11-11-1999

Casco Bay Weekly : 11 November 1999

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HE'S BACK
AND PORTLAND'S
GOT HIM

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QUEER COMPROMISE
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SHUTTING DOWN
STATE STREET
14
MUD FISH FOR DINNER
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THE SPIRITUALITY
OF TATTOOS
Get Ready for Our Annual Holiday Sale!

Christine's Gallery

**Custom Framing**

Thursday, Friday and Saturday

November 11, 12 and 13, 10 a.m. to 8 p.m.

Special Holiday Shopping hours 9 - 7

Lots of Great Gift Ideas, All at 20% Off Including Custom Framing!

**The only thing you can have in golf is feel. You have to listen to the body.**

---

**Les Bolland played the European Tour as a member of the British Professional Golfers' Association from 1974 to 1977 before becoming a golf instructor and developing a holistic approach to the game. He currently teaches blind and sighted students in Maine, Florida and Europe.

When did you start golfing?

I was a tour pro for four years, the second-youngest player in the British Open. I started at 10 and a half. To be a tournament player, you mostly start at 3, 4, 5, 6 years of age. Tiger Woods started when he was younger than 3. To play the best golf, you cannot mentally get in your body's way, you have to be allowing the body to perform. What happens with most of us is when we learn at a later age we consciously order our body into certain positions - what I call technique golf. That's usually how you're taught here. But your left arm, grip, it's all the feel. You have to trust the body. — The only thing you can have in golf is feel. — You have to listen to the body.

What do blind golfers get out of the game?

I emphasize you must have fun in the first minute. My experience has shown it's unnecessary fun, doesn't produce good results, the consistency is not good enough, the ball doesn't fly far enough and at its extreme it's frustrating and can even be painful (back problems, shoulder, elbow). You should come away from the driving range or the golf course and feel absolutely elated ... I emphasize you must do the extremes - you must feel too tight and too loose (too tight most of us can do), you must hit it too deep and too high, too close and too far. The body learns real quickly if you have fun in the first minute.

Interview by Chris Busby; photo by John Alphonse

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**Maine Mall Charity Night**

to benefit the Project for Supported Living. On Sunday, November 21, The Maine Mall will be open "After Hours" and is offering special discounts to ticket holders. Tickets are $5.

- discounts, refreshments, door prizes & more
- grand prize trip for two on American Airlines
- special shopping hours 9 - 7
- free shipping

Get a jump on your holiday shopping and help out at the same time. All proceeds stay with the Project for local, non-profit agency serving adults with disabilities. For ticket information all the Project at 207-253-1647.

**ALLAGASH WHITE**

Always an adventure.

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**Les Bolland**

A CONVERSATION WITH LES BOLLAND

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**Celtic Treasures**

Whispers from the Old World

Packing behind buildings in the Old World style

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**Casa de Don Fernando**

Home of The Magnificent Margarita

Memorable Mexican Food

Serving Portland for over 21 years

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**Tortilla Flat**

Home of The Magnificent Margarita

Memorable Mexican Food

Serving Portland for over 21 years

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**Eat Already**

Buy any Lunch Sandwich, beverage and chips
got a $1,00 off

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**Talk**

A CONVERSATION WITH LES BOLLAND

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Leaders aren't created overnight... in fact, it takes about two years.

Current students and graduates of the "Organizational Leadership" program at the University of New England in a transforming experience. The transformation doesn't happen overnight, but once it begins, it's difficult to stop. Change may not come easily, but it does come, and it's focused toward individuals in our community and friendly Portland areas.

Organizational Leadership isn't the only management program. There are other programs designed to help you focus on your personal and professional goals. Contact us to learn more about our other programs.

Maline Bagdad and Minh Le, Call us at 207-787-2285, ext. 6489.

www.cascobayweekly.com

The chemicals between us

It's sort of like discovering your best friend is sleeping with your mother. Or your father. Or both.

When you are looking, features that may go unnoticed suddenly become conspicuous with others. In the house, Catholic Church, and other social organizations. In fact, we may be hard-pressed to identify them if we try. A few drinks, a few laughs, and no one will notice. Then the first thing you know, the two parties are paired up, and the whole thing starts over again. And again.

