The trouble with people who reveal too much too soon.

Changing channels
Glimpses of how one person gave up television

Myth America
The queen of femininity vs. beauty as weapon

Inside
- Newsbriefs page 2-7
- 10-day calendar page 16
- "Barton Fink" page 18
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- Meg Brown Payson page 23
- Starry puzzle page 27
- Classifieds page 36
- Pook paper page 30

BULK RATE
PERMIT NO. 185
AMELIA PINES, ME

OCT. 17, 1991
ACT UF Maine paints town red
A group of activists from ACT UF Maine took to the streets of Portland on Saturday, October 5, 1991, to protest the state's transportation referendum.

The group, which included members of the Natural Resources Council of Maine and the Maine Environmental Protection Agency, painted the town red with their banners and signs. They also handed out fliers and pamphlets to passersby, explaining their viewpoint on the referendum.

The referendum, which was held on Saturday, October 5, 1991, asked voters whether they wanted to widen the Maine Turnpike by 30 miles. The group opposing the referendum, which included the Maine Turnpike Widening Coalition, argued that the widening would put the state's money on television advertisements, some of which feature huge red letters on a black background.

The group opposing the referendum, led by the Maine Turnpike Widening Coalition, argued that the widening would put the state's money on television advertisements, some of which feature huge red letters on a black background. They also claimed that the referendum would cost the equivalent of a third of the state's transportation budget.
The late-blooming campaign for the Democratic presidential nomination has drawn far less interest in Maine. On Maine's Oct. 8, 2000, election, activity picked up with visits by Bob Kerrey of Nebraska on the Democratic side and another that was the only one who has visited Maine with regularity since Massachusetts senator John Kerry announced his candidacy Aug. 14.

Maine's Democratic caucuses are scheduled for Feb. 23, 2001. The first two weeks after the Oct. 8, election, activity picked up with visits by Bob Kerrey of Nebraska on the Democratic side and another that was the only one who has visited Maine with regularity since Massachusetts senator John Kerry announced his candidacy Aug. 14.

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**Instant Intimacy**

**Intimacy has no shortcuts**

By Salley Joffe

One afternoon not long ago, a friend from New York and I found ourselves on a pair of LifeLines down the gage, sipping coffee and philosophizing about love-related things.

"It was amazing," my friend confided, relating her latest epiphany of love. "At the publishing house where she worked, her first day on the job, this woman told her about a face she had been shadowing, her body language, her not seeing her hearing.

"My mind's gone," she admitted. "Did she think I really knew how this stuff?" On the first day we met, she added, it had been easy to disregard the dragoness of my particular demons and women around me who did not have apparent problems. But now she was starting to think it just might be me, or how completely lost we regard for each other.

From what I've seen, modern Americans have an old relationship with the concept of intimacy. It seems we've come to value it, all in its various permutations, absent anything else — above the privacy, certainly, that intimacy tends to place over its inevitable path.

My friends, I've been started lady by the disclosures of strangers. Recently, when I was in town I knew only slightly better than high school hands, I went to meet her, she happened along to meet me and launched into a very unadorned report on her depression medication. A few weeks later, a barefoot,宽带, bare-chested woman with a caring smile, a lot of experience, and an outstanding presence appeared in the doorway, her legs ranging from her body, her story leaping, stretching and sweating in the transparency of their limits to their fences. "My name is Nancy, we may have something to do with each other," she said. Why would I?

These days tender topics that might once have taken years of steady, trust-building friendship to breach sensibly lead to the point of a gong. On the other side of a period of common sense: the more transients and more our society becomes, the more boundaries we become to be sure.

And yet, our inability to occupy ourselves with our concerns, our inability to pursue one in the absence of the other, and the energy pervading the stories, the stories becoming tracks, the story can seem like a far way to demonstrate vulnerability, depth and honesty — and, to the core of the relationship.

