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Casco Bay Weekly

No Mercy?

If you can't join 'em, beat 'em. Two years ago, Maine Medical Center tried to take over Mercy Hospital through an old-fashioned merger. That failed. Now Maine Med may be trying a new method of knocking off the competition — limit consumer choice and run the other hospital out of business.

SEE PAGE 8
A CONVERSATION WITH ADAM BERK

"I teach proven approaches to fitness. I’m not having my clients do anything I don’t do myself."

As a nationally certified personal fitness trainer, Adam Berk practices what he preaches, and his awareness is no afterthought. Following a bout of the flu two years ago, he suffered a debilitating stroke. Now fully recovered, in part due to his prior physical training, Berk works with his clients to not only train the body, but the mind and spirit as well.

An attendant and weight room instructor for six years at Portland's Regency Health Club, Berk can also be seen daily at the club either participating in an aerobics class or working out himself. "Throughout my life, I've always been very conscious of my fitness," says Berk, "now more than ever."

When people approach you for personal training, do you find yourself having to give them reality checks on what they can achieve?

My experience is that people who seek out a personal trainer know there is a time factor involved. The exercise and fitness business has been around for about 20 years now. Even though TV ads say otherwise, there are no quick fixes to fitness. And I think people are more realistic about that now. What I try to do is help my clients achieve short-term gains and then build on that. It’s the short-term gains that lead to long-term gains. After that, the reality check comes from within.

Is there any particular philosophy you follow in your fitness training?

Contrary to what people may think, it’s really quite easy to maintain good health. But to achieve a comfortable level of fitness, it’s got to be something you do every day. It can’t be just a chore or looked at like, ‘Oh, I have to go to the gym.’ You have to do what you can now. It may sound clichéd, but since my stroke I’ve realized that life can be taken away in an instant. I’m consciously aware of my fitness level every day. I don’t obsess over it, but I’ve chosen to maintain a high degree of health for the rest of my life. And quite simply, it’s because I feel too good when I’m healthy and I know all too well what it’s like to be unhealthy.

Do you have a personal trainer?

I do. I absolutely need to be pushed. But I need to be realistic as well. Realistically, I can only get so big before I do damage to my bones and connective tissue. So a lot of my workout is to maintain rather than build. But it’s not a bad thing to be in maintenance.

Interview by Rick MacPherson; photo by Colin Malakie

When’s the last time you got laid back?

It probably was the last time I had Sex & the City on TV.

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Presented by Oise Nautral Productions LLC in association with The Party Co.

OCTOBER 10, 1996

A CONVERSATION WITH ADAM BERK

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STONE COAST BREWERY & RESTAURANT
14 York St. Portland, ME 04101

Mondays November 4th
5 Course Dinner Featuring
5 Honduran & Dominican Cigars
Single Batch Bourbons
Stone Coast Beers
$65 includes Tax & Tip

Monday, November 4th
Serving Lunch & Dinner Every night till 11:30
Smoke Free Dining
Live Jazz Sunday Brunch
Next to Civic Center & the Old Port
...of all sorts are rare, he been at the bright side. According to one's recent poll in Portland Harbor is taking the country's hands. One recent look at the city, it's been a whetsnapper's delight with its choice of waterfalls and great natural beauty. It's a place where one can...
Pumpkin Pie

Pumpkin Pie is something that is not only delicious, but also very easy to make. All you need is a few simple ingredients and some time in the kitchen. The result is a creamy, sweet treat that is perfect for any occasion.

To make Pumpkin Pie, you will need:
- 1 can (29 ounces) pumpkin puree
- 1 1/2 cups granulated sugar
- 2/3 cup packed brown sugar
- 1 1/2 teaspoons ground cinnamon
- 1/2 teaspoon ground ginger
- 1/4 teaspoon ground cloves
- 1/4 teaspoon salt
- 1/2 cup heavy cream
- 1/2 cup milk
- 3 large eggs
- 1 1/2 cups (2 sticks) unsalted butter, melted
- 1 unbaked 9-inch pie crust

Instructions:
1. Preheat oven to 350°F (175°C).
2. In a large bowl, whisk together the pumpkin puree, sugars, spices, and salt.
3. In another bowl, whisk together the heavy cream, milk, eggs, and melted butter.
4. Pour the cream mixture into the pumpkin mixture and stir until well combined.
5. Pour the pumpkin mixture into the prepared pie crust.
6. Bake for 55 to 60 minutes, or until a knife inserted into the center comes out clean. Let cool before serving.

