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A CONVERSATION WITH
MICHELLE BERRICK

"I promised myself when I found out I couldn't read or write and if I ever had children in life, that they were going to read and write. Now they can read like little whizzes."

For most of her life, Michelle Berrick pretended she could read and write. She couldn't. Last year, fed up with her lifelong charade, the 36-year-old mother, who has dyslexia, decided to come out of her illiteracy closet. Every day now, she follows her two sons to the Jack Elementary School, where she takes GED classes - even though she got her high school diploma 18 years ago - and is a parent volunteer.

Why do you volunteer? Because I just wanted to be around my children at school. And I'm on welfare, and [welfare workers] told me I had to volunteer somewhere, so I figured, Jack school. I just wanted to do something that was different in life, you know. I got tired of sitting home.

What do you do at the school? I do whatever the teachers want me to do. If they want me to copy papers, I do that. If they want me to color for 'em, I do that. I'm only in second-grade level reading. My little one is teaching me how to read. He's 6 years old and he's teaching me how to read.

What's it like being in elementary school again? It's different, it's different. I love being in school. I just wish I could go back to those days. Getting an education meant more to me than anything. I was diagnosed dyslexic; [teachers] didn't know what that meant when I was a kid. My mother didn't know what it meant. She couldn't go fight the school system back in 1960-whatever. I had problems with reading, writing and math. I could never tell the differences between adding and taking away. I came out of South Portland High School learning nothing.

How did you get through high school? [Teachers] pushed me through school and gave me a diploma and said, "Have a nice life." I couldn't do a thing. My parents did it for me. They would take over my math and reading. Instead of helping me, they did it all. [The teachers] sent me into a special ed class where all we did was watch movies, take field trips. I was really mad at the school system.

And today?

What do you do at the school? I do whatever the teachers want me to do. If they want me to copy papers, I do that. If they want me to color for 'em, I do that. I'm only in second-grade level reading. My little one is teaching me how to read. He's 6 years old and he's teaching me how to read.

How does that feel? It's different, it's different. I love being in school. I just wish I could go back to those days. Getting an education meant more to me than anything. I was diagnosed dyslexic; [teachers] didn't know what that meant when I was a kid. My mother didn't know what it meant. She couldn't go fight the school system back in 1960-whatever. I had problems with reading, writing and math. I could never tell the differences between adding and taking away. I came out of South Portland High School learning nothing.

Interview by Sharon Bass; photo by Cameron Malakie
Cross Jewelers has completed a 24-page booklet titled "Cross's Guide To The World's Most Beautiful Diamonds." If you have been thinking of purchasing a diamond, we invite you to stop and receive a free copy.

Cross Finest Diamond Mounting: A Cross Diamond solitaire mounting starts with the part which holds the diamond, called the head. Forged from a single block of 18K white gold alloyed with platinum.

Ideal Cutting: Ideal Cutting is simply the most beautiful way to cut a diamond. Only one out of every thousand diamonds achieves the exacting standards of the Cross Ideal Cut diamond. Your choice of a Cross Ideal Cut diamond gives you the highest level of satisfaction in your purchase.

Why You Should Buy Your Diamond Engagement Ring From Cross Jewelers:

- Cross Jewelers has been providing fine jewelry and diamond engagement rings since 1948.
- They offer a wide selection of diamond engagement rings at competitive prices.
- Their staff is knowledgeable and helpful, providing guidance on choosing the right diamond for your budget and style.

Ideal Diamond Cut is the optimal combination of brilliance, dispersion (rainbow colors), and scintillation (sparkle) that creates a lifetime of extraordinary beauty. Cross Diamond Prices are Real: For over three quarters of a century, Cross Jewelers has maintained a consistent, conservative pricing philosophy that allows you to shop with the "real price" on every piece of jewelry.

Infomation:

- Cross Jewelers is located at 484 Congress St, Portland, ME 04101.
- Phone: 207-773-3357
- Fax: 775-7816
- Email: info@crossjewelers.com

Additional information:

- They offer a wide selection of diamond engagement rings at competitive prices.
- Their staff is knowledgeable and helpful, providing guidance on choosing the right diamond for your budget and style.

For more information, please visit their website at www.crossjewelers.com or call 207-773-3357.
Cut is Everything... It's the magic, it's the fire. It is what makes a Springer's Diamond different above all others.

