PORTLAND'S BEST BEER BARS

Casno Bay Weekly

Casno's search for brew heaven uncovers some terrific taverns, super saloons and wonderful watering holes.
REMEMBER WHEN HALLOWEEN WAS A BALL?!?!

Remember when Halloween was a ball?

A CONVERSATION WITH ALISHAA SINCLAIR

It's a.m. on a Sunday and all's quiet at the Portland International Airport. Perhaps it is an understatement - the place is dead empty, save for a custodian and a flight attendant who live on site. I'm meeting Alishaa Sinclair, 19, who works for Host Marriott. Sinclair makes sure everyone don't get hungry when they fly. She delivers meals, via truck, to planes right before takeoff. Sinclair, who works for Host Marriott, always waves, saying hi. "Hey, say, Where's that? Where's that?"

I'm from New York ...

Interview by Sharon Bass ; photo by Tonee Harbert
Cross' Diamond Lab: One of the values of buying your diamond from Cross Jewelers is identification: a laser-etched registry number on the gridle (outside edge) of the gem, to tons of pressure squeeze out all the Cross Ideal Cut diamond. Your choice of a Cross Ideal Cut diamond gives you the assurance that your diamond has been weighed, and the quality grading checked and verified by a registered jeweler. By acquiring our diamonds loose, we can guarantee the quality non-ideal cut discount and sold diamonds are accurately graded for cut, color, and clarity.

Why Should You Buy Your Diamond Engagement Ring From Cross Jewelers

Cross Jewelers

Cross Jewelers

Casco Bay Weekly

GRIND. SHARPEN. WAX.BEVEL.$10.

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The $10 ski or snowboard tune-up. This weekend at Play It Again Sports.

Movies?

We've got them covered. See page 40.

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ON TAP:
Brakemans Lite, Clearwater Cream
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Outstanding Micro Beers

• Geary’s
• Shipyard Ale
• Samuel Adams
• Allagash White

Nappi Distributors
The Market Leader

Outstanding Micro Beers

Grating expectations

I sat up straight in bed, images of beer flitting through my mind. The sounds of partying and music filled the room, and I heard the clinking of glasses and laughter. My mind was racing with ideas of what I could do with the money I had saved up.

I decided to take my chances and go for it. I found a job at a local brewery and started working there. I learned everything I could about the business and developed a passion for creating unique flavors.

My love for beer led me to open my own microbrewery, where I could experiment with new recipes and flavors. I held a position as Brewmaster, and I was in charge of all the brewing operations.

I also began giving beer tastings and educational sessions, teaching people about the art of brewing.

I continued to expand my business, opening more locations and gaining even more recognition in the industry.

Looking back, I am grateful for that one job in my life that led me to my passion. If I hadn’t taken that step, I would never have found my true calling in life.

I now run a successful business, and I am passionate about sharing my love for beer with others. It is a dream come true, and I hope to continue growing and expanding my company for many years to come.
The Portland City Council voted unanimously on Oct. 28 to deny Portland's branch appeal.

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Dys run down. Ms. Dugan was not there. "The basic problem is a noncaring, power-driven. They don't like change."

And the bottom line is the almighty dollar. After four months as Arnie Hanson's executive director, Campbell has"other priorities" than the Arnie Hanson's welfare program. $310,000 from the Catholic Charities State Housing Authority to run the shelter. In September, about 100 drunk people are safe and are being served," he said.

Campbell suggested the city's only shelter for alcoholics should change. He said he's been back to the center twice since August and all but six of the beds were "sorely needed." He said the clients were told by staff shortly before I arrived not to talk to me. "A lot of times they were yelled at, screamed at," he said.

They're very arrogant at Catholic Charities. Campbell said he sent several memos to Bagley outlining the problems. He also called Mayor Campbell to implore him to visit the center. Campbell said he's been back to the center twice since August and all but six of the beds were "sorely needed." He said the clients were told by staff shortly before I arrived not to talk to me. "A lot of times they were yelled at, screamed at," he said.

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PDX DIAMOND

AL DIAMON never provided an excellent work here than can be easily assimilated surgery in. Other factors influencing one's suitable public house than simply findi

establishments that serve only light beer.

central to revitalizing the very fabric of overnight stay at the local iron hotel. Picking the right pub for the occasion is more than a matter of avoiding an

unadventurous. But the food is good, and

An eclectic mix of hot music later in the

evening.

Next to the bus station at Congress and St.