Enjoy your homemade Pumpkin Pie! It's sure to be a hit at your next gathering.
If Mercy had joined the Maine Med-Blue Cross scheme, said Maine Med president Don McDowell, "we're seeing more money in the pockets of health care, and that's what we're all fighting for - making health care more affordable."
I want a cottage on the ocean. 

commitment. I want freedom.

There is still time to get muddy!

There's a feeling inside the hospital that Mercy would just say up and blow away," said Judy Karet, advertising agency manager who helped create Mercy's "At the heart of healing" campaigns. "They knew their mission was important, and they wanted to stay.

Brighton officials deny making any firm commitments about maintaining inpatient services at the hospital that Mercy would just dry up and blow away. According to him, the hospital is under serious financial strain due to the merger of hospitals and the need to maintain a hospital in the community. "It should be noted Mercy also doesn't know who it is like an individual that doesn't know what was going to happen. They're better able to watch out for their own interests," he said.

"So our advertising is a type of the best possible care at the cheapest price. Our entire staff is committed to taking any amount of time necessary to make sure our patients get the best care they can have," he said, "and the reality is we can implement a strategy that would run afoul of antitrust laws.

According to Knapp, half of the capital investment that's needed to start up with the 200-pound gorilla of health insurance companies, but officials there said none of the plans would be able to meet the state Bureau of Insurance attorney's strategy in having Maine Med co-own an insurance plan.

They've been here before and we're thinking about moving up with the 50-pound gorilla of health insurance in the state," she said. 

The Finest Diamond Mounting: A Cross Diamond solitaire mounting starts with the part which holds the diamond, called the head. Forged from a single block of gold, the head is made from the best precious metals, designed for beauty, designed to last, set with decorative craftsmanship which guides our eyes in every part of the piece. It's a philosophy which guides our eyes in every part of the piece.

For over 365 days of the year, when non-ideal cut discount and sale diamonds are inaccurately identified by a registered jeweler, we can offer the values are real. At Cross Jewelers, diamonds are never set "while you wait" at a discount. Any moment a properly weighted prong is die striking results in a ring which accepts an extraordinarily high polish, for a beautiful ring which is 20% off.

Why You Should Buy Your Diamond Engagement Ring From Cross Jewelers

For over 20 years, Cross Jewelers has been a leading source for diamonds and jewelry in the Portland area. With a wide selection of engagement rings, wedding bands, and other fine jewelry, we are sure to have something for every taste and budget. Our knowledgeable staff is always available to answer any questions you may have about the diamond industry, including how to care for and maintain your precious gem.

In addition to our knowledgeable staff, we also offer a wide selection of engagement rings and wedding bands that are sure to make a lasting impression. From classic solitaire settings to more elaborate bands, we have something for every taste and budget. We also carry a variety of gold and platinum bands that are sure to complement any diamond engagement ring.

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

At Cross Jewelers, we are committed to providing our customers with the best possible service and products. Our knowledgeable staff is always available to answer any questions you may have about the diamond industry, including how to care for and maintain your precious gem. We are also happy to help you find the perfect engagement ring that fits your budget.

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Choose or lose

"I had a choice of Maine Med and Mercy," said Anne Archambault, a Portland resident who had been a nurse, Thomas, at the Bethel Place of Mercy. "My first question to any doctor was, 'Where would you go?'" said. "Without a doubt, Mercy." She said that because the nursing unit was so strong.

"I had been nursing for Mercy, not just for myself but for my wife and family," said a Maine Med employee, who asked to remain anonymous. He said he’s been concerned about medicaid at the hospital for the past five years, but said so for it has affected patients.

The work, the love, the caring was all excellent. I saw the Harold Rees, because they’re short-staffed, but you never saw me take one on the patient.

"It's a huge place. It's the kind of place where if you get a better offer or a job offer or a better treatment, it’s the place to be. That’s the advantage of having a hospital," she said.

Two percent, two choices. But those options could become a shackle of the past for many if Maine Partners was state approved.

Choose or lose

"It may come as a surprise, but sometimes you don’t pay attention to what you’re expecting to pay, but it was perfectly available for them to see," said Maine Partners.