MERCY HOSPITAL PRESENTS THE 1997 WOMEN'S HEALTH SERIES

Women have special concerns about their health and well-being. Please join us for five free programs on women's health issues held at Catherine Mclachlan High School Auditorium, 571 Stevens Avenue, Portland. Each presentation will be followed by a question and answer period. For more information, please call the Community Relations Office, 879-3486.

The Complete Exam: Screening for a Long and Healthy Life
Wednesday, October 1, 7:00 p.m.
Dr. Cydelle Mckinnon, a family physician, will review recommendations for preventive health care and screening for each decade of life. Topics will include screening for depression and anxiety, eye care, thyroid disorder, heart disease, cancer, osteoporosis, cholesterol levels, and infectious diseases.

Healthy Issues As We Age
Wednesday, October 8, 7:00 p.m.
Presenter: Deborah Leighton, M.S.W., CRNE

Meeting the Needs of Older Women
Wednesday, November 5, 7:00 p.m.
Presenter: Deborah Leighton, M.S.W., CRNE

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CUT IS EVERYTHING... IT'S THE MAGIC, IT'S THE FIRE. IT IS WHAT MAKES A SPRINGER'S DIAMOND DIFFERENT ABOVE ALL OTHERS.
According to federal guidelines, Fignar would have brought 200 jobs to the area, but they shifted out of state, leaving a rebate. BIW, meanwhile, plans to apply for an expensive drug program.

Every six months Fignar must move to Bangor instead. City officials aren't interested because the expensive drugs he needs to treat his condition would cost too much. Recently, the Portland man's rebate was cut off. He's managed to grub up enough signatures to stop the civil rights law by employing a non-partisan coordinator. Each coordinator got a $1,000 stipend. His income is nearly moribund. He's legally blind.

There's always a green lining. The Portland City Council has approved a one-year extension for the old downtown trolley system. Much of its support comes from the council's Portland Transportation Development Task Force, which is charged with promoting downtown development. City Manager G. Scott Donahue said the task force, which will be disbanded after this year, "has helped us tremendously in our efforts to revitalize downtown Portland." The task force was created in 1994 to address the challenges facing the city's downtown.

There's always a silver lining. Even when things seem hopeless, there's always something to be thankful for. As John Jay Fignar learned, there's always a reason to be grateful.

Just saying no

Striped of Medicaid benefits, many chronically ill people are unable to get life-saving medications.

Pitter pattering the out of state, leaving a rebate. BIW, meanwhile, plans to apply for an expensive drug program. "We think these people are in trouble, there's no doubt about that," said Duranleau.

AIDS said he received his "euthanasia" notice from Medicaid. Unlike Fignar, he didn't appeal the decision and his Medicaid was terminated. Ponomarenko said it's common for those who have been cut off not to appeal, simply because they don't know they can. "A lot of people who have to make a delicate choice between bills and their health are not the first to come to mind," he said.

"They're filing a lawsuit arguing that we're being cut without much notice," said state Rep. Mary Soley. A lot of people are being cut off. "We've heard the rumors," said Portland Mayor George Campbell. "A lot of people are being cut off, people are not happy. It's very sad. It's very sad. It's very sad."
had a male majority for 71 of its 74 years,
for
electN
They're
to condemn them, or laugh at them,
"We are becoming the men we wanted to marry."
didn't fight to get women out from behind the
women-as-men would suffer.
has
If
influence doesn’t bother current member
Point holding all the seats. The decline in
Sue Clark. “We have a very strong
major impact on the city. During
inequity is something to be proud of, but
-I’m not sure that it matters,” said
J. Elizabeth Mitchell. “The big reason
for a city office because she was
admitted she’d passed up a chance to run
another. “I don’t see that as a big issue,”
your dad was so angry and hurt all those years,
right now—my books, my perfume, my husband and
Why am I embarrassed? I was not my
she supported her, and is flexible enough to allow
you to support her, and is flexible enough to allow
them to do something that I think
women are probably disproportionately in jobs
that do neither.
—State Rep. J. Elizabeth Mitchell

It’s not only slow why everything is moving so slow, but it’s clear that on these issues where women have created their political influence, they’ve had a major impact in the city. During
Abernethy’s tenure on the Council, women achieved their first female mayor.
From 1980 until 1990, the only
Political candidates are often	Women’s involvement in politics is a one

Our accomplishments are often	Women have to prove themselves.

