Oh Ross . . . Am I Ready For A Third Party?

Just two years ago, more than 206,000 Mainers voted for Ross Perot. Those votes may hold the key to this year's gubernatorial election because experts predict it will only take about 225,000 votes to win the contest.

Two independent candidates are appealing to the Perotistas. One hits hard on some of their pet issues, like the corruption of government by special interests and big money. But he may be too radical. While Perotistas are fed up with politics-as-usual, they're fundamentally conservative.

In any other state, can an independent candidate ride the Blaine House? The other doesn't push as many of their hot buttons. But like Perot he's got enough money to carpet-bomb TV audiences with his message that he's pro-business and wants to stop partisan bickering in politics.

It's possible that Perotistas will splinter in their voting. But pollster Gordon Black, who's studied Perot voters more than anyone, stresses that Perotistas are unified by certain core issues and whoever strikes the most resonant chord on those issues should win their vote and the election.

The right candidate could also feed their growing appetite for a third party. And Black argues that government will not make meaningful reforms unless it's pushed to do so by a third party.

Unfortunately, Maine's independent candidates are not cooperating.

continued on page 8
**FALL SPECIALS**

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- weathered fences
- hammocks & windchimes
- rustic occasional table and more...

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6:30 p.m. to midnight

Explore our new expanded facilities.

Enjoy professional exhibitions and demonstrations.

Dance to live music.

Call for details.

Stop in anytime for a tour of our new facilities.

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Formerly Tennis of Maine

Just minutes from downtown Portland

Mexican Restaurant & Watering Hole

Open Daily at 4 pm

- Frozen Margarita, Full-Size, Legendary, Frozen Margarita

- Legendary, Mexican Restaurant

- Daily at 4 pm to midnight

**A conversation with Rich McInnis**

Rich McInnis, a mild-mannered waiter by night, is the first male aesthetician licensed by the state of Maine. His journey into skin care has taken him where no man has gone before.

In the fall of 1992, Maine's Commission on Cosmetology approved the first male aesthetician. McInnis, a former college football player, is part entrepreneur, part scientist and part caretaker for his many customers.

What is an aesthetic...?

Aestheticians are certified to administer skin care products, perform facials, and general skin care. McInnis cultivates good skin and eases the aging process in his clients.

What's it take?

It takes 120 hours of training and a board exam to earn a Maine license. But, it's really just the beginning. McInnis constantly updates his knowledge.

What's the difference?

Rich McInnis, a former college football player, is part entrepreneur, part scientist and part caretaker for his many customers.

What are some of the glitches you've had to work out?

What would you want to tell your female clients about the hospital gown?

McInnis actually designed the hospital gown, a soft, lightweight fabric that comes off the shoulders like a life jacket, but with no neck. The garment is loose-fitting, with no fasteners exposed.

One woman got it wrapped around her shoulders and neck like a life jacket, but with no support. It was about eight inches wide, but the patient was so comfortable, she never noticed.

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1:30 PM - 11:00 PM

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Dinner Theatre

Friday, October 14th

8:00 PM & 11:00 PM

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Carol C. Cindy Pam Cathy Paige Dawn Meredith Patti Aimee

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Why People From All Over New England Buy Their Diamond Engagement Ring

From Cross Jewelers

A recent survey found that 90% of all the wedding rings purchased in New England were set in white gold. And that the majority of these rings contained a diamond, the gem of love. The diamond's beauty and durability make it the perfect symbol of love and commitment. But how do you choose the right diamond for your loved one? Here are some tips to help you make the perfect choice.

1. Choose a Diamond that's in Your Budget

Diamonds come in a wide range of prices, depending on their quality, size, and color. It's important to choose a diamond that's within your budget, but also one that you can afford to take care of in the future.

2. Look for an Ideal Cut

An Ideal Cut diamond is the most brilliant and scintillating of all diamonds. It's cut to maximize the diamond's light performance, which results in a brighter, more sparkling diamond.

3. Select a Quality Setting

The setting of your diamond is just as important as the diamond itself. A poor setting can detract from the diamond's beauty and durability. Make sure your setting is designed to hold the diamond securely and enhance its appearance.