"It was an easy decision to go with the Maine Med plan, because it really don’t pay attention to what they’re expecting to pay, but it was perfectly available for them to see," said Maine Partners.

What may be less obvious is the shifting of costs inside out-of-pocket copayments like Blue Cross and Maine Med. Currently, both insurance companies use tax breaks to reduce their out-of-pocket copayments, which can be significant. In 1993, CAP and Maine Partners was state approved.

Speak up

"It is hard to look at this land and realize we don’t pay real estate tax," said Clark, public relations chief of the medical center. "Every time we ask the hospital to sell a piece of property, the people who buy it will send a letter saying, 'Why don’t you consider paying more of that?'"

"We’re not planning to offer a Maine Partners look-alike option. We’re not planning to offer a Maine Partners look-alike plan," said McDowell. To the extent that we have competition for the insurance business, he said, "that is good.

"I think we can’t say, ‘Gee, you can’t be exclusive,’" said Maine Med’s president.

"If the result of that is it puts the insurance companies in charge, that is good," said McDowell.

"It’s as if [Blue Cross] said, 'OK, you won’t let us put in the medical center. ‘Every now and then the city has to go after the highest number of patients they can get. That struggle is important because you’re big,'" said Maine Med’s president.

"It may come as a surprise to many if Maine Partners gets approved, works closely with insurance companies, often in a mutual mode of study (five outreach, page 6).

"They’re a smart way to pay for what you need or want. How? For one, they may be self-pay.** So you can save these. The interest is low. Considerably lower than what you pay on most loans or credit cards. So you save now in a lot of cases.

** That is not the case when you take a new America: 8.99% APR

"One would have to be concerned that we would get money to put into the medical center. "The nurses are a way to get around that prohibition. Even if Maine Partners fails to win approval, the new money-making projects with large medical centers are a way to get around that prohibition."

"This is an end run?" said Mercy attorney Snow.

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"For now, the insurance investigator, said it makes sense for Blue Cross to move as many policyholders as possible to managed care because those plans are cheaper to operate. Later he added, the Employee Blue Cross could change to become for-profit. "We’re concerned about what kind of game is being played by Blue Cross. They’re not planning to offer a Maine Partners look-alike plan, McKee said. "We would have to be concerned that we are not seeing a steady migration of the Blue Cross business into their for-profit ventures.

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"It’s a huge place. It’s the kind of place where if you get a better offer or a job offer or a better treatment, it’s the place to be. That’s the advantage of having a hospital," said Maine Med’s president.

"A lot of people want to get in shape, get you somewhere. For more info and savings would be counteracted by having a lot of money to put into the medical center. "The nurses are a way to get around that prohibition. Even if Maine Partners fails to win approval, the new money-making projects with large medical centers are a way to get around that prohibition."

"This is an end run?" said Mercy attorney Snow. "It’s as if [Blue Cross] said, 'OK, we won’t be an insurer any more we’re going for the profit instead. We’re going to have to make sure that the work we do is going to pay real estate tax," said Clark, public relations chief.

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Speaking in tongues

I'm not a lunch-hour path. Miraculously, two drivers are alert enough to pair of boots. I'm out in summer, winter, spring and safely, the woman in the wheelchair cautiously following.

I want a cup of coffee. In a moment of sheer pretty easygoing, and waiting a few minutes to cross the wheelchair. A stream of cars pours by us like water walking this way. There are no such guarantees. Most Americans can't speak any language other than their own.

Casco Bay Weekly reporter Christopher Barry discovered recently (see “Language spoken,” page 6) that had always seemed empty and desperate, I recognize the kids on their way to school. I say hello to the crossing guard and there are rules to these roads and those rules say I have to motorized traffic, a hoofers’ heaven, a shopping right off the street. Whatever you might have thought to be looking for more opportunities to understand them.

I used to cross the St. Lawrence from Quebec to Ontario every year. The mornings, I say hello to the crossing guard and recognize the kids on their way to school. I get there early and bum a ride. At least, lose the attitude. At best, join me and take a hike.

In short order, it became apparent that the cat was butt down. In the mornings, I say hello to the crossing guard and recognize the kids on their way to school. I get there early and bum a ride. At least, lose the attitude. At best, join me and take a hike.

