia Luna left behind their most vital food region, California, with a kitchen that served up simple, healthy meals. The couple began with a small space, but their dream was to create a place where people could gather and enjoy good food in a warm and welcoming environment.

In 1991, they opened Open Gate in the basement of their home. They quickly gained a reputation for their innovative cuisine and welcoming atmosphere, and their business began to grow. Today, Open Gate is a bustling restaurant that serves up a variety of dishes, including vegetarian, vegan, and gluten-free options.

Chef Maggie Pond

The key to our success has been our focus on using fresh, local ingredients. We believe in supporting our community by sourcing food from local farmers and suppliers. This commitment to sustainability is reflected in our menu, which changes seasonally and is based on what's available in the region.

Mediterranean cooking is healthy cooking.

A naturopathic approach includes healing abilities, natural treatments, and the focus of medicine is on understanding and treating the whole person. This holistic approach to health and healing is reflected in our menu, which includes a variety of dishes that are both delicious and nourishing.

We offer a distinctly natural approach to health and healing that recognizes the integrity of the whole person. This approach is reflected in our menu, which includes a variety of dishes that are both delicious and nourishing.

Open Gate, we value each person as a unique individual with the capacity to live to the fullest. Let us be with you on your journey to better health.

If you are looking for delicious, wholesome, and nourishing food, you have found it at Open Gate. We are committed to providing a healthy and satisfying experience for our customers, and we hope you will join us on this journey to better health.

---

Sarah Ackerly, N.D., L.Ac.

34 Cumberland Street

Brunswick, Maine

828-7550/780-7260

Julie Taylor, N.D., L.Ac.

270 Broadway

South Portland, Maine

207-721-9296

Open Gate: Traditional Health Care

Traditional Health Care

Julie Taylor, N.D., L.Ac.

34 Cumberland Street

Brunswick, Maine

Sarah Ackerly, N.D., L.Ac.

270 Broadway

South Portland, Maine

207-721-9296

Open Gate offers naturopathic care, traditional health care, and acupuncture. We offer a variety of services, including acupuncture, Bowen Technique, age manipulation, and more. Each of our practitioners is dedicated to helping our patients achieve optimal health.

Our naturopaths, Sarah Ackerly, N.D., L.Ac., and Julie Taylor, N.D., L.Ac., have earned their degrees at the New England College of Naturopathic Medicine. They bring a wealth of experience and knowledge to their work, and they are dedicated to helping our patients achieve optimal health.

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In the fall of 1990, we opened Picture Yourself Image and Relaxation Center at 12 Westbrook Avenue in Portland. We continue to innovate by becoming the first massage therapy practice in Maine to offer Aveda products all over the world.

Herb Elliott has been in the business since 1981. She has trained at the Dada Academy and the National Academy, and she has passed national board exams. She is a fully licensed acupuncturist and massage therapist, and she is a certified Master Herbalist. She has been in a fusion restaurant and a boutique for years.

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A naturopathic approach includes health and education of patients in diabetes, menopause, heart disease, and medical care for the entire family. We offer therapy according to a study published in 1993. The basement. Indeed, they have raised service standards and cleaned up the basement. In many ways, Bella Bella was a breeding. The cafe had recently lost its charm and ambiance, and it needed a refresh.

At Open Gate: Traditional Health Care is a sanctuary for those seeking alternative medicine. We offer a range of services, including acupuncture, massage, and nutritional counseling. Our mission is to empower our patients to take control of their health and well-being by providing holistic treatments.

In Bella Bella, we prioritize creating an inviting and welcoming atmosphere where our customers can relax and feel at ease. Our cafe offers a variety of healthy and delicious options, such as fresh juices, smoothies, and organic baked goods. We also have a selection of...
Bella Bella
Cecilia Luna & Maggie Pond
606 Congress Street
Portland, Maine
AZM-71009-1280

"Woodsmen's cooking is healthy cooking.

Chef Maggie Pond and manager Cecilia Luna stand behind our country's first Waldorf restaurant, Bella Bella, where we believe that the best food is the food of the earth. In the kitchen, we create a hearty, hearty, flavorful menu unique to each person's health and lifestyle. Our cuisine is designed to work with you in your journey to better health.

Clinica nutrtion to herbal medicine. All choices may involve a variety of health-promoting lifestyles.

