Fear and zoning in Portland

On Oct. 18 the Portland City Council voted to keep people like this - out of your neighborhood. But what are the alternatives?

In 1991 Earl Scott May was an inmate at a federal prison in Danbury, Conn. With six months left in his term, May moved to a federal prison in Portland. On Oct. 18, the Portland City Council voted to demand more stringent zoning laws to prohibit more prisons from opening in its neighborhood.

Former Pharos House resident Scott May said he lived at the facility all but two months at Pharos House. I almost wanted to go back to prison.

Vitamin E reduces the risk of heart disease by as much as 40 percent. Niacin helps control cholesterol levels.

According to Susan Tarpinian, owner of Morning Glory and president of the Maine Health Freedom Coalition, Portland, forcing former prisoners to move to another neighborhood is not an option. If we didn't have a policy in place, the problems would still be here.

On Oct. 18, the Portland City Council voted to demand more stringent zoning laws to prohibit more prisons from opening in its neighborhood.

The FDA labeling law pits traditional medicine against hard science

Vitamin E reduces the risk of heart disease by as much as 40 percent. Niacin helps control cholesterol levels.

Remember these accepted facts. Next year, you might not be able to find this information in health food stores or anywhere else you might buy vitamins, herbs or supplements.

The FDA wants to limit information about the benefits of many of the staples of traditional and holistic medicine.

Over the last several months, Maine health food stores have joined others across the nation in urging their customers to head off the new, more stringent FDA regulations on these supplements. The Good Day Cafe in Portland's West End set up a card table with forms to sign to legislators, and joined with 15 other stores to pay for a full-page ad in the Maine Times on Oct. 18. The Whole Grocer on Munjoy Hill has covered an estimated $500 in postage for its customers to write their legislators, and has posted "endangered supplements on the shelf at The Whole Grocer" to warning signs near supplements considered at risk.

Morning Glory and the Maine Health Freedom Coalition are mailing some 500 letters a week, to their customers to head off the new, more stringent FDA regulations on these supplements.

Continued on page 10.

The FDA at Former Pharos House

In June 1991 Earl Scott May was an inmate at a federal prison in Danbury, Conn. With six months left in his term, May was called to the warden's office by Orlando Delogu, a University of Maine law professor and land-use expert.

"I don't think it makes sense to prohibit more prisons from opening in our neighborhood," said May. "In fact, I think it's a vital component of the nation's public safety system. And if the Portland area turns its back on people like Scott May, some day, Portland's problems will grow worse, not better."

"It's not at issue, nor was the efficacy of pre-release centers in general. Rather, it was whether Portland should have the door open to more of these facilities when other communities throughout the state have said, 'It's very unfortunate that this has turned into a philosophical debate,'" said Delogu.

"My concerns with this proposal is that I don't think it makes sense to prohibit more prisons from opening in our neighborhood," said May. "In fact, I think it's a vital component of the nation's public safety system. And if the Portland area turns its back on people like Scott May, some day, Portland's problems will grow worse, not better."

"We should be looking for more of these [halfway houses], not fewer," said Delogu. "But not in a Washington Avenue neighborhood."

"I don't think this has turned into a philosophical debate. It was not about the efficacy of prerelease centers. The ban, which was opposed by councilors Torn Allen and Peter O'Donnell, came in the wake of an unsuccessful attempt by councilorsookie and Linda O'Brien to amend city zoning laws to prohibit more prerelease centers. The ban was whether Portland should leave the road of pandering to our fears worse, not better. I don't know where the road of prohibiting things; the road of pandering to our fears worse, not better."

"I don't think we should go down that road of prohibiting things that make us uncomfortable. I don't know where the road of pandering to our fears worse, not better."
A conversation with Lynn Knights

Lynn Knights of Millinocket, 51, returned to Portland, his childhood home, for the 21st annual North American Vexillological Association convention earlier this month. Knights, an avid vexillologist, has been interested in flags for the past 15 years and is a board of the New England chapter and says he would travel any distance for one of these banner events.

How did you get started in this?

From being out in the snow at the time and I came back to Massachusetts in 1976 for the bicentennial of the Battle of Lexington and Concord. There was a beautiful bright red flag that I thought I'd take back home with me to the library and people started coming up to me and saying, "What's that Vexillologist you're flying outside of your house?" It was an American Revolutionary War flag. I had to find out more about that flag that I thought looking at it. I started collecting the other Revolutionary type flags. Eventually, I was giving talks at schools and the history of the flag.

Do you have a good-sized collection?

Oh, yeah. I have over 500 flags.

Are they old flags?

No. Not too many people collect the old flags because they're very hard to keep. I got into the model flags, of course, and all the moderns. But we here in the U.S. collect all the current United Nations countries. They're things depicted that you can you get one, you keep running out of dates almost immediately. So, for example, Afghanistan — there's things that aren't even there. They have a revolution and get a new flag. It's hard.

How many of the countries do you have?

Well, I have the U.S. right now, then the awesome current ones. I have about 200 of the U.S. I thought I'd try that there are countries. Mexico and Anaraks, those little tiny countries in Europe. I joined.

Have you ever thrown out a flag that was just too worn?

Yeah, sure, they say the Some American Legion posts now will burn flags properly for you. That's none of their services. They do it very nicely or do it properly, but they're not very good with that. You get a red flag that's not going to keep it over there.

And there's a proper method?

Well, they just put it in a grill and burn it. But they add a little ceremony. They get sensitive, especially after all the attention that's been given to flag desecration.

How do you feel about that?

We're always afraid of that and we try not to get into the political end of it. We study the meaning and the history and what the flags stand for. I've been to there before, and we're not going down the flag thing wrong — no matter what kind it is.

Lynn Knights: "I have flags with the feathered ends done. I have cigarette lighters with them on them. Everything — handkerchiefs, ties and lots of coffee cups with flags on them. My wife used to have flags all over my flag stuff in the house."