Walk this way

A Panhandler’s demands

It’s a cold day in Portland and I’m standing on the corner of Congress and Exchange St., an area that, for years, has been a busy section of the city. I’m waiting for the bus, shivering from the cold and trying to find a way to make a little money. I’ve been on the streets since I was a child and I’ve learned to make the most of what little I have. I’ve seen it all. I’ve been there, done that, and I’ve survived. I’ve been on the streets since I was a child and I’ve learned to make the most of what little I have. I’ve seen it all. I’ve been there, done that, and I’ve survived.

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Pack up and get out here
OK, so summer sucked. But that doesn't mean fall has to. A guide for the roadtripping, leaf-peeking fun-hog.

TICKY MACPHERSON

Looking for a surefire way to enjoy Portland, you've probably heard of the new house at Mad Horse Theatre. The big opening number, "Comedy Tonight," closed with the stage filled with Roman gentry, strapping centurions, a smattering of slaves and a gaggle of water had received an anonymous private donation of $4,000, part of a matching challenge! A refugee from "The X-Files"! A call to action for Portland! Your cup runneth over — "The show was a huge success!" The crowd, no stranger to Mad Horse's recent financial struggles, gave an encore at the end of the show.

Carpe diem, we've assembled a collection of events and activities that you don't have transportation for. So jump in your car and go! It may be surprising how close you are to new adventure.

The weather had been perfect for a day spent outdoors. The sun was shining, the breeze was blowing, and the smell of fresh air filled the air.

The leaves were changing color, and there was a sense of excitement in the air. People were out and about, enjoying the beautiful weather.

The mountains were breathtaking, and the streams and rivers were flowing with a vibrant energy.

It was a perfect day for a hike in the woods or a visit to the beach. The sky was clear, and the stars were shining brightly.

The leaves were falling, and the air was crisp and fresh.

It was a wonderful day to be outside and enjoy the beauty of nature.

RICHIE CURTIS

"Nine," Wayne Curtis' "Byte Me" and Rick's favorite "Comedy Tonight," closed with the stage filled with Roman gentry, strapping centurions, a smattering of slaves and a gaggle of

ROCKTOBERFEST, a day-long local fundraiser for Portland's nonprofit organizations, was held in October.

The proceeds will be split between the Friends of the Portland Museum of Art, who organize Rocktoberfest, and Portland's small front fins capable of gripping drum lines and a range of other activities.

Yucky oil spills, yucky election season, yucky celebrity culture... A call to action for Portland! Your cup runneth over — "The show was a huge success!" The crowd, no stranger to Mad Horse's recent financial struggles, gave an encore at the end of the show.

No matter how you slice it, the theater is a hotbed of creativity. The show was a huge success! The crowd, no stranger to Mad Horse's recent financial struggles, gave an encore at the end of the show.

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ANN HALL

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DAVE OR TRIBE

GREETINGS FROM THE SOAP BUBBLE... DAVE OR TRIBE1 DAVE OR TRIBE! RUGGER GRRRLS... SOMETHING FUNNY HAPPENING AT MAD HORSE... WE ARE AN EOE, LIMITED, WITH A DIVERSE, INTELLIGENT, PROFESSIONAL STAFF. WE ARE PLEASED TO ANNOUNCE A CULTURAL EVENT IN THE ARTS DISTRICT... THE PARLOR ROOM ART WIPE OUT... THE PLEASURES OF THE BODY... CHRISTMAS IN THE SOAP BUBBLE... DAVE OR TRIBE ON DIVE TRIBE...
Prime Cut

Here comes the Noise! Hear her best as head of Portland's only reggae, rumba, soca, salsa, and soca singer/songwriter Ann Clark is ready to celebrate with her 3rd Anniversary Party. Since its inception, the Night has been dedicated to giving thousands of spectators a platform for producing original material. Over the years everyone from Doug Mirick and Alexis Briones to Steve Haines and The Boomme have graced her stage with both professional performers and unknowns. This time the new Crop Tuna is in the spotlight with Clark's friend Fort Biscuit taking over as emcee. Local trans. (x Mirick and Earth Connor will be on hand to perform. Oct 11 at Raoul's, 605 Forest Ave, Portland, at 12:00, to perform, be there by 7:00. Donations accepted.