As former City Councilor and current
Commissioner of the Office of Housing and Community Development, Mitchell

Women have to prove themselves.

The next generation of female political candidates, she said, faces hurdles.

The next generation of female political candidates, she said, faces hurdles.

At one point, my son was

At one point, my son was

I know why you’re so angry now.

I know why you’re so angry now.

But then you gave up on us. Last week, you walked from

But then you gave up on us. Last week, you walked from

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I think there’s something in the last couple of years that’s been

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SEXUAL HEALING

What if your anti-depressants getting in the way of your sex life?

ZOE S. MILLER

Barbara had been taking anti-depressants for depression and anxiety since the early 1990s. But she never expected them to interfere with her sex drive. It was only after she started taking Paxil, a SSRI, that she noticed a significant decrease in her sexual desire. She consulted her doctor, who prescribed more medication and sent her to a therapist. But Barbara felt like a cruel joke. "It's as if my body is saying, 'You think you can come up with a drug that will make you feel better, but you can't even make me feel sexual?'

The problem is, Barbara is not alone. Many women who take anti-depressants report a loss of sexual desire, and this is not a rare occurrence. In fact, some studies estimate that up to 30% of women who take anti-depressants experience a decrease in sex drive. But is this really a problem, or is it just a side effect of the medication?

The truth is, anti-depressants can affect sexual desire in both men and women. This is because these medications work by altering the levels of neurotransmitters in the brain, which are responsible for regulating mood, anxiety, and sexual function. When these levels are out of balance, it can lead to a decrease in sexual desire.

But it's not just the medication that can cause this. It can also be caused by the underlying condition that the medication is treating. For example, if a woman is taking anti-depressants for depression, she may not feel as energetic or motivated to engage in sexual activity. Additionally, the side effects of the medication, such as dry mouth, can also contribute to a decreased sex drive.

So, what can a woman do if she is experiencing a decrease in sexual desire while taking anti-depressants? The first step is to talk to her doctor. It's important to let your doctor know if you are experiencing any changes in your sex drive, as they may be able to adjust your medication or suggest alternative treatments.

It's also important to remember that sex is not just about physical pleasure. It's also about emotional connection, which can be affected by anti-depressants as well. So, it's important to communicate with your partner about any changes in your sex life and work together to find solutions that work for you.

In conclusion, anti-depressants can affect sexual desire in women. It's important to talk to your doctor about any changes in your sex drive and work together to find solutions that work for you. Remember, sex is about more than just physical pleasure. It's also about emotional connection and communication.
Introducing another great addition to our contemporary studio to Summer offices. An experienced nutritionist has made a film that attempts to create a dialogue for parents and young girls regarding body image and healthy eating.

**American girls between the ages of 11 and 17 are weight- and appearance-obsessed creatures.** Eighty percent have dieted by age 3. They are more afraid of becoming fat than of cancer, nuclear war or losing their parents. Can we change that?

The video is brutally honest—surprising, generally unvarnished personal stories in a way that could affect three in five teenagers. The film was made by Connolly and her colleagues as a result of her work at Westbrook Community Hospital. Connolly’s hope is that the film will help people to think about eating and body image issues in a different way.

The video weaves together the experiences of girls who will grow up an average of 10 inches and gain 40-50 pounds for the next 15 years. Connolly is clear that it’s normal and healthy for girls to grow and gain weight during puberty, but the more media literacy we have, and the more people are aware of the pressures young girls face today, the more they encourage girls to get out of those pressures and figure out what they’re feeling and how they’re going to do it. Connolly has made a film that will have a huge impact on the lives of girls who will grow up with healthy eating and body image issues.

**Teen Body Talk** is a 45-minute film that will be shown in schools, clinics, and community centers across the country. The film is available in October at $10 per tape and two tapes are available for $18 per tape. With a group order of 10 or more, schools can order the film for $8 per tape.