4. Consider the Metal

Metal plays a role in the durability of your diamond. Platinum is the most common choice, but white gold is also a popular option. It's important to select a metal that's strong enough to hold the diamond in place.

5. Get a Diamond Hallmark

A Diamond Hallmark is a unique identifier that helps to authenticate your diamond. It's placed on the bottom of the diamond and contains information about the diamond's origin, quality, and authenticity.

6. Ask for a Lifetime Warranty

A lifetime warranty is a great way to protect your investment in a diamond. It guarantees that your diamond will be free from defects and that it will be repaired or replaced if it's damaged.

By following these tips, you'll be able to choose the perfect diamond for your loved one. Remember, diamonds are a symbol of love and commitment, so choose one that's right for you.
Sappi rises in North Woods

Union officials at the S.D. Warren Paper Co. in Scarborough, Maine, have reached a new $5.6 million 10-year labor agreement covering more than 1,000 workers at the world’s largest implant-manufacturing facility. The agreement, effective Oct. 29, includes a 4.5 percent wage increase and a new eight-hour workday for about 1,000 union workers.

The new agreement is the culmination of several months of negotiations between the union and company. The contract covers all employees at the company’s Scarborough paper mill, including workers in the mill, maintenance, and support departments.

The new agreement includes a 4.5 percent wage increase for all hourly employees, a new eight-hour workday, and a new shift schedule.

Politics & other mistakes

By Al Blum

One simple word

Abortion is not an easy issue.

There is no simple solution, and many, with clearly defined agendas, do not want one. The issue has been in the news a lot lately, with many politicians voicing their opinions on reproductive rights. It is a complex issue that affects everyone differently.

Governor John Baldacci has taken a stand on the issue, stating that he believes in the value of women and the right to choose. Baldacci has been a vocal supporter of reproductive rights, and his stance has been popular among many voters.

However, Governor Baldacci’s position on abortion has also been controversial. Some have criticized him for being too lenient on the issue, while others have praised him for his dedication to reproductive rights.

Governor Baldacci is not alone in his position on abortion. Many politicians and public figures have expressed their opinions on the issue, but there is no consensus on what the right answer is. It is a complex issue that affects everyone differently, and it is up to each individual to make their own decision on what is right for them.

God will

God is a powerful force in many people’s lives. Many see God as a mentor, a guide, or a protector. In the context of abortion, God is often seen as a force that determines the outcome of the decision. Those who believe in God’s role in the decision often see it as a way to align their actions with their religious beliefs.

Governor Baldacci’s position on abortion has been criticized by those who believe in the power of God. Many see his stance as a way to challenge the will of God and go against His teachings.

God will be with the Governor!

Many see Governor Baldacci as a strong leader who is committed to his beliefs. He has been praised for his dedication to reproductive rights, and many see him as a defender of women’s rights.

Governor Baldacci’s position on abortion has been praised by many in the community. Many see him as a leader who is willing to stand up for what he believes in, even if it means going against the will of God.

The Governor’s decision is a bold one, and many see it as a sign of his commitment to reproductive rights. He has been praised for his dedication to the issue, and many see him as a leader who is willing to make tough decisions in order to protect women’s rights.

Governor Baldacci’s position on abortion is a complex issue that affects everyone differently. It is up to each individual to make their own decision on what is right for them. However, Governor Baldacci’s decision shows that he is a strong leader who is willing to stand up for what he believes in, even if it means going against the will of God.
**The Winner of Our Discontent**

continued from front cover

Illustrations by Michael York

Portland, Maine)

than the average voter. They come from a variety of backgrounds — upper-middle-class, suburban and slightly younger than the state's wealthiest citizens, 

and aren't sure what stands for. On the other side, the Socialists were charged that King's
tactics as an independent was a craven political move aimed at
distracting public attention. The three candidates for the
appear to be a mirror, not simply a

But let's be honest as a capital, i.e., why isn't King excelling in Maine? 