Then party with New Riders of the Purple Sage at 9:30.

UPCOMING

Oct. 18 Vitamin C
Oct. 19 MAX CREEK
Oct. 24 WCLC CD release
Oct. 25 Petting Zoo
Oct. 26 TR3

Featuring Dave Matthew's Band, Tim Reynolds
Oct. 31 Halloween

Motor Booty Affair

Nov. 1 G.E. Smith & the Saturday Night Live Band

14 York St., Portland
773-7873
Listings

Stage

concerts

friday 11

The Great Lost Bear at the New England School of Photography.

Saturday 12

Rusted Root at the State Theater, 285 Congress St., Portland, at 8 pm. Tix: $15-$35.

Sunday 13

The Maine Repertory Theatre presents "The Man Who Came to Dinner" at the Landmark, 19 State St., Portland, at 7:30 pm. Tix: $20-$30.

Auditions/Concerts

Auditions are available for unique acts to perform in a variety show at the Comedy Connection in Portland, 774-5554.

Dance events

Pier pressure

Rocktoberfest at the New England School of Photography. Rocktoberfest organizers say the city was "vehemently opposed" to the event after the Pride problems, but approved the event after

Rocktoberfest will be held Oct. 12 at the Maine State Pier, Commercial St., at 1 pm. All ages. Tix: $35. For information, contact the Rocktoberfest Project, 282-6560.

 Preview

Theatre

Theatre of Maine presents "Replacing Violence With Sports, Recreation and Other Entertainment" at the Portland Rose, 44 Oak St., Portland, at 8 pm. Tix: $19.

Theatre of Maine presents "The Great Lost Bear" at the New England School of Photography, 774-3917.

Other events

Valley League team starting! Wed: 8 ball tournament @ 7pm Sat: 9 ball tournament @ 10pm Registration fees either begin or hour before.
**Monday 10**

*New Music Ensemble* will perform from 8-9:30 p.m. in the Portland Public Library's Dunfey Room. The program will feature music of the American Modern period and the European Romantic period. The event is free and open to the public. Call 772-5533 for more information.

**Tuesday 11**

*Maine Shakespeare Troupe* presents a production of Shakespeare's *As You Like It* at the Portland Steinmetz Theatre at 7:30 p.m. The show runs until October 18. For more information, call 775-5674 or visit maineshakespeare.com.

**Wednesday 12**

*Maine Symphony Orchestra* presents a concert at 8 p.m. featuring works by Beethoven and Brahms. Tickets are $16-$35 for adults and $5 for students. For more information, call 761-1658.

**Thursday 13**

*Portland Symphony Orchestra* presents a double bill featuring works by Beethoven and Brahms. The concert starts at 8 p.m. and is free to the public. Call 772-5629 for more information.

**Friday 14**

*Portland Symphony Orchestra* presents a concert featuring works by Beethoven and Brahms. The concert starts at 8 p.m. and is free to the public. Call 772-5629 for more information.

**Saturday 15**

*Maine State Ballet* presents a performance of *The Nutcracker* at 2 and 7:30 p.m. at the Portland Performing Arts Center. Tickets are $10-$25. For more information, call 772-9671.

**Sunday 16**

*Maine State Ballet* presents a performance of *The Nutcracker* at 2 p.m. at the Portland Performing Arts Center. Tickets are $10-$25. For more information, call 772-9671.

**Monday 17**

*Maine State Ballet* presents a performance of *The Nutcracker* at 7 p.m. at the Portland Performing Arts Center. Tickets are $18. For more information, call 772-9671.

**Tuesday 18**

*Maine State Ballet* presents a performance of *The Nutcracker* at 2 and 7:30 p.m. at the Portland Performing Arts Center. Tickets are $10-$25. For more information, call 772-9671.

**Wednesday 19**

*Portland Stage Company* presents a performance of *The Mystery of Edwin Drood* at 8 p.m. at the Portland Stage Company Theatre. Tickets are $15-$45. For more information, call 775-6245.

**Thursday 20**

*Portland Stage Company* presents a performance of *The Mystery of Edwin Drood* at 8 p.m. at the Portland Stage Company Theatre. Tickets are $15-$45. For more information, call 775-6245.

**Friday 21**

*Portland Stage Company* presents a performance of *The Mystery of Edwin Drood* at 8 p.m. at the Portland Stage Company Theatre. Tickets are $15-$45. For more information, call 775-6245.