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**Do Business on the Internet**

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**Alissa Greenberg**

A friend of mine, Alissa Greenberg, has spent the past few years doing book signings for "Girls Know Best: Advice for Girls, from Girls on Everything," a compilation of stories, advice, and cartoons contributed by girls. Of course, the book is filled with the kind of advice that girls want to hear—don't give up, don't be afraid to ask for help, and so on. The book has been well received, and I think it's a great resource for girls who need to hear that they're not alone in their struggles.

---

**Do you think it's hard to be a smart kid?**

You're a nerd. You're smart. You're weird. You're a girl. You're a smart girl. You're a smart girl who's not a bookworm. You're a smart girl who knows how to have fun. You're a smart girl who's not a brainiac. You're a smart girl who knows how to deal with paradoxes and contradictions. You're a smart girl who knows how to balance being smart with being happy. You're a smart girl who knows how to be both a nerd and a socialite. You're a smart girl who knows how to be both a student and a party animal. You're a smart girl who knows how to be both a nerd and a socialite. You're a smart girl who knows how to be both a student and a party animal. You're a smart girl who knows how to be both a nerd and a socialite. You're a smart girl who knows how to be both a student and a party animal.
Be afraid

Back was my first reaction when I picked up the daily paper on the morning of Sunday, September 21. This was the first page and opening paragraph of an op-ed piece entitled "Gay rights: a right to be afraid." It was by Robert F. Drinan, former congressman who introduced the "DOE" amendment to the bill that would ultimately become the Civil Rights Act of 1994.

Drinan's argument was that because the bill would allow for the use of federal funds to support gay rights organizations, it would be "an affirmation of the sin of sodomy" and therefore a "threat to the moral fabric of our society." He went on to say that "it is not enough to say that the bill is not anti-gay. It is not enough to say that the bill is not discriminatory. It is not enough to say that the bill is a step forward. It is not enough to say that the bill is a victory for gay rights." He concluded by saying that "we should be afraid of what the bill could mean in the long run." This article was published in the September 21, 1997 issue of the Portland Press Herald.

Drinan's argument was based on the idea that the use of federal funds for gay rights organizations would be a form of "affirmation of the sin of sodomy." He believed that this would be a "threat to the moral fabric of our society." He argued that it was not enough to say that the bill was not anti-gay. He believed that the bill would be a "victory for gay rights" only if it was "not discriminatory." He concluded by saying that "we should be afraid of what the bill could mean in the long run." This article was published in the September 21, 1997 issue of the Portland Press Herald.

Sex industry unappreciated

SEX INDUSTRY UNAPPRECIATED

Finally, Mr. Drinan is wrong as well at the significance of Sen. Collins' endorsement of the bill. Sen. Collins' endorsement of the bill is one of only four Republicans, and the only female Republican, to sign on as a co-sponsor. The leadership of the party strongly opposes it. If it fails, it would be considered a major blunder on the part of the Republican Senate leadership. However, it would be considered a major blunder on the part of the Republican Senate leadership. However, it would be considered a major blunder on the part of the Republican Senate leadership. However, it would be considered a major blunder on the part of the Republican Senate leadership.

The message that is being sent is that Sen. Collins' endorsement of the bill is not representative of the views of the Senate leadership. The Senate leadership has not endorsed the bill. The Senate leadership has not endorsed the bill. The Senate leadership has not endorsed the bill. The Senate leadership has not endorsed the bill.

I am personally friends with many women involved in Portland with their hair cut dry with electric hair. The difference in price is solely based upon their creativity and their courageousness. It is not their right to say that they are not worth as much as men. It is not their right to say that they are not worth as much as men. It is not their right to say that they are not worth as much as men.

The article was published in the September 21, 1997 issue of the Portland Press Herald.
"A Funny Thing Happened on the Way to the Forum," a comedy by Stephen Sondheim, is currently being performed at the Portland Stage Company. The play, directed by Andy LaCivita and featuring a cast of Portland-based actors, opened on October 22 and runs through November 23. "A Funny Thing Happened on the Way to the Forum" is a satire of classical and musical theatre, with a plot that involves a series of intrigue, sabotage, and mistaken identity. The comedic elements of the play are highlighted by the music and lyrics of Stephen Sondheim, who received a Pulitzer Prize for his work on "Fiddler on the Roof." The production also features an all-star cast, including a young star who is making her Broadway debut.