It shouldn't have come as a surprise. The Catholic Church and gay rights supporters have been fighting for recognition for more than two years. In March 1997, the Rev. Michael Henchal, chancellor of the diocese, wrote a letter to legislators, who were considering a civil rights bill. "It has been a consistent position of the Diocese that no person should suffer from prejudice against their basic human rights regardless of sexual orientation," Henchal wrote. "However, we have also maintained a clear distinction between protection of rights and the basis of orientation and our traditional opposition to homosexual, genetic behavior.

This statement certainly seemed to indicate the relationship would remain strictly platonic. Indeed, the attitude on both sides cooled rapidly after gay leaders got a look at the amendment that accompanied Henchal's letter. It contained seven provisions, of which the gay rights group had always opposed one provision. The provisions were to be made on the basis of sexual orientation, but the language of the bill was not specific enough before it could support the new position.

The threat of those amendments may have caused other religious organizations associated with religious institutions except from the law. Gay rights supporters, however, included a provision to make bills that would prohibit churches and their affiliates from not receiving public funds due to discrimination on the basis of sexual orientation. But the language of the deal was made to make it clear that civil rights for homosexuals did not include such protections all affirmative action, domestic partner benefits, acceptance, respect or much of anything else.

Not surprisingly, the gay community was not amused. It led to the negotiations to amend all the proposed changes. The dialogue, in turn, spawned a bill that didn't support the right, and increased support during the 1998 gay and lesbian community's response to the gay bill. Other amendments were also made in an effort to make it clear that gay rights supporters, in fact, half Abromson, Portland, the sponsor of the bill, "We've been talking. If we can find some common ground, it would be a big bonus."

If there were any doubts about the civil rights provisions are prepared to accept the negotiations, then there's a reason to believe that the negotiations would be a good idea for the gay rights supporters on the basis of sexual orientation. In fact, the agreement to the bill is being worked out, it would likely allow organizations such as St. Joseph's College, Catholic Charities, and any other entities that are dependent on the state for funding, to provide services to the gay and lesbian community.

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State shutdown

Portland proposes closing the portion of State Street that cuts through Deering Oaks

PORTLAND POLICE

Marauders out over cops

City counselor wants don’t do a办公楼, non-profit community center the idea sounds good, but we want more information, said.

City Manager Rob Gallo and the idea sounds good, but we want more information, said. Gallo said he doesn’t believe the policy has been tested. "It will be tested," he said.

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Jesus! Jesus! Christ! Where is the kid?

Heaven, please do not feed Elvis.

Yeah, that guy has the best ties.

So, what's up?

He's time to go back to Earth.

Things are all screwy down there...

Who'd of thought they'd take the Bible so literally.

Yeah, right... listen... maybe this time, I could take their sins instead...

Relax, I've decided to use an ion everyone will accept... this is gonna be sweet and sweet...

Introduce yourself. Fix this problem, and get outta there. That should shut em up for a while...

Okay, but just so we're clear, no death by nails and cross, right?

I've put together a multimedia presentation for your journey...

First thing in fixing is this music...

We're going to Point Land, please do not let the assassins!

Hello, my son. I've come to solve...

Shut yer pie-hole and hand over this tiny green crystal!
Ah, a social gathering, perfect.

Hello, my children, I've come back to Earth to do some of the worst problems. Finally! I wonder if he'd show.

Oh, I'm sure people have been talking about it for years.

Nobody picked that out two weeks ago. Anyway... why don't we get started? You take home-grown, problem, and I'll take care of them.

Okay,LMEM. If that's all of them, I'll head home to work 'em all at.

I can't think of anything.

live long and prosper, my caretaker.

Happy New Year! ONE!!

I feel like we forgot something.

Two!!
Boy Scouts also ban atheists

Your recent article "Boy Scouts out" (10.21.99) rightly
mentions that the Boy Scouts do not allow atheists
or agnostics to join their ranks. The Boy Scouts
are one of the many youth and civic groups
that are fully funded by churches to discriminate based on
sexual orientation. Your article also
mentions that the Boy Scouts are about to
face a referendum built in for November 2000,
which will do everything possible to
defeat this effort.

John P. Peterson

Don't feel sorry for dog owners

I would like to respond to the article you had a couple of
weeks ago about dogs and their owners. "Taking the
pressure off," 10.24.99. You missed a very important
point. Dog ownership is a choice. If a person chooses
not to own a dog without looking at all the ramifications involved with pet ownership, that's his problem, not the city! I don't think dog owners want to purchase a lot of items and
waste a lot of time for their animals. That is taking responsibility for their animals. The rest of the population should not be forced into a consumer type of dilemma.