John says it's because he's also a "one-man political party. Maine has — that partisan politicians

Instead of just focusing on jobs and the economy, in addition to focusing on the
to riding the wave of anti-incumbent feeling. But
time, he is running an independent since he can't be a
candidate for even the political parties. So he

The political center isn't shriveled up with
to King. The Portland Press Herald and

from business such as Sears, Detroit, GM and Boise Cascade Northern. But

in the campaign. John's bio is pretty well known. King

his desire for reform and change. And while
tאחר to vote for King. The Portland Press Herald and

Dear voter, if you choose to vote for King, you

still be on edge with 36 percent.

While conservative on fiscal issues such as

There's no question. Carter was talking the Perot language," says Brennan strongman Gary Carter. For instance, Carter was the only one to print a banner hanging over the
campaign finance reform. Carter

in the country, at the
to win the election. He was given a warm

"I'm convinced elections are mysterious things," says Angus King, shown here in an impromptu

they're not like those 

and when they're not on issues, but in something that

The comparison with Reagan also

two non-party candidates. Carter has

setting up the stage. Some

a gun being fired, the politicians have been

the premise that voters flocked to Perot and
dangerous than a dictatorship, it is a
crash program aimed at reducing federal

Mario's going to be a cartoon replacement for King. The Portland Press

"The economy is rising all over the country, at the state and
government. He says the campaign

Angela King, shown here in an impromptu interview with WSCH's Bob Ellis. “A lot of people vote not on issues, but on something that

If you vote your heart and conscience, is it worth throwing your vote away? asks Maine Green candidate Jonathan Carter, who hopes to establish a third party in Maine. "The real issue is real. It's not real to vote for what you believe."
The winner of our discontent

By Michael D. Stark

I've heard a lot of people who are in a position to influence the national debate. And I'm sure they know it. But they are not in a position to influence the national debate. And I'm sure they know it.

Don't let your children listen alone.

Too old to be juvenile delinquents... so what's our excuse?

Quixotic to quicksand

The winner of our discontent

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Too old to be juvenile delinquents... so what's our excuse?
What are a few benches, anyway?

Erosion of city life

Portland has never been entirely clear about whether it's a big town or a small city. It has the informality of a small town — not much traffic, little visible stress from morning commuters on Bayside, the banter of a larger city, like good restaurants and relatively sophisticated entertainments.

In the last few years, Portland has also taken a small-town approach to a big-city problem.

Last week's editorials report on pages 5, 8 and 10, Mark Dickson and Portland City Commissioner Orlando Delogu decided to act when some businesses complained that drunks, drug users and vagrants had moved into their stores and crowded the public walkways near them.

What's the problem? It's not as simple as it sounds — the problem is not that the city of Portland is full of alcoholics and drug users, but that it's full of citizens who enjoy consuming alcohol and using drugs.

The problem is not that, in the city as a whole, the number of people who use alcohol and drugs is increasing, but that the number of people who are creating problems for other citizens is increasing.

Local kids don't have a place to hang out.

The Bayside merchants association, for example, that represents the businesses along the riverfront, has seen a marked increase in the number of people who are creating problems for other citizens.

So now, as steadily as the public walkways are filled with people, the streets are filled with people who are creating problems for other citizens.

The situation in the city is as bleak, even with semua shortages of food, fuel and medicines. The U.S. government is not only preventing cities from purchasing American-made necessities, but it is using economic power to prevent anyone from coming to the city's aid. It is a direct threat to the businesses that are trying to do business in the city.

The whole issue isn't just the benches, of course. The city's character is defined by a number of these minor amenities — the street lighting, the access to the water, the parks, the squares, the trees to the far edge of the city. Now, with the Longfellow benches gone, the city is in danger of losing its character.

What's the problem? For starters, this simply won't work. It's dealing with the problem by simply removing the benches. But it's dealing with the problem by removing the benches.

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33 Washington St., Freeport (207) 774-5444

MAINE WON’T DISCRIMINATE 

Support opposition to the referendum to repeal existing laws against discrimination 

Equal Protection Maine hosts a Benefit Dinner at Jonathan’s in Ogunquit, Maine Saturday, October 15th at 5:00 p.m. and 9:00 p.m. 

Guest speakers include Attorney Pat Peard, President of ACLU of Maine, and Mary Bonauto, Civil Rights Director for GLAD.

For more information and to reserve your place, contact Equal Protection Maine at 774-5444.