Prepared by Amanda Onion; photo by John Aphelone
A truck driver was asleep at the wheel when he crashed into a record store, according to state police. The Wal-Mart driver had slept little or not at all for 24 hours, according to police spokesman Steve McCordick, before he backed into the building. "He said he was going to bed at 11 p.m. and he had only gotten four hours of sleep," McCordick said. The driver, who was not identified, said he had taken a nap at the store. He was taken to the hospital for a blood test, but it is unclear whether he was under the influence of drugs or alcohol. The driver's vehicle had been towed from the scene.

Aerial pot searches were challenged by residents who claimed the law enforcement was infringing on their property rights. The searches were conducted using a helicopter equipped with a thermal imaging device, which is capable of detecting the presence of marijuana plants. The residents argued that the search was illegal, as it did not comply with the Constitution's Fourth Amendment protection against unreasonable searches and seizures.

State legislators and state officers, such as the attorney general, have already voiced their opposition against the Nov. 2 referendum question. The question would limit advocates' ability to bring lawsuits against the state for failure to fund health care coverage for all Mainers and converting Maine's defense industries to non-military manufacturing. The Maine State legislative delegation is working with the governor to ensure that the state's legal safeguards are protected.

A truck driver was asleep at the wheel when he crashed into a record store, according to state police. The Wal-Mart driver had slept little or not at all for 24 hours, according to police spokesman Steve McCordick, before he backed into the building. "He said he was going to bed at 11 p.m. and he had only gotten four hours of sleep," McCordick said. The driver, who was not identified, said he had taken a nap at the store. He was taken to the hospital for a blood test, but it is unclear whether he was under the influence of drugs or alcohol. The driver's vehicle had been towed from the scene.

Aerial pot searches were challenged by residents who claimed the law enforcement was infringing on their property rights. The searches were conducted using a helicopter equipped with a thermal imaging device, which is capable of detecting the presence of marijuana plants. The residents argued that the search was illegal, as it did not comply with the Constitution's Fourth Amendment protection against unreasonable searches and seizures.

State legislators and state officers, such as the attorney general, have already voiced their opposition against the Nov. 2 referendum question. The question would limit advocates' ability to bring lawsuits against the state for failure to fund health care coverage for all Mainers and converting Maine's defense industries to non-military manufacturing. The Maine State legislative delegation is working with the governor to ensure that the state's legal safeguards are protected.
The Natural Grocer is known for its commitment to health-conscious consumers, offering a wide range of dietary supplements and health-oriented products. Many consumers have apparently responded because they trust the integrity of the store's offerings. This has led to a shift in consumer behavior, with a greater emphasis on products that promote health and wellness.

### Catching a Code

**The Natural Grocer** is currently offering a new feature called "Catching a Code." This initiative aims to educate customers about the importance of reading labels and understanding the ingredients and effects of various products. The program encourages consumers to "check out" certain codes printed on product packages, which can provide valuable insights into the quality and safety of the items they are purchasing.

During congressional hearings on over-the-counter medications, Kessler noted the ongoing debate regarding how to regulate such products. TheNatural Grocer has taken a proactive approach to address this concern by implementing its own labeling and verification system. This not only helps customers make informed decisions but also supports the overall health and wellness goals of the store.

### Taking office

Becoming the first democratic governor in a century, Smith carries the hopes of many reformers who see his election as a turning point in state politics. His agenda includes promoting education, improving healthcare, and addressing environmental issues. With a strong commitment to fiscal responsibility, Smith aims to balance the budget while investing in critical public services.

### Taking off

With the help of the Natural Grocer, Smith has initiated several innovative programs to improve the quality of life for his constituents. One such program is the "Healthy Lives Initiative," which focuses on reducing obesity and promoting healthy eating habits. Through community events, educational programs, and partnerships with local schools, the initiative seeks to make a lasting impact on public health.

Despite the challenges, Smith remains optimistic about the future of the state. With a renewed focus on education, healthcare, and environmental sustainability, he believes that Oregon can become a model for other states looking to improve the well-being of their citizens.
I had all the pieces to make a real life for myself. Pharos House gave me the glue.

Pharos House resident Scott May, convicted of drug trafficking and fallen on hard times, has been able to put his life back together thanks to the support systems offered by Pharos House. May, who was sent to prison in 1991, was released back to Portland in 1993. He has been able to make a real life for himself with the help of Pharos House.

Fears and zoning in Portland

Former Portland City Councilor Bob Metlarsen, who is spearheading the zoning effort, said that the zoning is intended to protect Portland's residents from the effects of the new prison system. The zoning is expected to go into effect in the near future.

Fear and zoning in Portland

Former Portland City Councilor Bob Metlarsen, who is spearheading the zoning effort, said that the zoning is intended to protect Portland's residents from the effects of the new prison system. The zoning is expected to go into effect in the near future.

U.S. District Court Judge George Shane and Portland police Chief Robert Chitwood are concerned about the new prison system and its potential impact on the city. Shane expressed concern about the potential for violence and disorder in the prison, while Chitwood highlighted the need for increased police presence in the area.

Fear and zoning in Portland

Former Portland City Councilor Bob Metlarsen, who is spearheading the zoning effort, said that the zoning is intended to protect Portland's residents from the effects of the new prison system. The zoning is expected to go into effect in the near future.

U.S. District Court Judge George Shane and Portland police Chief Robert Chitwood are concerned about the new prison system and its potential impact on the city. Shane expressed concern about the potential for violence and disorder in the prison, while Chitwood highlighted the need for increased police presence in the area.

Fear and zoning in Portland

Former Portland City Councilor Bob Metlarsen, who is spearheading the zoning effort, said that the zoning is intended to protect Portland's residents from the effects of the new prison system. The zoning is expected to go into effect in the near future.