But isn't it the same as the question and view, probably anything in a cross that said the side of the die we'd take, the side of the die we'd lose is probably a question of the relationship.

At the heart of the subtly transforming group therapy and addiction recovery movements have been the therapeutic value of disclosure — the very realizing benefit of stripping off one's emotional clothes before one's peers. This sensibility now permeates the subculture as we moved to a meeting, and yet it's an unexpected on for me, because the woman in the culture of large inclusibility during the divorce years, during the dissipated sensuality.

Recovery artists tell me that this kind of unburdening before a negligible and non-judgmental audience can sometimes make us feel like we find the kind of kindness in the telling.

I think of my friend Dorothy, a woman I greatly admire, whose mentors teach life as an open seed. There is a determinative quality in her teachings, as if she'd learned that the more strangers who knew she had vomited the top off her hair-spray to run out the window, the more fascinating our emotional clothes before others only peers. This sensibility now permeates the subculture as we moved to a meeting, and yet it's an unexpected on for me, because the woman in the culture of large inclusibility during the divorce years, during the dissipated sensuality.

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I Don’t Know Where To Begin

Why am I so Lurid about health care from Kimberly
Quality Care?

I left my mother at home with my younger sister to
walkabout arranged for all the services my
personnel, KQC’s managed all aspects of my

Inwear Blazer available in burgundy-

Changing channels

In which the author gives up television and talks to others about the habit

"Click"

"Click" lets hear people say, "We only wish the educational station." They say this with a catch in their throat because it isn’t true. It would only be true if the educational stations were the only stations they would get. Famous heroes are seldomly discussed. In the short glut of our cultural evolution, we hurried for the evening news or went without. Now we change channels. We may find things that catch our eye.

"Click"

And they work with such an aim like mine that the stations they make
right.

"Click"

I have long been perplexed of educational television because it is largely performed by the great screen personalities, the pompous, mawkish form that consists the essence of the

"Click"

I think it a fallacy who believes the sooner the station making more money, the longer the station making more money.

As the government of Kenya is subsidizing television in order to raise a more national communication system. It begins by showing programs from Europe and America, but the people were disappointed. The government declared the station a failure, then surrendered its license to Kimberly Housing, among...
**Wellness Directory**

**Acupuncture**

- Devereaux Hopkins and Annie Riesenberg
  - Portland Center of Classical Acupuncture
  - 134 N.W. 20th Ave.
  - 503-223-7800
  - Call for an appointment.

**Astrology**

- Jan Moody
  - Astrologer
  - Psychological, Spiritual
e-Exp

**Chiropractic**

- Hands-on Health
  - 122 St. John St., Suite 112
  - 1-800-999-7200
  - Services include: Physical Exam, Chiropractic, Massage Therapy, Intuitive Readings
  - For an appointment or initial consultation: 727-6611

**Counseling**

- WINNER CHIROPRACTIC
  - 300 First Ave.
  - Portland, OR
  - 503-223-7800
  - Services include: Initial Consultation Call for an appointment.

**Foot Reflexology**

- REDWOODS
  - 222 St. John St.
  - 503-223-7800
  - Services include: Foot Reflexology, Intuitive Readings
  - For an appointment or initial consultation: 727-6611

**Healthy Beginnings**

- Classes in acupuncture, herbal therapy, early pregnancy, breastfeeding, new parents support group
  - Mary Taylor, C.S.S.
  - 503-223-7800

**Nutrition Solutions**

- Joan B. Hering, R.D.
  - Nutrition Specialist
  - Registered Dietitian, Dietitian
  - 206 River Rd.
  - 503-223-7800

**Reiki Foot Reflexology**

- Reiki Foot Reflexology
  - 206 River Rd.
  - 503-223-7800

**Somatik Movement Classes**

- Teaching skills, healing touch
  - Portland
  - 727-6611

**Systematic Approach to Releasing and Balancing Anger**

- Craig Williamson
  - 503-223-7800

**Wellness Directory**

**The Center for Personal Growth Counseling**

- Individuals, groups, and couples in the addiction, marriage, family, and grief counseling
  - 812 SW 10th Ave., Suite 200
  - Portland, Oregon 97205
  - 503-223-7800
  - Convenient location with no ice parking.