LOVE & LIVE 

-A WORKSHOP ON RELATIONSHIPS- 

THE year’s biggest relationship will ever have is with the person with whom you are sharing your life. Sometimes all of our good intentions fail by the wayside and we realize that our life has not moved out the way we wanted. 

COME and work with Ivan and Dagky as they present workshops in married couple’s courses throughout New England and the Western U.S. Their approach will be different. Their tools will work. They enjoy a simple and happy relationship in their professional lives. Can you? 

Find out how to: 

1. Manipulate your own needs. 
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3. Establish contracts. 
4. Become committed to self and others. 
5. Have your sexuality work for you in your life. 

They have presented many courses throughout New England and the Western U.S. 

For more information, contact Faith Builders: 750-7415/7446, or email: FaithBuilders@Comcast.Net

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GOING FOR BUST WITH THE Wonderbra* 

Sponsored by Wonderbra 

Join the Wonderbra Movement! 

Have you heard of the Wonderbras? No? Then you have been living in a cave, under a rock. 

The Wonderbra, according to the makers, is an "engineering marvel." It is stitched together from its separate components, in 27 sewing stages, and it has risen a "new upstart in the world of intimate apparel"—when Saks Fifth Avenue first released it this spring, the stores sold almost $2,000 worth of Wonderbras the first day. In Boston, Saks literally can’t keep its brand, which is made by a British company called Gossard under the name "Super Uplift Push-Up Bra," on the shelves. And now, a new Wonderbra in under a year or rather, the original Wonderbra, made by Mimos, has hit the shelves. 

This is the most incredible phenomenon we have seen in the history of our intimate apparel department," said Jill Eisenstat, a publicist in New York. "It’s amazing. Why such hoopla? Simple: the Wonderbras promise to give any woman — any woman, no matter what her shape — cleavage. Even willowy Kate Moss, who swore off Wonderbras last year, has been an exception. 

At Wonderbra, the Wonderbras promise to give any woman anywoman, no matter what her shape — cleavage. Even willowy Kate Moss, who swore off Wonderbras last year, has been an exception. 

By Caroline Knapp
Silver screen

College Mixer
For Gay College Organizations in Maine
Thursday October 13th

College Undergraduate
Spring 3 Stg.

Where

Leave it to cleavage

Tuesday, 7 p.m. After weeks of plotting my get-back, I finally has sent me the Grant Wonders (they live in the Wonders of Life, even now) that none technically belongs to Palestine. It's a white and yellow gypsy, with many that feel tightly packed, but other than that it's pretty much like your ordinary, garden-variety he. A little like you, a little less you, partly around.

I smoked deeply. I took the Wonders and gently slid the strops over my shoulders. I closed my eyes as the hook. I looked in the mirror...-

Dear. Carl. I'll...

For, I can. tłum: Wonders (father).

Of course, you have to understand something here right off the bat. I have known you long enough to know that you're a little woman. Zip. In that, you're very much like my father. In that, I think, it's time for me to let you in on a little secret...

The Wonders is equipped with all sorts of survival tools. There's a special feature in that life held up the breasts, and special padding to lift and fill it out, and also secret weapons in tell-tale things. But then, I just kind of...well, you know.

For the edge in America with a biggy Wonders.

This is where the Wonders are supposed to come in. "That bad man..." That's what the P.O. said from Grunsell pencilled.

The Grant Wonders is equipped with all sorts of survival tools. There's a special feature in that life held up the breasts, and special padding to lift and fill it out, and also secret weapons in tell-tale things. But then, I just kind of...well, you know.

For the edge in America with a biggy Wonders.

7 p.m. More Wonders...

If you have already discovered the Shirrups, I have in mind that I have hidden them, and the world is going to know about it. This is a low-key secret, and I put it on a low-key level and look in the mirror.

Remember, there is a definite advantage in the gentle words of the Grant Wonders, you know, is a thing. Remember your own advantage here, but you have not been served! You...are the real Wonders.

9 a.m. Here are some Wonders...

Don't wear the Wonders to your work. We are not wearing the Wonders to your work. We are not wearing the Wonders to your work. We are not wearing the Wonders to your work. We are not wearing the Wonders to your work. We are not wearing the Wonders to your work.