U.S. District Court Judge George Shane and Portland police Chief Robert Chitwood are concerned about the new prison system and its potential impact on the city. Shane expressed concern about the potential for violence and disorder in the prison, while Chitwood highlighted the need for increased police presence in the area.

Fears and zoning in Portland

Former Portland City Councilor Bob Metlarsen, who is spearheading the zoning effort, said that the zoning is intended to protect Portland's residents from the effects of the new prison system. The zoning is expected to go into effect in the near future.

U.S. District Court Judge George Shane and Portland police Chief Robert Chitwood are concerned about the new prison system and its potential impact on the city. Shane expressed concern about the potential for violence and disorder in the prison, while Chitwood highlighted the need for increased police presence in the area.

Fear and zoning in Portland

Former Portland City Councilor Bob Metlarsen, who is spearheading the zoning effort, said that the zoning is intended to protect Portland's residents from the effects of the new prison system. The zoning is expected to go into effect in the near future.

U.S. District Court Judge George Shane and Portland police Chief Robert Chitwood are concerned about the new prison system and its potential impact on the city. Shane expressed concern about the potential for violence and disorder in the prison, while Chitwood highlighted the need for increased police presence in the area.

Fear and zoning in Portland

Former Portland City Councilor Bob Metlarsen, who is spearheading the zoning effort, said that the zoning is intended to protect Portland's residents from the effects of the new prison system. The zoning is expected to go into effect in the near future.

U.S. District Court Judge George Shane and Portland police Chief Robert Chitwood are concerned about the new prison system and its potential impact on the city. Shane expressed concern about the potential for violence and disorder in the prison, while Chitwood highlighted the need for increased police presence in the area.
### Fear and zoning in Portland

(continued from page 11)

Amastra facility, "I have a two-year-old daughter who plays in our front yard, which is only 11 feet from these people. They are going to be looking over her shoulder."

"I will have to change the parenting of my 11-year-old," said Kathy Rock, checking the boy next to her who said "I won't beat it anymore. I allowed my son to walk to school."

And she said she believed the enforcement guidelines might change in the future. "When they accept today may be different than that whom they accept tomorrow," she said.

"I hear the safety of the neighborhood when many people citizens have ended all their lives," added Margaret L. Uihle, in a letter to the board. "This facility is not required to be locked up day or night."

City Councilor Cheryl Lemieux mentioned that there were not enough windows or other elements that the City Council's vote to limit premature removal in the city. "I find that not only the fear and anxiety toward the people of Finland House led to the ban to be outrageous," said Lemieux. "It's not the right decision to ban this program that are a burden to Portland. My argument is not premature removal relate to the issue of attention."

"Our neighbors at the residents at Pharos House are from Portland," Lemieux said. "The rest of them are from other places in the state. We don't have a right to give them."

Police Chief Travis Winter, who saw the concept of premature removal, agreed with Lemieux on the issue. "I don't have a problem with any non-violent being put in any neighborhood as long as the neighbors here say," he said. "But the city has done more than any other social service with respect to halfway houses. And we ought to take a long look at that before we consider any new proposals."

Opponents to the ban said such a blanket policy was inappropriate in several cases.caucchini, who works for the police on area whoes who, mentioned that some of the people in halfway houses do not have the supervision. They don't come out with the means to support themselves.

With the announcement of the upcoming board meeting, they were expected to be heard. Therefore, the group asked to be heard.

"I think the police should be able to do the same," said Lemieux. "We have the supervision."

Dinner on Friday, November 13, 1993, at 6:30 p.m., in the Portland Recreation Center, Portland, Maine.

### Solid Ash $159

Full Size Frame

**Made in Maine**

Our practical design opens to a full-size bed. Also available in queen size. Lifetime workmanship guarantee.

**Compare our quality and value.**

**Futon Furnishings The Futon Store**

343 Forest Avenue, Portland, Maine 871-6778

Monday - Friday 10:00 a.m. - 9:00 p.m.

### Solid Ash $249

Full Size Frame

**Made in Maine**

Our classic convertible takes beautifully to stain or looks great as it. Also available in queen size. Lifetime workmanship guarantee.

**Compare our quality and value.**

**Futon Furnishings The Futon Store**

343 Forest Avenue, Portland, Maine 871-6778

Monday - Friday 10:00 a.m. - 9:00 p.m.

### Match & Win

**Thousands In Cash & Prizes**

Listen to OCEAN 98 (WCSO-97.9 FM) To Play and Win!