Top of the East, but the view is still lots

unpretentious spot. No runner-up in this

I...
You have to appreciate authenticity in all its forms.
CONTINUED FROM PAGE 11

So how come my beer tastes the way Kenneth Starr is devoting his first lady. The lesson here is to check the date on the label, but trust your taste buds.

RICHARD PARS
INTERNATIONAL HOME FURNISHINGS

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For everyone... 51 and specials 3.00

Ladies in Free 50.00 huge drinks

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More than 20 years in business, Norwich University offers residencies off-campus programs, integrating advanced learning with real life.

Join us to learn about some of the nation's premier off-campus programs for adult learners. Undergraduate meetings begin at 6:30 pm and graduate meetings begin at 6:45 pm.

Vermont College of Norwich University

Information Sessions
WOMEN'S SEPTEMBER 28
6 Main Street Center - Room A
5 Monument Square, Portland

Gentlemen's OCTOBER 5
6 Main Street Center - Room A
5 Monument Square, Portland

Free and open to the public.

Vermont College of Norwich University
P.O. Box 248 • Montpelier, VT 05601-0248
(800) 999-3601

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Buy refrigerated beer. Cool temperatures (38-42 degrees) keep beer fresh the longest.

5) Buy seasonal beers in the right season. Octoberfests come out in the fall. If Octoberfest is more than two months old, it's probably going bad.

6) Know what's in what you're drinking. Hops and alcohol are both preservatives. Be careful of any white deposits in your beer. They're white and granular, which means the taste will be weak and bland.

7) Always refrigerate your beer. You can't make the beer cold again. If you don't refrigerate your beer, you lose all the flavor.

The lesson here is to check the date on the label, but trust your taste buds.

HOW TO FIND FRESH BEER

1) Look at the bottle where you store it. High humidity locations, beer warehouses can't be easily checked. It's a good idea to keep your beer cold for a month or two. If you can't keep your beer cold, refrigerate it at home.

2) Pick up a six pack, check the bottle caps on the label. If the beer doesn't look right, throw it out. It's better to have too much beer than too little.

3) Store your beer in the refrigerator. Don't store it in the freezer. Don't store it in a cool, dark place. Don't store it in the kitchen. Don't store it in the garage. Don't store it in the car. Don't store it in the basement. Don't store it in the garage. Don't store it in the car. Don't store it in the basement.

4) Don't store your beer in a cool, dark place. Don't store it in the kitchen. Don't store it in the garage. Don't store it in the car. Don't store it in the basement. Don't store it in the garage. Don't store it in the car. Don't store it in the basement.

5) Check the expiration date on the label. Most beer is good for about six months. If the bottle is older than six months, throw it away. If you can't find the expiration date, throw it away. If you can't find the expiration date, throw it away.

6) Check the price. Expensive beer is more likely to be fresh than cheap beer. Expensive beer is more likely to be fresh than cheap beer. Expensive beer is more likely to be fresh than cheap beer.

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Doctors from Venus.

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Planned Parenthood.

We’re More Than You Think.

“I love that Planned Parenthood lets you on your own health care!”

A service that is 4 years old. Changing a baby; he transmits baby with deepening eyelids and a narrower sense of self to the public. Make no mistake, you’re in the early stages of being a parent. And if you don’t want to be, you’ll be a parent. You’ll always have the power to do what you want to do. Except, of course, when the gap isn’t visible.

Here’s the summary again. It’s your Friday night. You’re sitting in the bar, just between you and your partner. You’re feeling your way, your way into each other through the eyes, the mind, the heart.

The last go around, the more alcohol they consumed, the more attractive people became. So if being big goggle wasn’t bad enough, there are too many reasons to damaging our relationships. The phenomenon: the mutual beer-goggle and swaying.

At night. You’re sitting at the bar, beer in hand, eyelids drooping, swaying with the rhythm of the music. You and your new babe hit the dance floor and knock some sense into you. Tomorrow you’ll be asking yourself how the two of you could stand by and do nothing, but for now, it’s too late. Fire intervened.

On this Friday night. You’re sitting at the bar, between you and your partner. You’re feeling your way, your way into each other through the eyes, the mind, the heart.

A group of drinkers was asked to rate the attractiveness of fellow members of the opposite sex over the course of an evening. The outcome: the mutual beer-goggle phenomenon: the mutual beer-goggle and swaying.

**News of Brews.**

Maine’s 23rd brewpub opened in late June. Whale Tail Brewing is located in the Village Inn in Old Orchard Beach. Brewer Teenie Lerner, who learned his craft from Shipyard’s master brewer Alan Puglisey, is currently making a pale ale, a specialty beer and a Machiave.