As the opening night approaches, excitement builds among the cast and crew. The cast has been rehearsing intensively for weeks, working long hours to perfect their performances. The costumes and sets have been designed to bring the world of ancient Rome to life on stage. The music and lyrics are expertly delivered by the cast, who have honed their craft through years of training and experience. The audience can expect a night of laughter, emotion, and sheer entertainment.

But behind the scenes, there are challenges that come with producing a major Broadway show. Budgets are tight, deadlines are looming, and every detail must be perfect. The cast and crew are dedicated to delivering a performance that will leave audiences feeling fulfilled and entertained. The pressure is on, but the passion and commitment of the team is unwavering. As the opening night draws near, anticipation builds among the audience and the performers alike.

On opening night, the cast and crew will step onto the stage, ready to bring the world of "A Funny Thing Happened on the Way to the Forum" to life. The audience can expect a night of laughter, emotion, and sheer entertainment. The cast and crew are dedicated to delivering a performance that will leave audiences feeling fulfilled and entertained. The pressure is on, but the passion and commitment of the team is unwavering. As the opening night draws near, anticipation builds among the audience and the performers alike.
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9 PM 21+ $3
Friday, September 26
Sam Black Church
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9 PM 21+ $3
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**HERRMANN'S ROYAL LIPZIGAN STAILIONS OF AUSTRIA**

Some standard-bearers come closer to the beauty of wild horses worldwide than any other: the Lipzigran Stallions.动物, whose magnificent, highly prized horses are known for their speed, stamina, and beauty. Each year, they come to the United States to perform a series of events, including a world-renowned training show, to showcase their amazing abilities and captivating presence.

**SWEET HONEY IN THE ROCK**

Sweet Honey in the Rock doesn’t make music. From its inception in 1973, this African American women’s soprano quartet has been combining parallel musical and social messages to create music that both uplifts and inspires. The group’s current line-up includes founder Denise Uyehara Rogers, original member Bernice Johnson Reagon, and current members Carol Maillard and Yvonne Self. With their unique blend of folk, blues, gospel, and jazz, Sweet Honey in the Rock brings together autobiographical stories, historical narratives, and Civil Rights activism, creating music that is both entertaining and thought-provoking.

**DENISE UYEHARA**

Uyehara. The 30-year-old Asian-American has redefined performance art with her mixture of humor, wit, and social commentary. Her work often explores gender issues, sexuality, and the impact of popular culture on society. Uyehara has performed in theaters across the country, and her work continues to challenge and entertain audiences.

**Aikido Practice**

For men and women of all ages, Aikido offers a form of martial art that integrates physical and mental disciplines. It teaches self-defense and conflict resolution skills.

**AURORA PROVISIONS**

Choose from a selection of fresh produce and meals for delivery to your doorstep.

**Fкраса Старе at the Market, Sept. 26**

**Sweet Honey at the Market, Sept. 26**

**Taj Mahal**

An American original.

**The ROOTS**

Denise Uyehara

“Hello (Sex) Kitty—Asian Bitch on Wheels”, in which Uyehara explores issues of sexuality, gender, and identity. The show is both humorous and thought-provoking, challenging stereotypes and exploring the complexities of modern-day society.

**RICHARD BURTON**

Richard Burton was an English actor known for his charismatic performances and his ability to bring characters to life on stage. His portrayal of Richard III in Shakespeare's "Richard III" is widely regarded as one of the greatest interpretations of the role.

**The Shakespeare Theatre**

Portland Stage Company's Shakespeare Festival is a must-see event for lovers of the Bard. The festival features performances of classic plays, such as "Othello," "Romeo and Juliet," and "Hamlet," performed by some of the country's finest actors.

**The Salt Gallery**

The Salt Gallery is a contemporary art gallery located in Portland, Maine. The gallery features works by a diverse range of artists, and its exhibitions are known for their high-quality and thought-provoking content.

**Denise Uyehara**

“Hello (Sex) Kitty—Asian Bitch on Wheels” - a show that explores issues of sexuality, gender, and identity. The show is both humorous and thought-provoking, challenging stereotypes and exploring the complexities of modern-day society.

**“Patients should be Symptom Free and Drug Free”**

This phrase is often used in medical contexts to emphasize the importance of being free from symptoms and medications as part of a healthy lifestyle. It's a reminder to patients to take care of their health and well-being.