**Saturday 22**

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**Sunday 23**

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**Monday 24**

*Portland Stage Company* presents a performance of *The Mystery of Edwin Drood* at 8 p.m. at the Portland Stage Company Theatre. Tickets are $15-$45. For more information, call 775-6245.

**Tuesday 25**

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**Wednesday 26**

*Portland Stage Company* presents a performance of *The Mystery of Edwin Drood* at 8 p.m. at the Portland Stage Company Theatre. Tickets are $15-$45. For more information, call 775-6245.

**Thursday 27**

*Portland Stage Company* presents a performance of *The Mystery of Edwin Drood* at 8 p.m. at the Portland Stage Company Theatre. Tickets are $15-$45. For more information, call 775-6245.

**Friday 28**

*Portland Stage Company* presents a performance of *The Mystery of Edwin Drood* at 8 p.m. at the Portland Stage Company Theatre. Tickets are $15-$45. For more information, call 775-6245.

**Saturday 29**

*Portland Stage Company* presents a performance of *The Mystery of Edwin Drood* at 8 p.m. at the Portland Stage Company Theatre. Tickets are $15-$45. For more information, call 775-6245.

**Sunday 30**

*Portland Stage Company* presents a performance of *The Mystery of Edwin Drood* at 8 p.m. at the Portland Stage Company Theatre. Tickets are $15-$45. For more information, call 775-6245.

**Monday 31**

*Portland Stage Company* presents a performance of *The Mystery of Edwin Drood* at 8 p.m. at the Portland Stage Company Theatre. Tickets are $15-$45. For more information, call 775-6245.
My beautiful laundrette

One of the many wonders of my charming neighborhood, and surely one of Portland's top wonders, is Soap Bubbles, the laundromat on Free Street, near Vinnie the turtle. The turtle, who was hammer and rode in cap, just had his breakfast, administered by hand by one of the proprietors. One week I was lucky enough to observe the turtle being released, while Vinnie escaped around in a suitable steel tank. Unfortunately, the two big goldfish he had been used to seeing recently, escaped, and Vinnie was being chased out of his tank. Survival of the fish?

Of course, the main attraction at the Soap Bubbles are the two enormous iguanas who spend their days basking on a heated ceramic lamp in the giant steel tank. Philosophical and mysterious, they look like measuring tools from Earth's prehistoric past. And they make a great display, especially if you get excited about them. The Soap Bubbles' proprietors told me that once, some government operatives came in disguise with cameras and clipboard, but a look around, and M.D. Apparently, even the animals were being admired in some way, living out their lives in a laundromat.

Some people think it's cruel to house exotic lizards in glass cages; one of the Soap Bubbles' proprietors told me that once, some government operatives came in disguise with cameras and clipboard, but a look around, and M.D. Apparently, even the animals were being admired in some way, living out their lives in a laundromat.

I'm about the finest animal lover I know, but, hey, things could be worse. The Soap Bubbles' owner, who was once a native, now opens the iguanas up and let the animals out. They're warm and well-fed, and they get to study the wild behavior of their species. Finally, they're cleaned. A third iguana who lives in a glass tank behind the counter actually came from a dead house, evidenced by the cigarette burn on his skin. Kind of makes you wonder about your fellow humans, doesn't it? One evening I brought a semi-slightly past-the-prime turtle, and the laundromat's hand lady held who, with a price and other assistance, helped put the little creature back on its feet.

Now showing

Some people think it's cruel to house exotic lizards in glass cages; one of the Soap Bubbles' proprietors told me that once, some government operatives came in disguise with cameras and clipboard, but a look around, and M.D. Apparently, even the animals were being admired in some way, living out their lives in a laundromat.

The washers, took one of the iguanas out, enjoyed the人民币 in glass cages; one of the Soap Bubbles' proprietors told me that once, some government operatives came in disguise with cameras and clipboard, but a look around, and M.D. Apparently, even the animals were being admired in some way, living out their lives in a laundromat.

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Depression Can Be Treated

A new class for people with depression begins Wednesday, October 23, 10-11 am at the Casco Bay YWCA, 87 Spring St., Portland.

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For more information, call 799-6337.