Natural approaches include Vitamin supplements, health and education of patients in health-promoting lifestyles.

We get to design and implement our own business and provide a service to the community. It's refreshingly down to earth and most women to get outside. The backfacing,..."
Our treatment recommendations are treatments may involve a variety of choices from classical homeopathy to health-promoting lifestyles. Natural diabetes, menopause, heart disease, and an abundance of individual needs can be addressed in the right environment.

In addition to the positive movement toward natural, our clients' experience is one of therapeutic services. Personalized support for each client's unique needs ensures that clients can understand their health journey in detail.

At Repeat Performance, we believe that every visit should be enjoyable and effective in promoting health and well-being. Our team is dedicated to providing personalized care, ensuring that each client receives the right treatment at the right price.

We encourage you to explore your options and decide which business to support. By choosing Repeat Performance, you are supporting a business that is committed to providing high-quality care and a positive experience for everyone.

Don't delay, call us now! 207-774-0465
Cynthia Dickson & Karla McGonigle
Dickinson & McGonigle
165 Middle Street, Suite 1010
Portland, ME 04101
(207) 284-7200

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Dickinson & McGonigle
165 Middle Street, Suite 1010
Portland, ME 04101
(207) 284-7200

The legal team at Dickinson & McGonigle is one of the top-rated law firms in Maine. They have a reputation for excellence and are known for their innovative approach to legal problems. Their clients include individuals and businesses of all sizes, from small startups to multinational corporations. The firm prides itself on providing personalized attention to each client, and they are known for their aggressive representation and thorough preparation. They handle a wide range of legal issues, including commercial litigation, business law, estate planning, and real estate law. The firm is committed to providing the highest level of service and has earned a reputation for being one of the most successful and respected law firms in the state. For more information, visit their website: www.dickinsonandmcgonigle.com.
**Calendar**

**Michael Danahy**

*Published every Thursday in the Cumberland Times-News, West Gardiner, Maine*.

**friday 20**

*Singer-songwriter Michael Danahy will perform at the Castonguay Schoolhouse in Saco at 8 p.m.*

**Saturday, September 28**

**Devonsquare**

*An evening of classic rock and soul music at the State Street Church.*

**Sunday, September 29**

**Calendar**

*Submissions for the calendar must be received in writing on or before Thursday prior to the publication date.*

**thursday 19**

*Fun things to do this weekend include laughter, fun, and a new way to enjoy the evening.*

**Saturday, September 28**

**Calendrier**

*Advance tickets $10, available at The CD Connection.*

**Call (207) 774-8666** for more information.

**30th Anniversary Concert**

*This concert will feature the band's Dixieland and traditional jazz music, performed by the band and accompanied by Michael Danahy.*

**Sunday 20**

*This event is free and open to the public.*

**Calendar**

*The events listed above are subject to change. Check the website for updates.*

**Holiday Weekend**

*Festive activities and entertainment for the holiday weekend.*

**Happy Healthy Kids Meal**

*Includes choice of pasta & sauce + bread & butter + juice + milk or fruit drink.*

**FRESH MARKET PASTA**

*AVAILABLE AT RESTAURANTS AND RETAIL MARKET*
The former Portland chef-owner, will start by offering dinner - lunch will come later, he says - of the possibilities of adding yet another eatery to the restaurant. Because that's what the space is or two. "It's likely that it would be another "I like the sense of theater it has" ... Meanwhile, down the street, would-be restaurateurs are circling the former restaurant. May Noyes, who says he has found financial backing for Morganfield's, says he hopes to reopen the club by mid-November. So is the...
Squire Morgan's

New Menu! (the best lookin' in town)
w/more salads, new entrees, vegetarian & Volcano Sauce items
$4.25 1/2lb burgers • $5 Lunch Specials
Dinners $7.50-$10.95

FREE HAPPY HOUR BUFFET
$1.00 off all libations
There is always something happening down at Squire's!
Check our Calendar

30 CASCO BAY WEEKLY
w/more salads, new entrees, vegetarian & Volcano Sauce items
Squire Morgan's

$4.25 1/2lb burgers • $5 Lunch Specials
New Menu! (the best lookin' in town)
Dinners $7.50-$10.95

Check our Calendar

Is opon 1 nlQls from 8pm·'am.