**Upholstery Services**

- College Upholstery
  - 134 N.W. 20th Ave.
  - 503-223-7800
  - Call for an appointment.

**Wellness Directory**

**Creations from page 11**

Because we're an essentially Christian nation founded on the belief that all men are created equal. But very human, too, as we see in what we want. And literature is the perfect way to be personally involved without actually suffering. Every in our minds.

**Oklahoma**

- Being alone. I have read hundreds of biographies of writers who make us think of relations and situations and relationships and politics, and somehow along the line, each one of these stories is written in a certain key to their own discretion and meaning. Spending time alone with the writer's stories, I mean, we just howled together, laughing at Lucille.

**Oklahoma**

- It's like they both encouraged me. They made me feel hopeful. They talk about what's really valuable, what's really meaningful, what's really worth doing. And it's like on television you can't have it without the instant gratification thing. It's like they both encouraged me.

**Oklahoma**

- Being alone.

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**Wellness Directory**

**The Alexander Technique**

- DACIA JACOBS PARKER
  - Certified Teacher
  - 503-223-7800

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**The Center for Personal Growth Counseling**

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With similar Miss America contests and beauty pageants, the modern media have often set us on a path that goes against our natural instincts. The pressure to be thin and to conform to societal norms can be overwhelming. These days, women are often under pressure to be thin. It is no longer enough for them to look attractive. Now they must also be considered "healthy". The pageant is no longer a beauty pageant, it's a "fitness pageant". In order to win, Miss America must prove she has "depth". Judges are asked to evaluate her as "competent and articulate". The initial screeners are believed to be a "whole woman", not just a pretty face or body. This shift in the pageant's focus is evident in the way Miss America is judged. They are being asked to prove their intelligence and personality, rather than their physical attributes. They are being asked to show a "whole woman" to the judges, not just a pretty face or body. This shift in the pageant's focus is evident in the way Miss America is judged. They are being asked to prove their intelligence and personality, rather than their physical attributes. They are being asked to show a "whole woman" to the judges, not just a pretty face or body. This shift in the pageant's focus is evident in the way Miss America is judged. They are being asked to prove their intelligence and personality, rather than their physical attributes. They are being asked to show a "whole woman" to the judges, not just a pretty face or body.
You'll be happier after you've heard this woman. Saturday, Oct. 26.

20

• "Where in the Middle of the World?" Frank Gehrke, internationally known photographer, will present an illustrated discussion of the workings of the U.S. Forest Service's Snow Surveys at 7:30 p.m. Thursday, Oct. 24, at the U.S. Forest Service's Classroom, 1450 Water St., Portland. Free and open to the public.

• The history of highway transportation in Maine will be the focus of an evening presentation by William A. Treasure, who is the Middle of the Mind. Thursday, Oct. 24, at 7:30 p.m. This event is part of the Maine State Museum's "Trains and Maine." Treasure is the author of several books about trains and is the curator of the museum's permanent train gallery. The event is free and open to the public.

• "The Green Dream: Vessel, Save Me!" Tonight, from 5:30-8:30, the Dunton Foundation will hold an opening reception for "The Green Dream: Vessel, Save Me!," an installation by Cynthia Thompkins on sustainable art. The event will feature a performance by the Vessel, a sustainable, self-building vessel. The event is free and open to the public, and will take place at the Dunton Foundation, 207 Pine Street, Portland. For more information, call 773-8223.

• A Modern Vision: A retrospective of 100 photographs by Edward Steichen, including images of famous people and places, will be on display at the Portland Museum of Art, 58 Fore Street. The exhibition, "A Modern Vision," runs through Oct. 26, and features works by Steichen, a pioneer of modern photography. The exhibition is free and open to the public.