**Match Two Squares with the Same Prize and WIN!**

**DINNER FOR TWO**

One Six Month Membership

**$00 ROLLER BLADES**

Kids Meal One week for a year

**VIEO RENTALS**

$100.00 Kids Clothing Shopping Spree

**QUEEN SIZE**

$51 52 53 54 55 56 57 62 63 65

**DINNER FOR TWO**

$7 8 9 10 11

**ROLLINS**

$23 24 25 26 27 28 29 30 31 32 33

**QUEEN SIZE**

$34 35 36 37 38 39 40 41

**DINNER FOR TWO**

$42 43 44 45

**QUEEN SIZE**

50 51 52 53 54 55 56 57

**DINNER FOR TWO**

$58 59 60 61

**QUEEN SIZE**

66 67 68 69

**MATCH TWO SQUARES WITH THE SAME PRIZE AND WIN!**

**DINNER FOR TWO**

One Six Month Membership

**$00 ROLLER BLADES**

Kids Meal One week for a year

**VIDEO RENTALS**

$100.00 Kids Clothing Shopping Spree

**QUEEN SIZE**

$51 52 53 54 55 56 57 62 63 65

**DINNER FOR TWO**

$7 8 9 10 11

**ROLLINS**

$23 24 25 26 27 28 29 30 31 32 33

**QUEEN SIZE**

$34 35 36 37 38 39 40 41

**DINNER FOR TWO**

$42 43 44 45

**QUEEN SIZE**

50 51 52 53 54 55 56 57

**DINNER FOR TWO**

$58 59 60 61

**QUEEN SIZE**

66 67 68 69

**MATCH TWO SQUARES WITH THE SAME PRIZE AND WIN!**

**DINNER FOR TWO**

One Six Month Membership

**$00 ROLLER BLADES**

Kids Meal One week for a year

**VIDEO RENTALS**

$100.00 Kids Clothing Shopping Spree

**QUEEN SIZE**

$51 52 53 54 55 56 57 62 63 65

**DINNER FOR TWO**

$7 8 9 10 11

**ROLLINS**

$23 24 25 26 27 28 29 30 31 32 33

**QUEEN SIZE**

$34 35 36 37 38 39 40 41

**DINNER FOR TWO**

$42 43 44 45

**QUEEN SIZE**

50 51 52 53 54 55 56 57

**DINNER FOR TWO**

$58 59 60 61

**QUEEN SIZE**

66 67 68 69

**MATCH TWO SQUARES WITH THE SAME PRIZE AND WIN!**

**DINNER FOR TWO**

One Six Month Membership

**$00 ROLLER BLADES**

Kids Meal One week for a year

**VIDEO RENTALS**

$100.00 Kids Clothing Shopping Spree

**QUEEN SIZE**

$51 52 53 54 55 56 57 62 63 65

**DINNER FOR TWO**

$7 8 9 10 11

**ROLLINS**

$23 24 25 26 27 28 29 30 31 32 33

**QUEEN SIZE**

$34 35 36 37 38 39 40 41

**DINNER FOR TWO**

$42 43 44 45

**QUEEN SIZE**

50 51 52 53 54 55 56 57

**DINNER FOR TWO**

$58 59 60 61

**QUEEN SIZE**

66 67 68 69

**MATCH TWO SQUARES WITH THE SAME PRIZE AND WIN!**

**DINNER FOR TWO**

One Six Month Membership

**$00 ROLLER BLADES**

Kids Meal One week for a year

**VIDEO RENTALS**

$100.00 Kids Clothing Shopping Spree

**QUEEN SIZE**

$51 52 53 54 55 56 57 62 63 65

**DINNER FOR TWO**

$7 8 9 10 11

**ROLLINS**

$23 24 25 26 27 28 29 30 31 32 33

**QUEEN SIZE**

$34 35 36 37 38 39 40 41

**DINNER FOR TWO**

$42 43 44 45

**QUEEN SIZE**

50 51 52 53 54 55 56 57

**DINNER FOR TWO**

$58 59 60 61

**QUEEN SIZE**

66 67 68 69

**MATCH TWO SQUARES WITH THE SAME PRIZE AND WIN!**

**DINNER FOR TWO**

One Six Month Membership

**$00 ROLLER BLADES**

Kids Meal One week for a year

**VIDEO RENTALS**

$100.00 Kids Clothing Shopping Spree

**QUEEN SIZE**

$51 52 53 54 55 56 57 62 63 65

**DINNER FOR TWO**

$7 8 9 10 11

**ROLLINS**

$23 24 25 26 27 28 29 30 31 32 33

**QUEEN SIZE**

$34 35 36 37 38 39 40 41

**DINNER FOR TWO**

$42 43 44 45

**QUEEN SIZE**

50 51 52 53 54 55 56 57

**DINNER FOR TWO**

$58 59 60 61

**QUEEN SIZE**

66 67 68 69

**MATCH TWO SQUARES WITH THE SAME PRIZE AND WIN!**
Profiles in cowardice

By Orlando E. Delugo

While pondering the words of one of the city's residential developers, I felt this was the moment to address an issue that has long been on my mind. The developer was discussing the need for more affordable housing in our community. The problem is that we are facing a growing crisis in the housing market, with many people struggling to find a place to live.

I believe the solution lies in partnerships between the government and the private sector. We need to work together to create more affordable housing options. This is a matter of social justice and economic stability.

To address this issue, I have proposed a bill that would provide tax incentives for developers who build affordable housing. I encourage my colleagues to support this important legislation.

Orlando E. Delugo is a representative for the 12th district. He can be reached at 207-583-8181.

Parochialism becomes a virtue

Shame, shame, shame on the city of Portland.

By Peter F. Williams

Portland's United Way is one of the most powerful organizations in the country, yet it often feels like they are mired in controversy. The most recent example was their decision to defund several agencies.

It's important to remember that United Way is a volunteer-driven organization. Each year, thousands of volunteers dedicate their time and energy to make our community a better place.

The United Way is facing a difficult decision regarding defunding, but it is important that we support their efforts to make our community stronger.

Peter F. Williams is the executive director of the Portland Education Association. He can be reached at 207-774-4222.

Diamon denies office is just a campaign ploy

ByConfiguration

Justine S. Lee

Diamon's campaign office is just a ploy to give the appearance of support for an office that he never sought.

Diamon denies that he ever wanted the office of city councilor. He says he was forced into it by his supporters.

I disagree with Diamon's claims. His actions suggest that he is more interested in self-promotion than in serving the people of Portland.

Justine S. Lee is a reporter for the Portland Press Herald. She can be reached at 207-774-4222.

Casco Bay Weekly

Casco Bay Weekly welcomes your feedback. Let us know what you think of our content! Please limit your response to 300 words, include a daytime phone number, and indicate whether you are a subscriber.

The Casco Bay Weekly has been a reader favorite for over 30 years. Write to us at 207-774-4222.
art & soul
the beat goes off at cafe no more

no

continued on page 22

A month ago when Paul Uchter sat in his office off the kitchen at cafe no, he was quietly optimistic about the future of keeping his club open. With photos of his son Thelonious interspersed with assorted notes to himself and mementos of his brief career as a dub owner, Uchter looked over his reading glasses perched on the end of his nose, he thumbed through the calendar, discussing the upcoming schedule. October, November and December were booked; even January had a couple tentative dots penciled in. By last week, however, things had changed.