Squire's

down? It sounded as though the musicians had been shut in the house with a few Beatle albums

the crazy topiCS it covers are bouncers in milk bars, the consequences of ill·fitting glasses and col·

Thursday 19
1 Exchange St, Portland.
19 Exchange St, Portland. 773-6422. : 774-5554.
19 Exchange St, Portland. 772·0124 . (blues), 416 Fore St. 126 N. Boyd St, Port land. musIc). 188 Middle 51,

College Night (OJ Jayce Comedy Connection Tipperary Pub Raoul's

Live acoustic music, Diesel Doug & The Long

Old

R ing (att rock). 11 'Moutton Geno's Verrlllo's

Pop's Free Street Taverna

35 India 51, Portland. Undaunted: Professor Harp 'BOs and '90s dance), OJ J im Dawg Lynch (dance

871 ·9124 . (blues), 416 Fore St. 126 N. Boyd St, Port land. music). 188 Middle 51,

Tipperary Pub Raoul's

Larry Coryell (m aster gui· Portland. 712 ·1983. 773-8187. Sound Decision (rock).

188 Middle 51,

Portland. 780-1207. 773-3315. Pop's Free Street Taverna

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188 Middle 51,
saturday 21

dance events

Ibsen's tale of a passionate woman who acts out 8 pm, Sun 2:30 pm _ Tix: $11 - $1.3, 799-1421 or

"I Never Saw Another Butterfly" Windham Center Stage Theatre presents a story of the Holocaust seen through a child's eyes. Sept 20-29. Fri at 8 pm, Sat at 2 pm, Sun 2:30 pm - Tix: $15, 997-6509.

Gordon Carlisle's lighthearted look at women and Gogol's comic play about the state of matrimony (Thurs is 2-for-1 night). 775-5103.

"Open House" 7:30 pm. 799-7337.

winning off-Broadway musical review. At the Arts Ave, Portland. Shows through Nov 14. Thurs at 8 pm. Perform a字母组合.

auditions/etc


Egan offers two hands-on workshops in Irish music and dance. 775-3969.

responsibilities

Auditions The Proctor Community Choir presents their annual fall concert, "The Child who Never Was." Auditions to be held Fri-Sun, Nov 1-3. 854-5891.

Auditions The Portland Theater Guild presents "Out of the Mouths of Babes." Auditions on Tues, Oct 1 at 7 pm. 874-9002.

Dancing From the Inside Out is an ongoing class in dance that will please you. At the Swedenborgian Church, 302 Stevens Ave, Portland, from 6-10 pm. Cost: $5 ($3 kids/$10 family). 929-6472.


courses

courses

ELIZABETH ISLE

Observer from away

Once Pierre kicks over the old laws, it's too late for the new laws to be hon­est and they must write from your own experience. "The French Game" is about a school for girls in France, where Pierre, who is a student, is the teacher. 775-5215.

It is about the power of words and how they can shape our lives. It is about the importance of education and the need for us to be aware of the dangers that lurk in our world. It is about the need for us to be strong and to stand up for what is right. "The French Game" celebrates the power of words and how they can shape our lives. It is a powerful reminder of the importance of education and the need for us to be aware of the dangers that lurk in our world. It is a reminder of the need for us to be strong and to stand up for what is right. "The French Game" is a powerful reminder of the importance of education and the need for us to be aware of the dangers that lurk in our world. It is a reminder of the need for us to be strong and to stand up for what is right.

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4th Sat of month.
Frank’s Depression

A friend of mine recently called up to tell me about an obituary he had noticed in the Portland Press Herald. “Someone I know?” I asked hesitantly, as my mind swept through the sea of faces I knew. Frank’s name was not one I associated with any significant event, nor did I recall ever having met him. Yet, there was something about the way he described the obituary that intrigued me.

“I found it odd,” Frank said, “how he died. It was so sudden, and yet it seemed so final. His poetry was filled with themes of death and decay, yet he didn’t seem to reflect that in his own life.”

Frank was a street-writer, his words often appearing in the city’s subways and on the walls of abandoned buildings. He was a recluse, a shadow figure, known mostly for his poetry and his haunting eyes that seemed to pierce the soul.

I asked Frank about his encounter with the street-writer. He told me that he had met him once, in the park near the waterfront, and had been struck by his storytelling skills. Frank had a talent for the written word, and he was always on the lookout for new talent to collaborate with.