8 a.m. The Wonders...

9 a.m. More Wonders...

10 a.m. At work I may be in control of my mammaries, but I do not lend...in control of my mammaries. This is very discouraging.

The straps of my Wonders had very tight grip on my back and shoulders. The whole thing feels unreasonably crushing and I am here, for a hard time ignoring my presence. I most particularly associated to underwears, which dig in my clingage. The Wonders looks like a thong. It hurts.

I figured it at first look and think: Nuts! "Oh, Wonders"

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WEDNESDAY, OCTOBER 9TH

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**West Ender, you can**

Sprocket and the Gin Blossoms. (They album - a happy little listen, which is Opening with an acoustic show for the crazy mix of music ranging from a (making the Civil War look like a day Parsons/Jayhawksish five-man band, acknowledged how miserable the VdEBEAlS liNGS You” (a vole is a big-butt Lincoln’s marriage was and what a 14. Tix:

9:30 "Up scil’W~m;;:'n,1c

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control erosion on the cemetery’s Monument the Western Cemetery hold their will also work on a new project to your neighborhood today. Friends of (the little-known, original name of

Tigers latest release, "Two Sides Light refreshments will

Birthing: "Cold Wumpie," "Moondead" and "Nighthawk." Light refreshments will be served. Free and open to the public. saturday 17

Hautala-horror: Maine chapter of a two­

The discussion, which is part of a two­

day national conference, examines the issue of protecting and improving the marine environment with bay and marshwogs from Casco Bay, the Hudson River, San Francisco Bay and Delaware River (and boy, are their pocket wet). The country’s bay and marshwogs are charged with protecting and improving the environmental quality of those warm, the talk is free and open to the public. 790-4874.

sally fingerett
day 24

saturday 22

Victor blasses leg. A city productions present three Maine rod Sound in "Observations: The night’s performed by our staff at theperfect Stage, Portland, in 3, p.m [sic].-join us again on New 3.]

The program features Delt Hall in an accomplished local singer/actor and member of Mad Home Theater, as well as Debrah Sudds, Judith Jones (who has performed with the New York and London opera companies), interpreting a set of original songs from Broadway, and Mare Pensavec (a national award singer) presenting a new work by Mary Lynne entitled "Thunderbird." Edward Reischel hosts the pre­

Catch a Tiger. World­renowned trumpeter Tiger Okoshi returns to Portland for a rare private performance with his jazz fusion group "Tigers Who Dared" (Center, at 9 p.m)

The group will perform music from Tiger’s latest release, "Two Sides To Every Story." Along with popular tunes, the group will perform his newest album on JVC. "Tiger 2000." Also available for the first time at the show will be "The Tiger’s Nest," a recording by Tiger and the "Tigers Who Dared." The group will perform a new work by Tiger and the "Tigers Who Dared."

Tix: $xx .

Submit a piece of music to our "Call to the public: Portland. is open to all musicians, regardless of age or experience. Submit your work by mail or in person at the Portland Music Hall, 721-6396.

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**stage**

**wednesday 19**

Richard Oates, junior owns, 11, Lodgbank, Freeport, 775-7101.

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**auditions**

Community College of the State Technical School.

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**thursday 13**

**friday 14**

**saturday 15**

**sunday 16**

**saturday 15**

### Red's red hot

Tenor saxophonist Red Holloway has played with so many different musicians that, as he recites their names, it sounds as though he's reading a list of the great names in the business. He started playing clubs with Roseland Stables, Memphis Slim and Tinsel the Fox, he says. "I always liked the blues and most of the blues bands that I was playing with were doing the best music." 

"I played with Lloyd Price, Arthur Prysock, the Bel's, the Paragons. . ." Holloway grew up in Chicago and played the piano for years. As he moved to New York, he played with the organist, "Brother" Jack McDuff. He was with Holloway then came to national attention. Several years later, Johnny Smith had begun something of a jazz obsession with the Hammond B-3 organ, and his probably opened doors of the organ combo. They hired him to lead an R&B, Hendrix, his ability to the modern jazz test that was receiving all the criticism. Several years later, who had been writing and producing music. Holloway found his way into the music. Being the national band with whom they were playing, George Benson. But he creased for the organ combos formed last, bright and briefly. By 1967, Holloway was bringing to California and performing with an ever-increasing variety of music.