**Sprinter** beer pale ale is also in the planning stage. Sea Dog Brewing, which recently opened between in Camden and Bar Harbor, plans to move into Augustus in the spring. But the latest Sea Dog will just barely qualify as a true pale. Most of its beer will be made at the other two locations, while the few brewing concerns on site will be used for occasionally specialty beers.

**Sea Dog officials also told the Capital Weekly in August they were considering other locations to open new pubs, including Ashland, Ellsworth. Before plans for such a facility on Penobscot Island fell apart this past summer because of zoning problems and Portland.”

**Brews** are always evolving. The next brewpub in Portland. Rockland and South Portland. In addition, budding entrepreneurs have made the decision to open several specialty beers in Portland. A group of brewers will be represented at the Fourth Annual Maine Beer Festival on Oct. 25 at the Portland Expo. According to organizer Ed Bohen, with the Maine Brewing and Sommelier, the festival will feature more than 50 beers.

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Bad hangover

The Penguin rightfully has had tough times for its liquor license due with the City Council's and CASCO BAY WEEKLY's Perils and Postscript. No wonder Ray had just pulled out the first two installments of an eight-part series about alcoholics in Maine, with graphic details of the physical harm suffered both by people who consume alcohol to excess and those injured by those due on license.

The case against The Penguin brought to the attention of the Portland Police Department had its roots in the death of Richard Hendsbee, a young man who fell from the Causeway Bridge after being served at the Four furnaces club. The newspaper stories detailing other alcohol-related fatalities may have had nothing to do with it, but the Board of Commissioners' investigation against The Penguin as a person of disrepute would have made real News. Portland's oft-augen of prohibition. The cowardly undertakers of the specifics of the club's case, however, seemed a little sketchy (see "Nocturnal Emissions," page 24).

In the American cyclical collapse of its and expression, alcohol has long played a leading role. Throughout our history — from the sozzled mobs of the Revolutionary period to the speak-easy sophistication of the '20s in the middle-class parlor of Prohibitionists of the 1930s and the dry-run standard of the '50s — those who drink to excess have been an easy, and often amusing, target for the evolving media. People who suffer from alcoholism have been reviled and ridiculed. And then, too, alcohol does indeed kill people. It can also make them so callous, foolish and brutal.

So what is the issue? Some would say that media should not often focus on anything positive about alcoholic beverages. As like this week's CWP, celebrating the economically successful and much-loved business of Mainers, how would we vote on that issue? Some would say that advertising for liquor, played a leading role. Throughout our history — from the sozzled mobs of the Revolutionary period to the speak-easy sophistication of the '20s in the middle-class parlor of Prohibitionists of the 1930s and the dry-run standard of the '50s — those who drink to excess have been an easy, and often amusing, target for the evolving media. People who suffer from alcoholism have been reviled and ridiculed. And then, too, alcohol does indeed kill people. It can also make them so callous, foolish and brutal.

The fact of the matter is, most of the people attending the Penguin nightclub had lousy timing for its liquor license date with the City Council’s inspired fulminations against The Penguin as a Portland's own father of prohibition, proud. The councilors' attacks on the club were an attempt to justify the ban on alcohol in the century that invented Alcoholics Anonymous. "Just Say No," and O.A.R. (O.A.R. is the only one in the band that's a groovy drunk), we'll struggle on an everyday basis with sobriety. Here, when the drinking age is 21, teenagers look at drinking to the brink of a coma as a rite of passage, in much of Europe, where the drinking age is 18, such behavior is the least common.

When we look at, and condemn, the behavior of people who drink too much, we should look beyond their urge of chosen to their motivations for seeking solace. Closing down places where liquor is won't stop people from drinking. Teaching our young people to respect and appreciate the power of alcohol, to understand its place in history and its relationship to food, might do more good. Teaching our young people to respect and appreciate the power of alcohol, to understand its place in history and its relationship to food, might do more good than any amount of anti-alcohol propaganda.

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The business of selling laughter
Sure, they’re funny, but can a former Holt, Hughes & Stamell creative duo survive on yuks alone?

Scoot Sutliff

Christian Kast and Mark Nestor were hanging out on their city council's streets, getting a little tipsy. They’d done a little more of the fines that day than usual, but it was the day after a campaign to create an ad for Day’s Fine Furniture, a full-page spread about the appliance in the Portland Press Herald's Sunday section, and the pulse-levels was picked up a couple of points. Day’s obtained the last minute that they wanted to do the ad, and the Press Herald needed it soon today,” says Nestor. “That was the moment someone said, ‘Hey, why don’t we do an ad for a local? The idea for Crank came from an advertisement we had with a, you know, Nestor says. “Hey, you know, we think we could write an ad for a local that could be funny.”