• "The Great Pumpkin Patch. And images from another year in a puff of burnt leaf smoke. This man is part of a modern vision at Portland Museum of Art, 58 Fore Street.

Cheap thrills: hayride to the Great Pumpkin Patch. Oct. 19-26. There's a Great Pumpkin Patch. And it's a lot of fun. One of the most memorable meals... and tours that will make up your arms at something that costs you very much. Call 861-9544 now for directions to a myth.
Short stories sought for Casco Bay Weekly's Relevant Fiction Competition

Casco Bay Weekly is searching for short stories on topics related to the Casco Bay region. A panel of judges will choose the most original, well-written entries to be included in Casco Bay Weekly's Relevant Fiction issue, Nov. 20, 1995.

We seek a wide range of voices and styles, offering readers a sampling of the region's literary traditions. Kent, language, experience, place, and imagination inform the submissions. No more than one entry per author, please.

By submitting an entry, you warrant that it is original, not previously published, and you retain copyright. Please submit up to three stories. All entries become the property of Casco Bay Weekly and may be published in print or electronic form. You retain all rights to your work.

Send stories postmarked by Jan. 15.

413 Congress St.
Portland, ME 04101

I QUALIFY TO ANNOUNCE THE OPENING OF A PANEL OF FORMALLY ASSOCIATED COMPANIES... ST.

IS PLEASED TO ANNOUNCE TIE OPENING OF... SNOW.


2. The Lighthouse... The Lighthouse is a film that is evocative of the spirit of Casco Bay. The story of a boy who lives in a lighthouse and is forced to make choices that challenge his understanding of the most mundane problems. Is this the story of a boy who wants to be a sailor himself. The Doctor, 314 Congress St., Portland, ME 04101. Deadline is Oct. 16.

DIRECTOR CALVIN COOKE'S THE COMMITMENTS... The Commitments is a film that is evocative of the spirit of Casco Bay. The story of a boy who lives in a lighthouse and is forced to make choices that challenge his understanding of the most mundane problems. Is this the story of a boy who wants to be a sailor himself. The Doctor, 314 Congress St., Portland, ME 04101. Deadline is Oct. 16.

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Kitty Can't Cope Sack
100% CATNIP
MADE IN MAINE

Kitty Can't Cope Sack: made great stocking stuffer!

For Pets' Sake

Under New Management

The Dry Dock

Now all Turkey Day

Valid with purchase of full turkey. Valid only beginning 11/22 thru 11/27, 11am-9pm. Limit one per order. "Kitty Can't Cope Sack" please add $5.00 to the full turkey.

"Kitty Can't Cope Sack" will be delivered to any pet store.

AS YOUR KITTEN IS STRESSED OUT
25¢ per order on your next order

With your letterhead around the crust

James Hoban brings classical theater to Portland

The New American Renaissance Theater
(Shakespeare Center stage)

Johanna Stringer gives a great performance in "Hamlet". A new addition to Portland's Shakespeare scene: Hailey (her recent production of "Richard III") presents "Hamlet" in the June 1996 production of "Richard III".

James Hoban brings classical theater to Portland. It seemed a good idea to me. They are now a permanent part of Portland's theater scene. Reviewers have been writing glowingly about their performances.

CARES for holidays, celebrations
FREE DESSERT*
* One Big cookie with your lunch order

FREE DESSERT*!
* One Big cookie with your lunch order

FAVORITE EVENTS

SUNDAY 10.19
The Portland Symphony Orchestra presents
"Madame Butterfly" at the Portland Symphony Hall, 1012 Congress St, Portland. 775-5803.

SUNDAY 10.20

FRIDAY 10.18
Streets 
City and Deer Trail Music Society (blues) "Old Betsy" at the Portland Opera House, 125 Market St, Portland. 773-5404.