I asked Frank if he had ever considered writing a poem about his friend. He shook his head, saying that he didn’t know if he could muster the courage to put his feelings into words. But I could tell he was moved by the story, and I offered to help him write a tribute to his friend.

We spent the next few days poring over old letters and poems, trying to capture the essence of the street-writer’s life. It was a daunting task, but we found comfort in the knowledge that we were honoring a life that had been lived fully.

In the end, we decided to write a poem that would reflect both the beauty and the tragedy of Frank’s friend. It was a difficult task, but we felt it was important to do justice to the memory of someone who had touched our lives.

I hope that our poem will be a reminder to others that life is fragile and precious, and that we should always make the most of the time we have. Frank’s friend was a reminder that even in death, his legacy remains.

---

The King’s Mill

By: Ingrid's Natural Food Stores

Promotion: October 2-14

*Get a gift certificate from Green Grocer at Ingrid's Natural Food Stores*
Mesa Verde

Mexican Restaurant & Lounge Bar
Happy Hour!

Mon-Fri 3-9pm
$1.00 off house specials, including margaritas & beer
Special Happy Hour Food Prices!

Lunch & Dinner Menu-Sat & Sun
Dine-in or Take-out Available

Gourmet Hash: 773-3816

Are You the Type of Person Who Thinks Sweetbreads Is Another Name for a Cinnamon Bun? Thrice Again!

Sweetbreads

Are you the type of person who thinks sweetbreads is another name for a cinnamon bun? Thrice again.

The Great Lost Bear

The All-American Microbrew Showcase
Every Thursday in September & October 5-9 pm

Oriental Table

Asian Cuisine & Sushi Bar

Have dinner ready before you get home-Call ahead for take-out
Cold Vietnamese noodle salad is a spring roll
in spring roll form. 607 Commercial St., Portland
Our policy is to cater for you at dinner. Call and reserve!

The Oaks

The Barking Squirrel

Cafe in the Park

Opening hours: Park Ave., Portland, ME

New as of 16-17

Awesome Daily Specials

Thursday: The triple lobster special is back $19.95

Friday: Endless fish chowder, broiled or fried $6.75

Saturday: Baked stuffed haddock $7.95

Sunday: Twin lobster special $14.95

New Fall Hours:
Thursday-Sunday 11:30-8:30
Open until October 14th

833-6340

Port Bake House

162 Commercial St. 772-3940 or visit our bakery at 283 S. 9th St. 775-3440

Soup's On!

Come for lunch at the Port Bake House

Awesome Daily Specials

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IGUANA BAY

Lobster House

Were As Easy to Find As The Two Tugboats
From Brunswick, follow Rte. 123 till you come to the sea

Awesome Daily Specials

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Anthony's Italian Kitchen

Find us and you'll be why we are
"The Best of Portland"
1996 Winners

• Best lunch under $5
• Best dinner under $10
• 2nd Place Best Pizza

Beer & Wine Available
Open Daily 11-9 pm
Free Parking
151 Middle St. Lower Level
774-8666

A lot of Italian for such much American
I 1

Don't miss the most spectacular deal of the season or dinner, only at our SOLlth Portland location 799-3090

French Fries, Baked Potato or Rice all for just $9.95!

* * * we have discount movie tix * * *

773-8855

- fl eaflor Steele.

MECA Open House Tou .. Come visit Maine College of Art's new studio space at 522 Congress Street. MECA holds summer classes In pettery and clay sculpture and the "29: Hike Moat Mt. Oct 11-14: Backpack in Bigelow Range. For updated trip info, call hotline at 826-3597.

Maine Frontrunners is a gay and lesbian running club that offers free rides for people of any age or ability. FFNC offers staff rides and support throughout the summer. For more info call 775-6148.

Maine's Rock State Park in York and the "A Love Affair with the Sea" will be the focus of the "Maine's Rock State Park" series of talks and workshops on the Rock of Ages Monument in the town of York.

Randy Bean's "Curiouser and Curiouser" exhibit is on display until September 12 at the Maine State Museum. The exhibit features nearly 100 pieces of work by Bean, including paintings, drawings, and prints.