Saturday, October 15

The Radiators

PITTSBURG, PA

The Radiators are a band from Pittsburgh, Pennsylvania. They are known for their blend of punk rock and soul music, and have been active since the late 1980s. They are considered one of the most influential bands in the alternative rock scene.

St. Louis, Missouri

Saturday, October 15

The Radiators

The Radiators are an American rock band that formed in 1988. They are known for their energetic live performances and their blend of garage rock and punk influences. Their music is characterized by heavy guitar riffs, aggressive vocals, and a raw, unrefined sound.

Do not attempt this at home! We're talking about serious business.

In order to win a ticket to these upcoming shows, you must be at least 21 years old and have a valid ID. The winner will be chosen randomly.

We got the beat

Crank is an advertising agency headquartered in Portland, Oregon. They are known for their punkish and edgy approach to advertising, and have gained a reputation for creating memorable campaigns and commercials.

The Radiators are a punk rock band from the United States. They formed in 1988 and have released several albums. They are known for their energetic live performances and their garage rock sound. The band is composed of singer-songwriter Joe Bonamassa, guitarist and vocalist John Anderson, drummer Joe Walsh, and bassist Tony Iommi.

The Radiators are an American rock band formed in 1988. They are known for their garage punk sound and have released several albums. They are composed of Joe Bonamassa on vocals and guitar, John Anderson on lead guitar and vocals, Tony Iommi on bass, and Joe Walsh on drums.

Stone Coast

Stone Coast is an American rock band formed in 1988. They are known for their garage punk sound and have released several albums. They are composed of Joe Bonamassa on vocals and guitar, John Anderson on lead guitar and vocals, Tony Iommi on bass, and Joe Walsh on drums.

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The Underground
3 Spruce St. Portland. 773-3315.

The Barking Squirrel

The Basement

Club Karma (routling DJs)
35 India St. Portland. 773-5700.

The Industry
110 pm/521

The Big Easy
45 Danforth St. Portland. 772-2739.

The Moon
Arne & Scott

7th Avenue Cafe
110 pm/521

Metropolis
19 pm/1 am/no cover

The West Coast

The Underground
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The West Coast
Drinking problems

When it comes to drinking and misbehaving, the young people of Portland deserve a speaking. Last month, the police with the usual bust in Casco bay On Roberts. Despite his costly efforts to keep his bar’s liquor license, Roberts’ day before the City Council met with an unanimous vote for defeat. But our concern is that the councilor (except Cheryl Lemen and Jack Dams, who were absent) and Mayor George Campbell had a hand in the vote. Councilor Ray Partin stated that “First Street is something we have to protect. It’s one of the best places, it means a lot to everyone.”

The move came after Councilor Karen Gagnon voted for a “zero tolerance” policy and pointed out that “Some bars just serve alcohol and have a place where there is a lot of people in a very serious operation.”

“Portland should not be seen as a town that runs at night.” Councilman Peter Richard argued: “You just don’t go pouring alcohol down the throat of anyone who will pay for it.”

“We just can’t tolerate bars that are not content,” said Councilor Tom Kean.

“The message needs to be sent out that young people coming into the city to have fun,” said Councilor John McDowell, “not behave themselves and drink in moderation, but go out and enjoy the 21+ minutes and get back.”

Councilor Nick Michaud was the only councilor to show some compassion for Roberts, saying he was not using the National Football Council – Portland head in The Penguin two hours before a fatal fall from the Casco Bay Bridge – to decide the case. “I can’t hold The Penguin responsible for his death,” said Michaud.

Roberts plans to appeal his case to the state Board of Liquor Enforcement. Let’s hope the face – not the need for a scapegoat – will decide the outcome. But Roberts is unlikely to win, the appeal, that doesn’t change the overall situation.

The City Council’s decision will send a message to Portlanders. Whether it’s the tough, anti-alcohol abuse policy that is resented by everyone, or The Penguin’s liquor license is revoked, the message is clear: Portlanders need to be more careful about their drinking.

The Penguin’s owner, Gary McPherson, attended every council meeting about the bar’s license. He is a concerned citizen who wants to help Portlanders have a good time without causing trouble for others.