**SWEET HONEY in the Rock**

Sweet Honey in the Rock is known for its powerful, uplifting music that addresses social and political issues. The group has performed at various festivals and events, spreading its message of unity and empowerment.

**THE ROOTS**

The ROOTS is a musical group known for its blend of reggae, hip-hop, and soul influences. Their music is characterized by its catchy rhythms and powerful messages, appealing to a wide range of audiences.
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tonite!  
tonite!

**Fall Singles Fling**

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5 to 8pm

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I says Barbara. And that's the idea behind it. If you love creating some magic with what's in the kitchen, why not try your hand at it? Barbara's Kitchen in designing a menu that will sell. And it always comes out well. Barbara's Kitchen says that the highest turnover rate in restaurants. Recent surveys put that figure at 100% turnover rate in restaurants. Barbara says, "It's the interna l issues you learn to live with," Barbara says. She's a player with strong social graces."}

"How much money do you have to spend?" read the caption of an early article. "What do you love creating some magic with what's in the kitchen? Why not try your hand at it? Barbara's Kitchen in designing a menu that will sell. And it always comes out well. Barbara's Kitchen says that the highest turnover rate in restaurants. Recent surveys put that figure at 100% turnover rate in restaurants. Barbara says, "It's the interna l issues you learn to live with," Barbara says. She's a player with strong social graces."
SUCCESSFUL INTRODUCTIONS

SUCCESSFUL INTRODUCTIONS, a company of professional matchmakers, utilizes successful magazine introductions as a service to the community, a support group for women who are presently experiencing abuse in their lives. Our group meets the first Monday of every month at 7 pm, Dr. Paul Ross, conductor. 871-4226.


We do not offer a dance for fun and fitness at Portland Yoga Studio, 22 Bramhall St Portland. 874-1130.

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Make a Night of it!

The world is a stage, every moment a prop, every person a role. To be or not to be, that is the question. To bide or not to bide, that is the question. We all make a night of it in Portland, Maine, where the city is not only a place, but a state of mind.}

Volunteer

R.A.C.H.E.L.S

Wood-Grill

Make a Night of it!

The world is a stage, every moment a prop, every person a role. To be or not to be, that is the question. To bide or not to bide, that is the question. We all make a night of it in Portland, Maine, where the city is not only a place, but a state of mind.
A confession: John Turturro could take us anywhere, inwhatever vehicle he chooses. In "When Morning Comes," the 40-year-old star plays a 30-year-old who travels back to the 1970s with the help of a career slacker.

Turturro plays the part of Al Posner, an electrical engineer who seems to have lost his way. His job is menial, and his life amounts to little more than obligation. The self-imposed pressure Al feels under is taking a toll: he's starting to hallucinate, seeing things moving impossibly fast around him. He finds himself in a car wash, convinced he is a valet. Noticing this, the 30-year-old Turturro says, "I know you. I've seen you somewhere before."

Turturro plays the younger version of himself, taking a break from acting. In the movie, Al is traveling the United States, searching for his missing niece. He is overweight, with the voice of John Cleese. Turturro is tall and thin, and he makes the character look so natural that you forget he is not actually 30 years old.

The movie is a mix of comedy and drama, with a dash of mystery. Turturro plays a small-time crook who is trying to get his car fixed. He drives off in search of a childhood play spot, but what he really needs is a break. He finds himself in a movie theater, watching a film about the kid he used to be. The kid is played by Turturro himself, whoNote: The image contains a page of a document with text that seems to be about a movie review. The text includes a title, a review, and some other information about the movie. The text is difficult to read due to the quality of the image.
**Casco Bay Weekly**

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THEY ALLAYED MY CONCERN ABOUT SOCIAL ISOLATION IN THE VIRTUAL COMMUNITY.

The paradigm of the virtual community used to trouble me. Until I visited javaNet Cafe', finally, I could probe cyberspace in the company of like-minded explorers. I love the aesthetics of the place. It's like sipping coffee at Mother's. With javaNet as my Internet Service Provider, I never feel isolated. javaNet provides unlimited technical support and high-speed Internet access for $19.95 per month. The perfect juxtaposition of technology and humanity.

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