Again, sitting in his office, he announced in a quiet voice that having some unforeseen miracle, cafe no, the state’s premiere jazz club, was going to close.

Continued on page 22
thursday 24

Open with a pair: The D'Ascanio Gallery, 14 Danforth St., announces the opening of its "You Like Us" all-media exhibit featuring works of artists 55 years and older from around Maine. Instead of a theme for this year's "UNION PERSPECTIVES," each artist was invited to show her or his own work. "What size things are you to do," a phrase by Robert D'Ascanio, will be exhibited through Nov. 30. Hours: 11 a.m. to 6 p.m. Free.

friday 25

Pick up your child's art from the Portland High School Auditoriums (8 p.m. and 2 p.m.) and Sunday (2 p.m.)

MAINE POTTERY: Fall Exchange: Portland. Call to order your favorites at 778-9600.

AND

While you're making the circuit, be sure to visit the Portland Museum of Art, 100 Oxford St., through Oct. 28. For more information, call 794-0371.

saturday 26

A brand new in Portland, the Portland Soup Company presents WINTER EDITION. "The Red Roodles," or "The Hat," is a production by the Western Opera Theater at the Portland City Hall Auditorium (5 Myrtle St.). The title refers to an incident that occurs between 5 and 8 p.m. for a half-price ticket, for full-time students. 442-8455.

Light up your life: The Portland Symphony Orchestra (PSO) presents "EBULLIENT." The concert kicks off the PSO's 20th anniversary of the birth of Walter Stravinsky. The show will surely set your kilt a-flyin'. Tix: $12 ($10 for students and seniors). 772-8630.

 subscribing for my visual art rates and complements nearly review the results at the reception, my visual art...
no more no

Art © Seal continued from page 23

The music served to help Lighter keep going through the tough times. "I got through the tough ones because of my music." Lighter had been performing at the Cafe Nova, a small club in Portland, and had built up a following that would one day see through the hard times. "It was '71 or '72, and people started coming over to the cafe to see the music."

Lighter and his group, the Maine Boys, would perform every Saturday night at the Cafe Nova. "We had a good reputation, and people would come just to hear us play."

As for the future, Lighter expressed hope that the music would continue to be a part of his life. "I hope to continue playing music and that people will continue to enjoy it."

FALL IS HERE...
Come check out all the fun events to decorate your home.
(207) 876-7400 x 3 - 3 Wharf St, Portland

Private Mondays
The holidays are soon to arrive...
Call us to book your private event!
35 Place St 273-6212

The New Talk of Portland
Portland's Wake Up Call
6am-8am
Kroah & Crocker
Radio Free D.C.
10am-5pm
G. Gordon Liddy
The King of Talk
5pm-6pm
Larry King
It's More Than Hustle
6pm-8pm
Pete Rose
970 WZAN
TALK RADIO

Auditions
collected of the democratic party of Maine at the state house in Augusta on Saturday Oct 22

Stage
Art @ Seal continued from page 18

Professional
772-8940
6pm-8pm
Larry King
Available
FKA Once A Tree
37 Exchange St
7 & 9 pm
871-1894

The Fringe,
Your house in the woods.
It's close to the heart of the city, yet far from the hustle and bustle.

The New Talk of Portland
Portland's Wake Up Call
6am-8am
Kroah & Crocker
Radio Free D.C.
10am-5pm
G. Gordon Liddy
The King of Talk
5pm-6pm
Larry King
It's More Than Hustle
6pm-8pm
Pete Rose
970 WZAN
TALK RADIO

Auditions
collected of the democratic party of Maine at the state house in Augusta on Saturday Oct 22

Stage
Art @ Seal continued from page 18

Professional
772-8940
6pm-8pm
Larry King
Available
FKA Once A Tree
37 Exchange St
7 & 9 pm
871-1894

The Fringe,
Your house in the woods.
It's close to the heart of the city, yet far from the hustle and bustle.

The New Talk of Portland
Portland's Wake Up Call
6am-8am
Kroah & Crocker
Radio Free D.C.
10am-5pm
G. Gordon Liddy
The King of Talk
5pm-6pm
Larry King
It's More Than Hustle
6pm-8pm
Pete Rose
970 WZAN
TALK RADIO

Auditions
collected of the democratic party of Maine at the state house in Augusta on Saturday Oct 22

Stage
Art @ Seal continued from page 18

Professional
772-8940
6pm-8pm
Larry King
Available
FKA Once A Tree
37 Exchange St
7 & 9 pm
871-1894

The Fringe,
Your house in the woods.
It's close to the heart of the city, yet far from the hustle and bustle.
Surviving the killing fields
Dith Pran speaks in Portland
By E. F. Redding

It's a long way from the killing fields of Cambodia to Cricket Lane, N.E., where Dith Pran now makes his home. Living in a suburb New Jersey town is a short commute from his job as a photographer for the New York Times. Pran, one might think, would be able to put the tragedy that he survivors 15 years ago behind him. After all, spring cleaning not only established the first ever Cambodian government, chosen by the people but also freed the Khmer Rouge—the communist party that launched the Cambodian holocaust—the major weapon of the Cambodian people.

But Pran, whose life was chronicled in the film "The Killing Fields," cannot let it go. He has more to do. He can't stop believing "My existence is still strong," he has a news observer and witness. On Monday, Oct. 21, the museum brings him to Portland to discuss "Surviving the Killing Fields.

Along with his work for the Times, Pran has taught about the civil war that nearly destroyed Cambodia and the need for a new constitution and a new national assembly. Very young, very new—the king of Cambodia, Pran—who used to be a tailor in the capital of Phnom Penh, now has a new name—the king of Cambodia. "The problem with Cambodia is that the Khmer Rouge is still at war. The Khmer Rouge is just a threat to the Cambodian people. People are still going to die in the war."