### music

"I played with the Mingus Hilton, Johnny Hartman, Gilda Lynn, Alexi-Lloyd. I played with Jimmy Giuffre and the World tube..."

"I played with Jimmy Giuffre and the World tube..."

"I played with Mack truck and the World tube..."

### dance

### Red's red hot

Tenor saxophonist Red Holloway has played with so many different musicians that, as he recites their names, it sounds as though he's reading a list of the great names in the business. He started playing clubs with Roseland Stables, Memphis Slim and Tinsel the Fox, he says. "I always liked the blues and most of the blues bands that I was playing with were doing the best music." 

"I played with Lloyd Price, Arthur Prysock, the Bel's, the Paragons. . ." Holloway grew up in Chicago and played the piano for years. As he moved to New York, he played with the organist, "Brother" Jack McDuff. He was with Holloway then came to national attention. Several years later, Johnny Smith had begun something of a jazz obsession with the Hammond B-3 organ, and his probably opened doors of the organ combo. They hired him to lead an R&B, Hendrix, his ability to the modern jazz test that was receiving all the criticism. Several years later, who had been writing and producing music. Holloway found his way into the music. Being the national band with whom they were playing, George Benson. But he creased for the organ combos formed last, bright and briefly. By 1967, Holloway was bringing to California and performing with an ever-increasing variety of music.

"I played with the Mingus Hilton, Johnny Hartman, Gilda Lynn, Alexi-Lloyd. I played with Jimmy Giuffre and the World tube..."

"I played with Jimmy Giuffre and the World tube..."

"I played with Mack truck and the World tube..."
art

openings


The American Master: Master Craftsmen at Work, an exhibition celebrating the artistry of contemporary American master craftsmen, through Oct. 22.


town meeting

A Town Meeting on Every Morning

This fall, The Freeport Community is offering a TOWN MEETING program to every morning information station.

One thing's for sure - people here love their town meetings.

And what better way to start the fall season than with a Town Meeting on Every Morning?

Starting Sept. 19, 9:30-10 a.m., each weekday, Allstate will air a town meeting broadcast from every morning information station.

Get ready for some great town meetings on the air.

With Albert H. Reams, Executive Director of Maine Community Radio, on the air with you.

So join us, and tune in to the fun.

Amy Alward, 767-3334

98.9 FM, 98.7 WMJC, 106.7 WMCC

Tune in to the fun.

The pulse of Portland

PSTL

WMPC 99.9

Kahlid’s Creative Seafood

36 Market Street Portland 207-871-1800

Featuring a changing menu created by executive chef Joseph G. Pirkola.

Filet of Salmon baked in Almond crust • Lobster and Three Mushroom Vol au Vent • Seafood Crepes • Barbecued Chicken w/Champagne and Grapefruit • Tennessee style Grilled Steak.

Downstairs at Khalid’s: 
• Mcserializer's pub with 11 micro beers on tap.
• The best Providence-style pasta in the city setting.
• Full menu available.

PRIVATE FACILITIES AVAILABLE-BOOK NOW FOR THE HOLIDAYS!

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PRIVATE FACILITIES AVAILABLE-BOOK NOW FOR THE HOLIDAYS!

The Emerald City

Saturday, October 29th

Halloween Gala Auction

Cash Prizes for Best Costumes

$5.00 Advance Tickets

At The Door

201 Commercial Street, Portland, Maine 04101


For more information, call 774-JUKE or 775-6661.

Auto emissions

Mike and the Moonshiner, an acclaimed power-pop band just as much in the local pop scene, a pleasure in their recent music video on the main floor of the Portland Public Library.

Mike and the Moonshiner consists of five Portland musicians, going under the name of Mike and the Moonshiner. They are known for their catchy, upbeat songs that capture the spirit of the Portland music scene.

In their recent music video, the band is shown performing in a variety of settings, from a small venue to a larger concert hall. The video features the band members playing their instruments, singing, and dancing.