The real problem? The real problem is that people gather to drink, that they drink too much and that terrible things happen. The death of Richard H. Williams is a very poignant example, which unfortunately has been used by the police to achieve their goal of closing The Penguin. But are they accomplishing anything? Or are they, as Roberts contends, just causing friction? They could have taken one extra step in their effort to make Portland a safer place for everyone to enjoy.

Roberts and McPherson both agreed to work with the city’s liquor enforcement officer, Paul Ormsbee, to make sure there are no problems in the future. They hope this will be a step towards making Portland a safer place for everyone to enjoy.

The Councilors are aiming for is for Portlanders to be responsible and not to cause trouble for others. What’s needed is a change of attitude and a commitment to improving the city’s image.

The Councilors are trying to protect Portland’s reputation and are working hard to make sure that the city is a safe and enjoyable place for everyone to enjoy. They are trying to send a message to Portlanders that drinking responsibly is important and that the city is working hard to make sure that everyone enjoys their time in Portland.
HOT STUFF!
Over 150 varieties of hot sauce. The spicy way to a new dimension of
seasonal enjoyment. Pain is good.
Get your hot sauce here!

COmmEPOMER COODY AND
THE LOST PLANET AIRMEN AT RAOUl'S
The legendary Commander Cody is
featuring for the Lost Planet Airmen,
described by the local media as the new
hot spot to have the world go crazy and
get the party rolling. Cody has been
playing the classic rock and roll sound
for the past 15 years, and now he is
coming to Portland to show the world
his true talent. Don't miss out on this
unforgettable experience.

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109%
OFF EVERYTHING
All CDs (new & used), cassettes, posters, black lights, candles, magnets, postcards and accessories
Now thru Halloween!
Lower Exchange St., Portland • Don Rich Plaza, Windham

TUESDAY 28

GUITAR SUMMIT AT RAOUl'S
Everybody knows that not all solo acoustic guitars sound the same.
But rarely do we get the chance to immerse ourselves in a musical
montage of three acoustic styles at once, like we can at Raoul's Guitar
Summit. The event will feature a trio of solo sets - Rob Eberhardt
Young and his two-handed groove, the jazz of Bob Thompson (a
protege of Lenny Breau) and Peter Albert's classical and folk­
influenced compositions - with a three-at-once finale. At Raoul's,
865 Forest Ave., at 8 p.m. Tix: $12. 773-6886.

BEER AND BREAD
AT THE PMA
If you don't think the taste of beer and
bread is pleasing to the palate, put down
that Bud Lite and Wonder Bread and
sample the good stuff at the Portland
Museum of Art's beer and bread tasting.
The yeasty gala features Geary's beer,
Borealis Breads and tasty victuals from
Cotton Street Cantina, Grill 36 and Cafe
Latte. At PMA, 7 Congress Sq., from
5:30-8 p.m. Must be 21 or older. Tix:
$12 ($10 museum friends). 775-6148.

POETIC VISION:
PHOTOGRAPHS BY ERNST
HAAS AT THE PMA
Few artists can be dubbed "photo­
grapher, philosopher, poet and teacher."
But Ernst Haas, a teacher at the Maine
Photographic Workshop for 12 years
and the first photographer, in 1953, to
have a major . color photo-essay
published in Life magazine, has earned
the title. Now the Portland Museum of
Art lets us see why with "Poetic Vision:
Photographs by Ernst Haas," an
exhibition of 41 pictures that span his
career . Haas, whose history in
photojournalism reaches as far back as
the close of the Second World War,
says he was trying to "humanize the
machine" and communicate the poetry
of everyday life through pictures.
"Poetic Vision" shows through Jan . 18
at PMA, 7 Congress Sq., from 10 a.m.-
5 p.m. Admission : $6 ($5 students Et
seniors/$1 youth). 775-6148.

OCT 24
• How do we consistently
release, from 3:30-6:30 p.m.
Frontier: a fall foliage
viewing event.
OCT 25
• A day of hunting and fishing
in the woods and outdoors.
OCT 26
• A day of hunting and fishing
in the woods and outdoors.

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All CDs (new & used), cassettes, posters, black lights, candles, magnets, postcards and accessories
Now thru Halloween!
L/A Arts 1997-98 Performance Series
Nicholas Payton Quintet
Saturday, November 1, 1997 @ 8pm
Lewiston Middle School Auditorium
Reserved Seating $24.00 ($12 seniors & Seniors with ID)
(800) 639-2919 or (207) 782-7228
Tickets on sale Monday, Oct. 6. 10 am at our box office & in performance halls.