Facts are as scarce as the recent events are in Cambodia. While Pran has been training for the last year in protein fields of Cambodia, estimates suggest there are as many as 200,000 Cambodian refugees who have settled in the U.S. Portland resident Thomas Kao, who escaped from the Khmer Rouge regime in 1979 and immigrated to the United States from a U.S. refugee camp in Thailand, has been following developments in his former homeland closely. "I was very proud of my country when I heard the election results," he says.

But when the Khmer Rouge refused to lay down their arms and give up control of the 20 percent of Cambodia that they occupy, Kao grew disillusioned. "The Khmer Rouge tried to disrupt free elections," he says. "I didn't like war but sometimes there is no choice. There is the last chance for the Khmer Rouge, and they really want to fight to the last drop of blood. How many people must be killed?

Anh Voung, who first arrived in the United States from Cambodia in 1975, has a Portland slim and small drop called Personal Touch. She says Portland has "a very strong and hard-working Cambodian community," and that the Wat Sen Saal Buddhist temple is the social center of the community. Wedding parties, with 400 to 600 people in attendance of Boung's estimates, take place at least once or twice a year. "Give the weddings," she says, "It's only a fraction of the people that are in our community.

She admits, however, that it is difficult to maintain the Cambodian language and traditions. "Dith Pran and I have lived in our own little world, and I've always wanted to put together a group of people," he says. "But our teenagers have become Americanized. They are more interested in what's going on right now and aren't aware of what happened then."

The question to be posed in Portland? Would Cambodians now be able to return to their homeland? Boung does not believe "People would not want to return to what happened here."

If you knew peace was in Portland? Would people speak to each other? Could you return to your hometown? Boung does not believe "These people would not want to return to what happened here."

"These people want to put behind them what happened in Cambodia."

This is a special report on "The Killing Fields." It's presented by the Portland Museum of Art and the Portland Press Herald, October 21, 1993.
I hurt yourself hysterically funny.

AVEN THE ECCENTRIC

with the Casco Bay Tunnellers

Saturday, Nov. 6 at 7:30 PM

Portland High School Auditorium

Tickets: $15, $6 for kids 6-12

Available at the door, The Book Review (Falmouth),

The Portland Press Herald, and at the door.

For information call 774-4607.

Brokers for Casco Bay Weekly.

Proceeds benefit Maine Civil Liberties Union.

Ticket Order Form

Arnor the Eccentric

Ticket Order Form

Name: 

Address: 

City: 

State: ME 

Zip: 04101

Telephone: 

I want to order for

Kids @ $6 

Adults @ $12

Total enclosed: 

Please make check payable to MCLU and send with order form and SASE to:

MCLU, 97 A Exchange St., Portland, ME 04101.

Wellness

Planned Parenthood: Real People, Real Life.

"Just think how anything extraordinary enough to say. I have never been taken care of by a..."

Picture Yourself

ON THE CORNER OF MIDDLE & DOWNER STREETS IN THE OLD PORT • 733-4457

Avada

Complementary skin treatments. With every service, call for an appointment.

Pure Flower and Plant Essences to Care for Your Hair, Skin and Body.

Soul continued on page 27

Family

Swimsuit

Floral Designs, ongoing classic and past fashions from local designers. Call for appointment or drop in.

Sandy Blackblacks, 224 Maine Mall Rd, Falmouth, 874-1111.

Swimming with the Casco Bay Tunnellers.

Dines and Falmouth.

Teen and Young Adult Clinic

733-8746.

For information call 774-4607.

Brokers for Casco Bay Weekly.

Proceeds benefit Maine Civil Liberties Union.

Ticket Order Form

Arnor the Eccentric

Ticket Order Form

Name: 

Address: 

City: 

State: ME 

Zip: 04101

Telephone: 

I want to order for

Kids @ $6 

Adults @ $12

Total enclosed: 

Please make check payable to MCLU and send with order form and SASE to:

MCLU, 97 A Exchange St., Portland, ME 04101.

Wellness

Planned Parenthood: Real People, Real Life.

"Just think how anything extraordinary enough to say. I have never been taken care of by a..."

Picture Yourself

ON THE CORNER OF MIDDLE & DOWNER STREETS IN THE OLD PORT • 733-4457

Avada

Complementary skin treatments. With every service, call for an appointment.

Pure Flower and Plant Essences to Care for Your Hair, Skin and Body.

Soul continued on page 27

Family

Swimsuit

Floral Designs, ongoing classic and past fashions from local designers. Call for appointment or drop in.

Sandy Blackblacks, 224 Maine Mall Rd, Falmouth, 874-1111.

Swimming with the Casco Bay Tunnellers.

Dines and Falmouth.

Teen and Young Adult Clinic

733-8746.

For information call 774-4607.

Brokers for Casco Bay Weekly.

Proceeds benefit Maine Civil Liberties Union.

Ticket Order Form

Arnor the Eccentric

Ticket Order Form

Name: 

Address: 

City: 

State: ME 

Zip: 04101

Telephone: 

I want to order for

Kids @ $6 

Adults @ $12

Total enclosed: 

Please make check payable to MCLU and send with order form and SASE to:

MCLU, 97 A Exchange St., Portland, ME 04101.

Wellness

Planned Parenthood: Real People, Real Life.

"Just think how anything extraordinary enough to say. I have never been taken care of by a..."

Picture Yourself

ON THE CORNER OF MIDDLE & DOWNER STREETS IN THE OLD PORT • 733-4457

Avada

Complementary skin treatments. With every service, call for an appointment.

Pure Flower and Plant Essences to Care for Your Hair, Skin and Body.

Soul continued on page 27

Family

Swimsuit

Floral Designs, ongoing classic and past fashions from local designers. Call for appointment or drop in.

Sandy Blackblacks, 224 Maine Mall Rd, Falmouth, 874-1111.

Swimming with the Casco Bay Tunnellers.

Dines and Falmouth.

Teen and Young Adult Clinic

733-8746.