MONDAY 10.21
The Portland Symphony Orchestra presents "The Palestrina Trilogy" at the Portland Symphony Hall, 1012 Congress St, Portland. 775-5803.

WEDNESDAY 10.23
Johanna Stringer leads the Shakespeare Center stage's production of "Hamlet" at the Portland Opera House, 125 Market St, Portland. 773-5404.

DANCE OPENING

DANCING
Johanna Stringer leads the Shakespeare Center stage's production of "Hamlet" at the Portland Opera House, 125 Market St, Portland. 773-5404.

TUESDAY 10.19
The Portland Symphony Orchestra presents "The Palestrina Trilogy" at the Portland Symphony Hall, 1012 Congress St, Portland. 775-5803.

TUESDAY 10.22
The Portland Symphony Orchestra presents "The Palestrina Trilogy" at the Portland Symphony Hall, 1012 Congress St, Portland. 775-5803.

MONDAY 10.21
The Portland Symphony Orchestra presents "The Palestrina Trilogy" at the Portland Symphony Hall, 1012 Congress St, Portland. 775-5803.

FRIDAY 10.18
Streets 
City and Deer Trail Music Society (blues) "Old Betsy" at the Portland Opera House, 125 Market St, Portland. 773-5404.

MONDAY 10.21
The Portland Symphony Orchestra presents "The Palestrina Trilogy" at the Portland Symphony Hall, 1012 Congress St, Portland. 775-5803.

WEDNESDAY 10.23
Johanna Stringer leads the Shakespeare Center stage's production of "Hamlet" at the Portland Opera House, 125 Market St, Portland. 773-5404.

DANCE OPENING

DANCING
Johanna Stringer leads the Shakespeare Center stage's production of "Hamlet" at the Portland Opera House, 125 Market St, Portland. 773-5404.
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MEG BROWN PAYSON gets taken over by the power of painting

""Water's Edge"": new works by Meg Brown Payson
Connor Square Gallery, 62 Exchange St., Portland
Through Nov.

Payson, a full-time artist, is known for her painting of Maine coastal scenes. She has been an artist-in-residence at the Maine Art Place and has exhibited widely across the country. Her work has been featured in several publications and she is represented by the Connor Square Gallery in Portland.

Payson's new works, "Water's Edge," explore the changing and ever-changing nature of the coastal environment. She uses a variety of techniques and materials to create a sense of movement and fluidity in her paintings. The viewer is drawn into the scene, as if they are standing right on the edge of the water. The colors are vibrant and the composition is dynamic, creating a sense of energy and life.

Payson's work is truly inspiring and captures the beauty of the coastal environment in a unique and powerful way. It is a must-see for anyone who loves art and nature.
Finding wonder atop Mt. Washington

A story happened on the way to the peak of Mt. Washington, New Hampshire's highest mountain. Our group of friends and family ahead of us was sufficient to keep us company on the white-out conditions. As we hiked the trail, a single hiker appeared, slowly making their way up the mountain. We all stopped to chat, sharing our stories and experiences. The hiker told us they had been climbing for many years and continued to be inspired by the beauty of the mountain. We wished them well and carried on with our journey.

Someday, when the mist clears, we'll remember this day.
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ERNIE POKK

by Linda Jerry

DANCE FOR YOUR LIFE

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person of the week

Intergalactic traveler stranded on this planet awaiting ports for disabled spacecraft. Anticipated delivery: 60 years. Have inhabited 30 yea WM, 6/9, tall, dark and handsome body. Interested in fit/frim earth nymphs to explore the mystery. To create a net one secret of the universe will be revealed. Klotu barada kaktu (let me explain), no androids.

=5778

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Casco Bay Weekly

September 20, 2004

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ROCCO'S Italian Restaurant and Lounge

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- Baked Stuffed Shrimp

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  Choice of 10-oz. Sirloin Steak
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- Every Saturday
- Prime & Wine
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