Vincent D’Onofrio

The Whole Wide World
"The year's most heartfelt love story!" The Seattle Times

Central Maine Civic Center
900 Water Street • Lewiston, Maine

Super Vitamin and Supplement Sale!
20-25% Off
SELECTioned NAMES
THOMPSON-NATURE'S BEEF - HOVERS AMBER
STOCK UP NOW AND SAVE!

VENTURE INTO A NEW MILLENNIUM
Watch for more surprises in the future!

NEW MUSIC
NEW HOURS
NEW SPECIALS

Celebrating Our Fifth Year Serving Greater Portland
Lois' Natural Marketplace
Opens Monday, October 6th
573-2300

If You Thought You Haven't Seen Primus Lately, YOU HAVEN'T BEEN PRIMUS!

In Your Face
Powerman 5000

This Monday, October 27 (7:30 pm)

24 Ocean Ave, So. Portland, at 8 pm. Tix: $10

Central Maine Civic Center
900 Water Street • Lewiston, Maine

Suggested Donations:
$5/$3 advance. $10 at door

For Information, call 783-2009

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NATURE'S ANSWER

SUPER
VITAMIN
and SUPPLEMENT
SALE!
20-25% OFF
SELECTioned NAMES
THOMPSON-NATURE'S BEEF - HOVERS AMBER
STOCK UP NOW AND SAVE!

The Amplified Ensemble
Featuring Powerman 5000

This Friday, October 24 (7:30 pm)

24 Ocean Ave, So. Portland, at 8 pm. Tix: $10

Central Maine Civic Center
900 Water Street • Lewiston, Maine

Suggested Donations:
$5/$3 advance. $10 at door

For Information, call 783-2009

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THOMPSON-NATURE'S BEEF - HOVERS AMBER
STOCK UP NOW AND SAVE!

The Amplified Ensemble
Featuring Powerman 5000
**Review**

"Paintings from Moehl Desert Island," by Katie S. Johnson (Nov. 21 at Coffee by Design, 608 Congress St., Portland). Johnson, an artist who understands the forces that form the lines of the canvas, uses his work to depict the tension between the forces of nature and human habitation.

"Recitation" for Sculpture and Matthew, Space 654 Congress St., through Nov 1. Shows Nov 10 through Nov 22. Hours: Mon–Fri 10 am–5 pm.

"失控," acrylic on canvas, by Eduardo Cepeda (Nov 23 at Maine College of Art's sales gallery). Featuring jewelry, clothes and accessories.

"Back Home: photographs by Tom Hall," Space/Danforth Gallery, 34 Commercial St., Portland. Shows through Nov 15. Hours: Mon–Fri 10 am–5 pm, Sat 10 am–5 pm; Sun noon–9 pm.


"Ceramics hosts a talk by Neil Rollins," Sawyer Street Studios, So. Portland. For more info, call 207-775-2653.

"Theater at Portland High School," sponsored by the Bay, WMPG 91.9 FM. Performances on Oct 30 and Nov 1. "Ingenious, irreverent and audaciously funny," according to the review.


ON SALE $11.88 CD
See Kara’s Flowers live on Oct. 23rd at the Stone Coast Brewery

Newbury Comics
110 Maine Mall Rd. • 874-6788

Hamlet
by William Shakespeare
Directed by Michael Rafter

Oct. 22- Nov. 23

State Theatre
669 Congress St. Portland, ME
Friday, November 23 • 8pm
All Tickets $19.95

Hamlet is presented by Mad Horse Theatre Company. Playing Fri, Sat. at 8pm, Sun. at 2pm. For reservations call 227-7658.

Volunteer

Open Letter to Everyone:
"Doom & Dead"
Kara's Flowers

A Moveable Feast

Join us for our GRAND OPENING
Come for a weekend of tasty food and good fun featuring the following events:

Food preparation demonstrations
White chocolate
Food samples
Drawing to win a steak-night for four
Complimentary gifts
Kale coloring contest

Celebrate with us:
Friday, October 18th 6pm and 7pm Saturday, October 19th 6pm and 7pm

The Cottage Market
471 College Rd, South Portland, ME 04106 • 770-1300

The Tate House
1270 Westbrook St. Portland

Sublime & Divine Be a part of the Swedenborgian spiritual family Wednesdays at 6 pm - meditative, contemplative, and promotes economic vitality. For info on making a difference in the lives of Maine's most troubled teens, meets the 2nd Thurs of each month at the Maine Youth Center, 675 Westbrook St, So. Portland, at 7 pm. 822-0050.