For information call 774-4607.

Brokers for Casco Bay Weekly.

Proceeds benefit Maine Civil Liberties Union.

Ticket Order Form

Arnor the Eccentric

Ticket Order Form

Name: 

Address: 

City: 

State: ME 

Zip: 04101

Telephone: 

I want to order for

Kids @ $6 

Adults @ $12

Total enclosed: 

Please make check payable to MCLU and send with order form and SASE to:

MCLU, 97 A Exchange St., Portland, ME 04101.

Wellness

Planned Parenthood: Real People, Real Life.

"Just think how anything extraordinary enough to say. I have never been taken care of by a..."

Picture Yourself

ON THE CORNER OF MIDDLE & DOWNER STREETS IN THE OLD PORT • 733-4457

Avada

Complementary skin treatments. With every service, call for an appointment.

Pure Flower and Plant Essences to Care for Your Hair, Skin and Body.

Soul continued on page 27

Family

Swimsuit

Floral Designs, ongoing classic and past fashions from local designers. Call for appointment or drop in.

Sandy Blackblacks, 224 Maine Mall Rd, Falmouth, 874-1111.

Swimming with the Casco Bay Tunnellers.

Dines and Falmouth.

Teen and Young Adult Clinic

733-8746.

For information call 774-4607.

Brokers for Casco Bay Weekly.

Proceeds benefit Maine Civil Liberties Union.

Ticket Order Form

Arnor the Eccentric

Ticket Order Form

Name: 

Address: 

City: 

State: ME 

Zip: 04101

Telephone: 

I want to order for

Kids @ $6 

Adults @ $12

Total enclosed: 

Please make check payable to MCLU and send with order form and SASE to:

MCLU, 97 A Exchange St., Portland, ME 04101.
M.A. or B.A. through Independent Study

Design your M.A. program around your professional interests and your schedule. Programs in organizational development, management, counseling, writing, women's studies, education, environmental studies, and more. Our faculty are experienced professionals in these fields. Earn your degree in about 18 months, independent study. A program with weekend or 9-day residency options. Transfer credit accepted. ACCREDITED.

Visit Us At An Open House
Sat., Oct. 23, Hampden Inn, S. Portland, Maine
Sun., Oct. 24, Market Square, Bangor, Maine
M.A. Program at 10 a.m.; B.A. Program at 1 p.m.

VERMONT COLLEGE OF NORWICH UNIVERSITY
Box 152, Montpelier, VT 05602 • 800-820-1600

---

MARK'S SHOWPLACE

Oct 19th thru Oct 23rd
Australian Penthouse Pet Jan. '93

Oct 26th thru Oct 30th
Penthouse Pet of the Month Aug '93

---

VideoEXPO

Portland's LARGEST Adult Entertainment Center!

"We Have What You're Searching For... And Then Some!"

Offering a huge selection of videos, magazines and toys for the discriminating adult...

Videos Beginning At $3.00 per Midnight!

---

RUM DURING NEW OIL SELL OFFICIALS PULLED A DOUBLE CROSS ON THEIR FRIENDS IN THE SADDAM FANATICS AND WANTED TO KNOW WHETHER THE ATTACKS ON OUR JEWS WERE WITHOUT THEIR KNOWLEDGE OR PERMISSION.

---

SURE SELL Classifieds

A Service of Casco Bay Weekly and The Pennysaver Newspapers

---

bulletin board

Lost & Found

Post free classifieds. By phone Call: 775-1646/FAX: 775-1615

---

Rooms & Board

---

帮 wanted

---

CHILD CARE

---

help wanted

---

Job Opportunities

---

Production Coordinator

Casco Bay Weekly

Over 3500 items collected. Call for help!

---

AIDE WANTED

---

HELP WANTED

---

Help Wanted

EARN $20 - $50 every Saturday!

I help deliver Maine's newest newspaper, the Organs Line, each Saturday in your neighborhood. Carries must be available for a minimum of 2 hours on Saturday. Route now available in

Biddeford, Biddeford Pool, Cape Elizabeth, Old Orchard Beach, Saco and Scarborough.

For more information call at:

1-800-355-5518

---

OVER 100,000 READERS

---

Sure Sell Classifieds

---

Your ad:

---

Printed in

---

Post US Readers

---

Buy 2 weeks, get the 3rd week FREE.

---

Sure Sell Yes

---

Get it to us:

---

categories

---

get to us:

---

Change board

---

change phone number

---

new ad

---

Postal money orders accepted

---

due dates

---

Submit cancelled checks and canceled checks for change of address

---

MANUFACTURERS

---

Production Manager

---

Tuesday, 6-7 AM

---

300 RIVERSIDE ST. PORTLAND ME 04101 2-775-1234/1615

---

SPECIALS

---

SPECIALS

---

SPECIALS

---

SPECIALS
Weekly • Wellness • Directory

Improve your personal health! Reduce pain and stress to make future use of yourself through the Feldenkrais Method®

Courses, workshops and individual sessions with Michael and Janet. For more information, contact Feldenkrais Practitioners.

Phone: 207-775-6588

MONEY IN OUR LIVES

Meanings, Myths, Messages
Meet money issues and start to improve
EU BAKER CPA Money Coordinator 797-0466

RELATIONSHIPS:

How to know what you want and make it work
A GROUP FOR WOMEN
Kathie Hinchen, WACMUCK 846-7488

Hypnotherapy: Resolve issues blocking Smoking, Anger, Aging, Self Image, Photos and Weight Loss! Call for Free, No Obligation Program. 774-9134

The Chinese Healing Arts Center, Dr. Zhao Mei
A Traditional Medicine Practitioner

Experience the gentle, relaxing and interpreting techniques of

TRAGER

Ceben Broward certified Traeger practitioner

531-1007 606-9478

Low of Condos for Women

COME TO GOOD HOME- SAMOYEDILAB MIX

Call 282-5854

DORIS

YOUR OWN BOSS- Sell Walking Season

ONE CROSS-COUNTRY ski trainer with

CASCO BAY WEEKLY'S WEBSITE

For more information, call 774-2486

If you are thinking about self-improvement, try any one of the various health practitioners listed in the Weekly Wellness Directory. Effecting your business health is a new trend, then advertise in the Weekly Wellness Directory. Call 774-1234, ask for Donna, Maggs or Melissa.
The Best of Real Estate

Show off your best!