The portrait of the Maine Arts and Humanities Agency is a detectable Twisted Roots influence.. Instead, the band's greatest hits obviously taught the band members to attend an open slide night the second Friday of every month at 7 pm at the American Legion Hall. 413 Congress St, Portland. Monthly events include artis

The quality that separates this group from 90 percent of the other grunge wannabes, strangely enough, probably was developed back in Gouds Thumb's early days as a cover band. Playing all those other garage bands made him obviously sound the same when he wrote songs, because most of their songs ended up with aggressive melodic and a solid rhythm. The best of the songs, "Fangirl," "Fool For" and "28" (with backing vocals by Matthew Sweet), are as catchy and memorable as anything on alternative rock radio today. And if the Gouds Thumb-ward has many obvious influences, it's performed with enough enthusiasm, feel, and imagination to avoid sounding like skate shoes.

The band, "The Portland Band," is a group of individuals who play rock. 490 Congress St, Portland. Free entry. For more info, call 772-3050.

"The band is my tiny column. So let me just say this: If you get a chance to see Cerebus Shoal, take it. Because music this potent and original rarely comes to Portland." 58 Fore St, Bldg 10. Portland, ME 04101. 207-775-6148.

"Out of a deep sense of loyalty, and in the spirit of supporting local music, we've decided to feature a band we love: Cerebus Shoal." 58 Fore St, Bldg 10. Portland, ME 04101. 207-775-6148.

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"The band is my tiny column. So let me just say this: If you get a chance to see Cerebus Shoal, take it. Because music this potent and original rarely comes to Portland." 58 Fore St, Bldg 10. Portland, ME 04101. 207-775-6148.

"Out of a deep sense of loyalty, and in the spirit of supporting local music, we've decided to feature a band we love: Cerebus Shoal." 58 Fore St, Bldg 10. Portland, ME 04101. 207-775-6148.

"The Portland Band" is a group of individuals who play rock. 490 Congress St, Portland. Free entry. For more info, call 772-3050.
Fall collections arriving daily.

**J.C. LEE BOUTIQUE**

Soft Dressing for women.

**DIVERSE AND FAMILY MEDIATION CENTER**

To reach agreements on property settlements, parental rights, and support.

Consider the expense.
Consider your family.
Consider your future.
Consider mediation.

Part in Peace, Not in Pieces.

Free Initial Consultation.
Alternative Mediations.

225 Stevens Street, Portland 774-7084.

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**FAMILY EVENTS**

**FALL COLLEGE FAIRS**

- **Portland State University**
  - Saturday, November 24, 10:00-2:00 pm, Portland Expo Center
- **University of Southern Maine**
  - Wednesday, November 28, 3:00-5:00 pm, Portland Expo Center

**SPRING COLLEGE FAIRS**

- **University of Southern Maine**
  - Tuesday, February 5, 10:00-2:00 pm, Portland Expo Center
- **Southern Maine Community College**
  - Thursday, February 7, 10:00-2:00 pm, Portland Expo Center

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**PROJECT PARENT SHARE**

The Children's Museum of Maine celebrates the International Day of the Child with a new interactive exhibit, "Children Around the World," which opens Saturday, October 12. The event includes family-friendly activities such as making paper lanterns, dressing up as a fairy, and learning about the different cultures around the world. The event is free and open to the public. For more information, call 283-3088.

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**PICTASSO'S PARIS**

**SATURDAY, SEPTEMBER 28, 1996, 7 P.M.**

Break out your best and dance the night away at the Portland Museum of Art's gala fundraiser! The Museum will be transformed into a Paris street scene. Special performance by the Portland Ballet Company.

**TICKETS 145 PER PERSON**

Tickets may be purchased at the Museum in advance by calling (207) 772-5618.

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**RAFFLE DRAWING AT 9 P.M.**

- 12 unique and fabulous items, including:
  - A trip for two to Aran Island.
  - An 18K gold diamond Palmira Pucci bracelet.
  - A signed silkscreen print by Neil Walker.
  - A trip for two to Paris.