The Visiting Nurse Service of Maine is seeking volunteers to offer patients a free ride to medical appointments. Volunteers must be at least 18 years old; have a valid driver's license, a vehicle, and 30 hours per month. Call 780-1500 for more information.

The Center for Developmental Disabilities serves Maine individuals and families affected by developmental disabilities. The center offers training and technical assistance, as well as resources and advocacy. For more information, call 224-9400 in Portland or 693-1900 in Lewiston.

The Unitarian Universalist Church of Portland offers a weekly service in their sanctuary, 30 Church St, Portland, at 7 pm, Sun. 14 pm (through Sept 30). 774-9781.

The Christian Family Services of Portland is a non-profit organization seeking donations of furniture, dishes and other usable household items, to be distributed to needy families. The office needs people to volunteer to help sort and box donations. For more info, call 772-0504.

The Creative Health Foundation, a non-profit community health foundation, seeks volunteers to assist with updating files. For more info, call 772-5456.

The Alpha One, a nonprofit organization committed to helping people with disabilities, seeks volunteers age 18 and older to help with a variety of tasks. Volunteers must be able to commit to making a difference in the lives of Maine's most troubled teens, meets the 2nd Thurs of each month at the Maine Youth Center, 675 Westbrook St, So. Portland, at 7 pm. 822-0050.

The Salvation Army, 500 Congress St, Portland, offers workshops in CPR and First Aid. They remind donors of the importance of proper nutrition and healthy eating habits. Information, referral to community services, and help assessment and development of current and future potential health care options are also available. Call 774-6126.

The American Cancer Society's Relay for Life, Portland, Social hour at 7 pm, Fri 9 am-4 pm, and every third Sat 8 am-2 pm. 775-2367.

The Big Brothers Big Sisters program seeks volunteers age 18 and older to mentor troubled youth. Mentors are needed for a minimum of one year. 773-5437.

The Portland Public Library offers a variety of programs and events, including a monthly meeting for young professionals, a series of lectures on local history, and a murder mystery dinner. For more info, call 583-7500.

The Maine Youth Justice Center, One Pleasant St, Portland, offers supportive masses for less fortunate youth. 774-6304.

The Portland Press Herald offers a variety of educational and cultural opportunities, including a weekly series of chamber music concerts, a monthly lecture series, and a series of art exhibitions. For more info, call 287-3353.

The Ocean Park Community Center offers a variety of programs and events, including a monthly meeting for young professionals, a series of lectures on local history, and a murder mystery dinner. For more info, call 583-7500.

The Portland Public Library offers a variety of programs and events, including a monthly meeting for young professionals, a series of lectures on local history, and a murder mystery dinner. For more info, call 287-3353.
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DONATE IT
Donate your car to the American Lung Association of Maine • Free Pick Up

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50% Off All Vintage Clothing!
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Walking through history
I've always had a curious relationship with history. In high school, I was all about the women's history. It was just so fascinating to me. Lancaster's life in the early 19th century was so different than what we have today, but I remember feeling a bit overwhelmed. In high school, I was really into women's history, and I was fascinated by the idea of really understanding the lives of women from the past.

One day, my teacher brought in a book called "A Women's History Walking Tour in Portland, Maine." I was hooked! The book was filled with stories of women who had lived in Portland, and it was fascinating to read about their lives and experiences.

One woman who stood out to me was a woman named Sarah Hale. She was a social reformer and abolitionist, and she worked tirelessly to help emancipate slaves and end slavery.

She was a powerful speaker and writer, and she used her platform to advocate for the rights of women and children. She was a true trailblazer, and she inspired me to learn more about the lives of women in the past.

I've always had a tenuous relationship with history. In high school, I was afraid the material would be too dry and uninteresting, but I was surprised to find that it was actually quite engaging and inspiring.

I'm excited to learn more about the lives of women in the past, and I can't wait to explore Portland's history more deeply. The book was a great starting point, and I'm looking forward to learning more.

The films contain, narrators. There's the pleasantly goofy anticipation of getting to know people with whom we've once had close, but now a little less engagement. The relationships are accentuated by the realistic and low-key style by which the direction is handled. In his previousdetached way, the editor (and former student pal, Nicky) has created a realistic and understated portrayal of the lives of two women who have their differences but share a common interest in social issues. A novelist tells the story of Anna (Lyndsey Searle) and Hannah (Felicity Carter) in Mike Leigh's "Career Girls." About a pair of London college students who get together six years later to catch up and reminisce. Hannah (Lyndsey Searle) a feminist, share language and who mean something, has become a career girl in a city that sells paper packages.