The band's music is a blend of rock, pop, and folk, with influences from bands like The Beach Boys and The Kinks. The band's style is energetic and upbeat, with catchy melodies and harmonies.

Mike and the Moonshiner's music is perfect for those looking for a fun and lively night out in Portland. Their music is sure to bring a smile to your face and put a spring in your step.

The band's music is a perfect choice for fans of upbeat and fun pop music, especially for those who appreciate the Portland music scene. Mike and the Moonshiner's music is sure to make your Halloween night even more enjoyable.

For more information or to purchase tickets, please visit The Portland Press-Herald, The Maine Sunday Telegram, and the Portland Phoenix websites.
CATERING
CHEF STUART'S FOODWORKS. Prepared to order, portions specified. Open for lunch and dinner. Home-cooked meals and pastries. All orders to be picked up in your own home or office. Monday-Friday 11-4 AM. On the cutting edge. 49 Portland St. Portland. 772-1118.

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SWEET'S. Fresh, creative cuisine. Portland North Ave., 49 SR, Broad St. and 4th, Saturday-Sunday 11-2PM. Monday-Thursday 2 PM / SUNDAY 5 PM. 773-8964. 

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LE BIFROU INN, INC. Experience French Country cuisine at its best in the unique atmosphere of one of Raymond's favorite restaurants. Located at Routes 202 and 51, Raymond. 645-4705.

CATERING
CHEF STUART'S FOODWORKS. Prepared to order, portions specified. Open for lunch and dinner. Home-cooked meals and pastries. All orders to be picked up in your own home or office. Monday-Friday 11-4 AM. On the cutting edge. 49 Portland St. Portland. 772-1118.

THE NEON DINER. The Art District's very own retro diner. Great late-night fare. Open 78-90 South St. Portland. 772-4647.

JOSEPH'S BY THE SEA. Creative casual dining at its finest. Enjoy traditional seafood and other menu items. Chef, Foley's special, Open 94 South St. on Saturday 11-4 PM. Portland. 772-4647.

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Bisquick 121 Center St. • Area from Civic Center.

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 характеристик у нас есть как для бардов, так и для гитаристов. У нас есть специальное место для работы и отдыха, а также для любителей пения и поэзии. Каждый вечер мы проводим открытые митинги, чтобы любители музыки могли выразить свою творческую энергию. Мы также предлагаем разнообразные соусы и приправы, чтобы гостям было интересно экспериментировать с различными вкусами.

Кроме того, у нас есть бар, где можно отдохнуть и насладиться прекрасной атмосферой. Мы предлагаем различные напитки, включая безалкогольные и алкогольные. Мы также предлагаем разнообразные блюда в меню, чтобы гости могли насладиться различными вкусами.

В заключение, Morganfield’s - это идеальное место для любителей музыки и творчества. Мы предлагаем комфортное и уютное пространство, где можно работать, отдыхать и наслаждаться прекрасной атмосферой. Мы приветствуем всех, кто хочет стать частью нашей большой семьи. Чем дальше, тем больше!
Plastic Surgery Today
by Stephen Fox, M.D.

HIGH-PROFILE PROCEDURE

A patient's desire for more prominent cheekbones may sometimes result from a wish to copy the facial image of a high fashion model. It is not unusual for a patient to request a "nose job" or a "chin implant" to enhance the appearance of their face. In fact, it is estimated that 25% of all cosmetic procedures are performed to correct perceived flaws in the appearance of the face.

The procedure typically involves the insertion of a solid silicone implant into the area of the face that requires augmentation. The implant is typically placed through a small incision in the side of the nose or the mouth, and is then sutured in place. The incision is closed using a variety of techniques, depending on the specific procedure.

Complications are rare, but can include infection, scarring, and asymmetry. It is important for patients to understand that the results of a cosmetic procedure are not permanent, and may require multiple procedures to achieve the desired outcome.

Dr. Fox is a board-certified plastic surgeon who has performed over 10,000 cosmetic procedures. He is a member of the American Society for Aesthetic Plastic Surgery, and has been published in numerous medical journals. For more information on cosmetic procedures, please visit Dr. Fox's website at www.plasticsurgerytoday.com.

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