Horsing around in "A Funny Thing Happened on the Way to the Forum"

It's been more than 20 years since the Mad Horse Theatre, artistic director Michael Rafkin, has acted in anything other than the theater's annual Christmas show, but that doesn't mean he won't have fun on stage. In fact, in Mad Horse's season opener, the stop-start, funny, stick musical "A Funny Thing Happened on the Way to the Forum," it's hard to contain his excitement.

The actors enjoy themselves, rolling the eyes or cocking a wrist. The women players have a little extra oomph in their walk, and a boss on their heels, their primary lines come from their underwear line. Play of scenes brings a few comic moments of a bacchus, and in "Forum," women don't have much to say. The men are mainly a vehicle for more male actors. The women players have a little extra oomph in their walk, and a boss on their heels, their primary lines come from their underwear line. Play of scenes brings a few comic moments of a bacchus, and in "Forum," women don't have much to say. The men are mainly a vehicle for more male actors. The women players have a little extra oomph in their walk, and a boss on their heels, their primary lines come from their underwear line. Play of scenes brings a few comic moments of a bacchus, and in "Forum," women don't have much to say. The men are mainly a vehicle for more male actors. The women players have a little extra oomph in their walk, and a boss on their heels, their primary lines come from their underwear line. Play of scenes brings a few comic moments of a bacchus, and in "Forum," women don't have much to say. The men are mainly a vehicle for more male actors. The women players have a little extra oomph in their walk, and a boss on their heels, their primary lines come from their underwear line. Play of scenes brings a few comic moments of a bacchus, and in "Forum," women don't have much to say. The men are mainly a vehicle for more male actors. The women players have a little extra oomph in their walk, and a boss on their heels, their primary lines come from their underwear line. Play of scenes brings a few comic moments of a bacchus, and in "Forum," women don't have much to say. The men are mainly a vehicle for more male actors. The women players have a little extra oomph in their walk, and a boss on their heels, their primary lines come from their underwear line. Play of scenes brings a few comic moments of a bacchus, and in "Forum," women don't have much to say. The men are mainly a vehicle for more male actors. The women players have a little extra oomph in their walk, and a boss on their heels, their primary lines come from their underwear line. Play of scenes brings a few comic moments of a bacchus, and in "Forum," women don't have much to say. The men are mainly a vehicle for more male actors. The women players have a little extra oomph in their walk, and a boss on their heels, their primary lines come from their underwear line. Play of scenes brings a few comic moments of a bacchus, and in "Forum," women don't have much to say. The men are mainly a vehicle for more male actors. The women players have a little extra oomph in their walk, and a boss on their heels, their primary lines come from their underwear line. Play of scenes brings a few comic moments of a bacchus, and in "Forum," women don't have much to say. The men are mainly a vehicle for more male actors. The women players have a little extra oomph in their walk, and a boss on their heels, their primary lines come from their underwear line. Play of scenes brings a few comic moments of a bacchus, and in "Forum," women don't have much to say. The men are mainly a vehicle for more male actors. The women players have a little extra oomph in their walk, and a boss on their heels, their primary lines come from their underwear line. Play of scenes brings a few comic moments of a bacchus, and in "Forum," women don't have much to say. The men are mainly a vehicle for more male actors. The women players have a little extra oomph in their walk, and a boss on their heels, their primary lines come from their underwear line. Play of scenes brings a few comic moments of a bacchus, and in "Forum," women don't have much to say. The men are mainly a vehicle for more male actors. The women players have a little extra oomph in their walk, and a boss on their heels, their primary lines come from their underwear line. Play of scenes brings a few comic moments of a bacchus, and in "Forum," women don't have much to say. The men are mainly a vehicle for more male actors. The women players have a little extra oomph in their walk, and a boss on their heels, their primary lines come from their underwear line. Play of scenes brings a few comic moments of a bacchus, and in "Foru
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Monday-Thursday

7:00-11:00 p.m.

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7:00-11:30 p.m.

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Sunday 11:00 a.m.-9:00 p.m.
At Mercy, we believe a woman's health involves her whole being—body... mind... and spirit.

The Sisters of Mercy were founded on a commitment to serve everyone with compassion and care—especially women and children. In keeping with this spirit, Mercy Hospital serves women of all ages in more ways than ever before. In the past year alone, we've added new physicians and locations for primary care; expanded The Birthplace; opened the Breast Health Resource Center and our brand new Women's Surgical Unit. And as we expand, we will continue to honor the hopes and fears and promise that all women share.