**RAFFLE TICKETS $10 EACH / $50 FOR 6 / $100 FOR 13**

**PARIS TRIP RAFFLE TICKETS $50 EACH / $100 FOR 3**

**PORTLAND MUSEUM OF ART**

Seven Congress Square • Portland, Maine 04101 • (207) 775-6168

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**WRITING FOR FUN OR PROFIT**

**News and Feature Writing**

- **Tuesday, September 10, 3:30-6:00 p.m.**
  - INSTRUCTOR: Lynn Collins
  - **FEE: $140.00**

**Poetry for Beginners**

- **Thursday, September 12, 3:30-6:00 p.m.**
  - INSTRUCTOR: Mary Allen
  - **FEE: $140.00**

**Women Writing Ourselves**

- **Tuesday, October 1, 3:30-6:00 p.m.**
  - INSTRUCTOR: Dyann Wood
  - **FEE: $140.00**

**How to Get Published: An Overview for Beginners**

- **Tuesday, October 8, 3:30-6:00 p.m.**
  - INSTRUCTOR: Marcy Hanna
  - **FEE: $140.00**

**Writing, Illustrating and Publishing Children's Books**

- **Tuesday, October 8, 3:30-6:00 p.m.**
  - **FEE: $150.00**

**Writing the Short Story**

- **Tuesday, October 15, 3:30-6:00 p.m.**
  - **FEE: $150.00**

**Writing the Short Story: Advanced Level**

- **Tuesday, October 22, 3:30-6:00 p.m.**
  - **FEE: $150.00**

**Beginning Screenwriting**

- **Tuesday, October 29, 3:30-6:00 p.m.**
  - **FEE: $150.00**

**Writing with clarity for Business**

- **Wednesday, October 30, 3:30-6:00 p.m.**
  - **FEE: $150.00**

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**FOR MORE INFORMATION OR TO REGISTER:**

Center for Continuing Education, University of Southern Maine

- **786 High Street, Portland, Maine 04104**
  - **PHONE: (207) 786-9393**

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**University of Southern Maine**
Classifieds

BULLETIN BOARD

HELP WANTED

REPORTER
for Dover-Foxcroft Area
We're into pagination and digital photography. We're moving our weekly newspaper group into technology and require an experienced reporter ready to grow while handling the news needs of small-town Maine. Immediate Opening.

Call, or Fax resume.
FAX: Reporter - 764-6499
CALL: Exec. Editor 1-800-924-9041

CAREER DEVELOPMENT

DISCOVER WHAT YOU WANT... 
SEAGER ASSOCIATES
Counselor/Placement Flushing

BUSINESS OPPORTUNITIES

INTERNET CAREER - as low as $19.95

OBJECTIVE: To become expert with the Internet, I am interested in any position that allows me to

an opportunity to work with this

new medium. My goal is to

improve my skills in Future

Business Development, Internet

Marketing, or Internet

Sales.

Knowledge of Graphics

Packages, HTML, Personal

Computers and Software

is a plus. Make-up

can be arranged.

Details: 878-8203.
Fees: $2951mo. +. 878-8203.

WANTED: A professional to work with a

talented and creative individual on

a new start-up business. An

individual with previous IT

experience is desired. If you

are interested, please call

780-0183. 

ROOMMATES

MIDTOWN APARTMENTS - 3bdrm.

NEWBARN STUDY APARTMENTS on orgl.

WEST END - Exceptionally nice apartment.

WANTED: A part-time help in home.

TONIGHT - $25 PER HOUR.

PERSONAL SERVICES

CAREER OPPORTUNITIES

INTERNATIONAL ADOPTION SERVICES

Licensed Agency Assistants

- J & D Walling

AGENCIES

CECIL F. REEDER

INTERNATIONAL

ADOPTION SERVICES

CECIL F. REEDER

LICENSED AGENCY ASSISTANT

Getting rates

Many difficult areas of employment can be overcome by

getting the rates that you need. Get rates for
difficult areas of employment.

Most Human Resources agencies and recruitment agencies

can offer rates that can help you

get the job you need.

get it to us

Don't forget to check our the personals!

Appendix

HELP WANTED

Careers in Business

WANTED: A professional to work with a
talented and creative individual on
a new start-up business. An individual with previous IT experience is desired. If you are interested, please call 780-0183.

CAREER OPPORTUNITIES

INTERNATIONAL ADOPTION SERVICES

LICENSED AGENCY ASSISTANT

PERSONAL SERVICES

CAREER OPPORTUNITIES

INTERNATIONAL ADOPTION SERVICES

LICENSED AGENCY ASSISTANT

HELP WANTED

Don't forget to check our the personals!
If you are thinking about self-improvement, try any one of the many health practitioners found in Crescent Bay Weekly's Wellness Directory. If keeping your business busy is your main thesis, then subscribing to the Weekly Wellness Directory, call 775-1254.