Scott Nunnand

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Beer & Bread
Friday, October 24
5:30 to 8 p.m.

Join the Museum Friends and celebrate the full-bodied taste of fall with a beer & bread tasting!

David Geary of Dr. L. G. Gaspé Brewing will show you the finer points of beer tasting with a variety of brews, and Eric Lagoe of Borealis Beer will present an interesting assortment of rustic breads.

Tickets: $10 (10 for Museum Friends, Members, & Business Partners).

Advance reservations required; call the Museum at 775-6146 for reservations & information. Must be 21 or older to attend.


RICHARD THOMPSON

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**Weekly Wellness Directory**

**FOR CURRENT SCHEDULE FOR ALL AGES**
- Colon Hydro-Therapy
- Bach Flower Remedies
- Reflexology

Rebecca Wing 892-6394
Thurs • 6:30-8pm

**PERSONAL EXPRESSION**
- Male partner of
- 775-0875 or 789-7177

Develop your
- Pelvic floor (women only).
- How to

**WORKSHOPS: STRENGTHENING AT HOME IN THE BODY**
- Personal expression
- Pelvic floor
- Communication

CALL FOR DETAILS

**GROUPS:**
- **Deeper Self**
  - NEW IN 1997
  - Elizabeth Berks, Patricia Bennett

**AFFORDABLE RATES**

**WEST END MASSAGE**
- Neck & Back Pain
  - Stress Reduction
  - In Touch
  - Call 770-8050

**THOMAS BEACH CHIROPRACTIC**
- JUNIE ALLEN
  - 517-0164
  - Sliding fee available

**CATHY LANGRUS, L.C.S.W.**
- Psychotherapy
  - 775-6650

**GORDON WHOLE HEALTH**
- Massage & Reiki
  - CALL...839-7867

**EATING PROBLEMS, BODY IMAGE & SEXUALITY ISSUES**
- CALL...737-9737

**SACRED BODYWORK FOR THE CAY COMMUNITY**
- 770-5977

**ARE YOU WILLING TO BE ALIVE?**
- BY DR. ROBERT HUBBLE, PhD

**PHILOSOPHY CLINIC FOR THE INTEGRATION OF SPIRIT, MIND & BODY**
- Gale Jenkins, L.M.T.
  - Center for Medical Hypnosis and Biofeedback
  - 772-8010

**JASON L. ROUNDS**
- L.M.T.

**BREATHING INTEGRATION**
- COOL DOWN FOR THE WEEKEND

**MOUNTAIN MEDITATION CENTER**
- JOHN J. BROWN
  - 828-6571

**MERRY BRADFORD, PH.D.**
- Psychologists
  - 789-7177

**SEASIDE PSYCHOTHERAPY GROUP**
- Presently seeking more participants

**KAREN AUSTEN, L.M.T.**
- Licensed Massage Therapist
  - 772-1570

**GROUP THERAPY**
- For Men & Women
  - Tuesdays
  - 7-9pm
  - 782-7177

**GROUP FOR MEN**
- Tuesday
  - 7-9pm
  - 772-1570

**GROUP FOR WOMEN**
- Tuesday
  - 7-9pm
  - 772-1570

**BODY IMAGE & MIND & SPIRIT**
- Anne E. Knights
  - 828-6571

**PSYCHOTHERAPY GROUP**
- Presented by Seaside Psychology
  - 789-7177

**HUMAN POTENTIAL CENTER**
- Undergraduate courses in
  - Psychology
  - 772-1570

**EDUCATION & THERAPEUTICS**
- 773-6809

**MASSAGE IN SWEDENBORGIAN CHURCH**
- 772-1570

**FELDENKRASIS MOVEMENT: AT HOME IN THE BODY**
- 772-1570

**WOMEN OF SIZE**
- Large women who wish to explore life issues
  - 772-1570

**MUSIC LESSONS**
- 772-1570

**YOGA BY THE SEA**
- 772-1570

**DANCE CLASS**
- For Men & Women
  - 772-1570

**RENEWAL CENTER FOR BODY Images**
- For the effective<br>express a philosophy<br>with a psychic reading<br>on the<br>in Oregon<br>for the<br>and health<br>in Portland & Kennebunk<br>in Portland & Kennebunk<br>in Portland & Kennebunk<br>in Portland & Kennebunk
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