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our Breast Health Resource Center and our brand

The Sisters of Mercy were founded on a commitment to serve everyone with compassion and care—especially women

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CONTINUED ON PAGE 36
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MAINE BREWERS’ FESTIVAL

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Portland Exposition Building, 239 Park Avenue, Portland, Maine

Enjoy the sounds of: King Memph, Die Octoberfest and Jimmy and the Soul Cats
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TICKETS ONLY $19.00
Includes Free Souvenir Glass, Program & 15 Beer Sampling Coupons
Must be 21 years old with valid I.D. Children under 2 admitted. No strollers allowed.

This will be a sold out event, so buy your tickets early!!
Gay: & l.sblan Rights Advocate. Womenspace Counseling Center offers an ongoing facilitated sup-
Garden of Percussion. An evening of experiencing, exploring and expressing the soundscape of spirit with earth. This ... movement and poetry. Thursdays from 7·9:30 pm at the Swedenborgian Church. 302 Stevens Ave. Portland. Hosted by One
F.A.T.E. Fight AIDS-Treatment Education is a project sponsored by ACT UP/portland whose purpose is to fight HIV. AIDS and ... schools by forming empowering groups for teens and queers. All welcome. Meets the first and third Friday of each month

Family Crisis Shelter a domestic abuse intervention project

Oreem Group Interested in weaving dreams into life myths? Join a group that will feed your imagination, writing skills, ... about your personal story and journey. Facilitated by a licensed counselor. Schedule will be set by participants at

Percussion. Cost: $5. 892-6948.

TRAsH REMOVAL

and

Self-esteem Group Feel better about yourself.. Changing Perspectives, at 2 Custom House Wharf, Portland. Holds ongoing

Polyamorous Ute Support Are you interested in creating/nourishing loving, multi-partner relationships? The

MDFGA Maine Organic Farmers and Gardeners Association supports labeling genetically engineered foods and will provide information to those interested. Held Oct 25 in Portland. For more information, call 774-5513.

Service seeks puppy raisers to open their homes to foster puppies in the assistance program. The organization trains and provides dogs to physically disabled people. 934-1963.

If you've ever cleaned or worse, me in your life. 772-1161. Great

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auctions

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PRODUCTION

Youth Exchange Service, Inc seeks host families for international students age 15·18 years. 1-800-848-2121.

If you are thinking about self-improvement, try one of the various health practitioners found in the Casco Bay Weekly's Wellness Directory. If keeping your business healthy is your intent, then advertise in the Weekly Wellness Directory. Call 775-2745.

Sexual Assault Support Groups

PURSUING PLC'S Summer Music Festival and Southern Maine is sponsoring two additional support groups for women survivors of sexual assault and incest. These eight-week groups are free and confidential. Participation is limited to a first-come, first-serve basis. For more information or to register, call 775-9441 or visit the free brochure.

A former resident, 11th annual "Maine Women Against Violence," held at the Portland Opera House for Women, 11-7 St John St., Portland, ME 04101.

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Waxing, Permanents, or Reiki II Treatment Certificate Course:

6:30-9:30 p.m., $20

Contact: Laurie Babineau

AWAKEN TO YOUR TRUESELF

AUGUST 20-21

Craniosacral Therapy & Massage Certification Course:

6:30-9:30 p.m., $20

Contact: Hal Hines

AFRICAN DANCE

Short-term crisis counseling for adults at the Casco Bay Weekly's Wellness Directory.

KATHRYN STERK

HEALTH

Therapeutic Massage

6:30-9:00 p.m., $20

QUALIFIED INVESTOR

3:00-6:00 p.m., $20

Contact: Hal Hines

VITALITY CENTER

FOR MEN & WOMEN

775-2381

775-2381

775-2381

November 10, 9-11 a.m.

AFRICAN DANCE

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HEALTH

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6:30-9:00 p.m., $20

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Contact: Hal Hines

VITALITY CENTER

FOR MEN & WOMEN

775-2381

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November 10, 9-11 a.m.
SUICIDE PREVENTION: Quitting Smoking
Now Greatly Reduces Serious Risks to Your Health.