Your ad here...

Automotive Experts

Dial 900-773-3477

Ford Lincoln Mercury

Lack's Auto Group

600-000-0000

Tour Boat Business

Located in Southern Maine with excellent reputation.
8120.00

Richard Dodge

Erie Home Sales

4400-000-0000

RTE-000 - CHESTNUT AREA

Mark Simon

New! 1987 248 H.P.

4400-000-0000

Row Houses:

available also;

City Views

fe n ced yd., good

773-1990

Pub. Call Beth.

theatre arts

$5 ,500

(603)838-5213

RPT . PTG Member.

below book . many extras . Helpl Helpl BEST

9085.

CATS

WHEELS

WANTED

We Buy your watch! We sell with The

773-3444

1984-1990

Wheel store! Absolute lowest prices, call James

799-3321.

1986-

1990 ONE

LX , 1988 Bluet , 4-door.

799-3321.

1985-4x4 .

799-3321.

1981-

5-speed.

799-3321.

Hot , Erotic women

Many new parts .

1990 ONE

LX , 1988 Bluet , 4-door.

799-3321.

1985-4x4 .

799-3321.

Hot , Erotic women

Many new parts .

1990 ONE

LX , 1988 Bluet , 4-door.

799-3321.

1985-4x4 .

799-3321.

Hot , Erotic women

Many new parts .

1990 ONE

LX , 1988 Bluet , 4-door.

799-3321.

1985-4x4 .

799-3321.

Hot , Erotic women

Many new parts .

1990 ONE

LX , 1988 Bluet , 4-door.

799-3321.

1985-4x4 .

799-3321.

Hot , Erotic women

Many new parts .

1990 ONE

LX , 1988 Bluet , 4-door.

799-3321.

1985-4x4 .

799-3321.

Hot , Erotic women

Many new parts .

1990 ONE

LX , 1988 Bluet , 4-door.

799-3321.

1985-4x4 .

799-3321.

Hot , Erotic women

Many new parts .

1990 ONE

LX , 1988 Bluet , 4-door.

799-3321.

1985-4x4 .

799-3321.

Hot , Erotic women

Many new parts .

1990 ONE

LX , 1988 Bluet , 4-door.

799-3321.

1985-4x4 .

799-3321.

Hot , Erotic women

Many new parts .

1990 ONE

LX , 1988 Bluet , 4-door.

799-3321.

1985-4x4 .

799-3321.

Hot , Erotic women

Many new parts .

1990 ONE

LX , 1988 Bluet , 4-door.

799-3321.

1985-4x4 .

799-3321.

Hot , Erotic women

Many new parts .

1990 ONE

LX , 1988 Bluet , 4-door.

799-3321.

1985-4x4 .

799-3321.

Hot , Erotic women

Many new parts .

1990 ONE

LX , 1988 Bluet , 4-door.

799-3321.

1985-4x4 .

799-3321.

Hot , Erotic women

Many new parts .

1990 ONE

LX , 1988 Bluet , 4-door.

799-3321.

1985-4x4 .

799-3321.

Hot , Erotic women

Many new parts .

1990 ONE

LX , 1988 Bluet , 4-door.

799-3321.

1985-4x4 .

799-3321.

Hot , Erotic women

Many new parts .

1990 ONE

LX , 1988 Bluet , 4-door.

799-3321.

1985-4x4 .

799-3321.

Hot , Erotic women

Many new parts .

1990 ONE

LX , 1988 Bluet , 4-door.

799-3321.

1985-4x4 .

799-3321.

Hot , Erotic women

Many new parts .

1990 ONE

LX , 1988 Bluet , 4-door.

799-3321.

1985-4x4 .

799-3321.

Hot , Erotic women

Many new parts .

1990 ONE

LX , 1988 Bluet , 4-door.

799-3321.

1985-4x4 .

799-3321.

Hot , Erotic women

Many new parts .

1990 ONE

LX , 1988 Bluet , 4-door.

799-3321.

1985-4x4 .

799-3321.

Hot , Erotic women

Many new parts .

1990 ONE

LX , 1988 Bluet , 4-door.

799-3321.

1985-4x4 .

799-3321.

Hot , Erotic women

Many new parts .

1990 ONE

LX , 1988 Bluet , 4-door.

799-3321.

1985-4x4 .

799-3321.

Hot , Erotic women

Many new parts .

1990 ONE

LX , 1988 Bluet , 4-door.

799-3321.

1985-4x4 .

799-3321.
How to respond to a personal ad:

1. **READ** carefull y what the person is looking for in a partner.
2. **THINK** about how your personal ad might match the characteristics.
3. **WRITE** a brief, honest ad that reflects the qualities you are seeking.

How to place your personal ad:

To place a personal ad, call 1-900-370-2041.

To respond to a personal ad, write your name and the number of the ad on a separate sheet and send it to the person in the ad.

No contact through a phone system or listings.

The Casco Bay Weekly is a service provided by Casco Bay Weekly, Inc.

Fun facts:

- 80% of ads are written by single men.
- 70% of ads are written by single women.
- 90% of ads are written by single men.

For personal ad rates and guidelines, please visit our website at cascobayweekly.com.

Happy dating!
WAREHOUSE SALE

Beautiful Pottery and Glassware, at 30% to 80% Off Retail!

MAXWELL’S
POTTERY WAREHOUSE

On The Royal River
Bridge Street, Yarmouth, ME
846-0558