The article also implied that the problem is linked to
public property. The dog owners may, because of the law, pick up the local material dropped by their animals. They have no compassion, however, about picking up the animals' waste on other people's property. This causes damage
to property owners and the property owners are plased and disturbed that the property owner is forced to clean up someone else's excreta and correct the damage caused to the
owners' own backyard, especially those that are at the age where they are still developing their own habits. I don't feel that there is a problem with the city.

Karen Geary, St. Paul

We'll do our part

We are aware of the opinions expressed by you "Endworn," 10.28.99 and those stated by the Maine Municipal Association regarding Proposition B's constitutional amendment regarding property taxes for improving and entire property. Clearly, some work remains to be done to follow the wishes of the people that Maine property in Maine be preserved and votes needed supported by providing municipalities with a mechanism to accomplish that goal.

We can take heart and draw inspiration from the work
done in many other states that have already implemented similar property tax incentives. Maine Preservation and the
numerous statewide are ready to work with the Legislature.

Karen Geary

Trade girls are an inspiration

I am writing regarding your article "Trade girls" (10.21.99). I wanted to give a thumbs-up to this report addressing the important women in male occupations.

I am also a student at Portland Art and Technology
School, though I am in the communication design
program. I have been working as a graphic designer
for about two years. I am interested in finding a job,
in the design field and would like to know if there are any job opportunities.

It's a shame to see girls not get the same spots.

Peterson Railroad

If a person acquires a pet without looking at all the
care involved with pet ownership, that's his problem, not the city!

Resema Ehn, Executive director

Civilian Preservation

Feds should pay for new schools

For 14 years now, the school board has tried to close some elementary
centers and expand others. Our school district in South Portland. They say it's a matter of equity. The children of South Portland are supposed to be the highest on the Maine Education Assessment tests. To close the schools, you allow those children to an impaired education in society in general. To send any children to a new school is something that is not possible.

The U.S. Senate and federal representatives should support the
improvement of the existing educational infrastructure in America. The Senate and federal representatives are showing the highest levels of ignorance, legal and illegal, while we do not have the right to take care of our own children.

The bottom line is that we already have the children that are not important, and I look at all of us owning our own means and federal representatives and demand that they do something to help us our children. California passed Proposition 13, which preserved children's right to live in their homes, and the voters in California passed Proposition 13, which preserved children's right to live in their homes.

Kristina Kondert

Millennium misinformation

We believe that this measure will help communities
raise their standards in the line of business development
and economic growth, which phILES historic
preservation and modern economic development.

The negotiators have the right idea. We'll right negotiation is needed up and blindfolded after midnight, dragged through the
street, and then left out there, blindfolded and not knowing where they are going. Boy Scout members don't allow atheists or agnostics to join their ranks. This time around, the bill already has a referendum built in for November 2000, which will do everything possible to
defeat this effort.

John P. Peterson

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Gay and lesbian leaders need to take advantage of that weakness to produce a
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John P. Peterson
Nonessential food groups

Would you consider eating the heart of a cow? And what about an anchovy? These are just two examples of foods that might be considered nonessential. In this article, we will explore the idea of what counts as a nonessential food group and why it might be important to consider.

The first food group we will discuss is the "heart group." This group includes foods that are high in saturated fat, such as red meat and full-fat dairy products. These foods are often considered unhealthy because they can raise cholesterol levels and increase the risk of heart disease. However, some people argue that they are an important part of a balanced diet.

The second food group we will discuss is the "anchovy group." This group includes foods that are high in sodium, such as processed meats and certain types of cheese. These foods are often considered unhealthy because they can cause high blood pressure and other health problems. However, some people argue that they are an important part of a balanced diet.

In conclusion, the decision of what is considered an essential or nonessential food group is subjective and can vary depending on individual beliefs and values. It is important to consider the health implications of each food group and make informed choices about what to eat.

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Arts, Entertainment, Weirdness

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Get a jump on your holiday shopping and help out at the same time. All proceeds stay with the local, non-profit agency serving adults with disabilities. For tickets/information all the Project at 207-253-1647.

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**GREAT LOST BEAR**

**MONDAYS & TUESDAYS ARE "SHORT" BEER NIGHTS**

SERVING 23 OZ. DRAUGHTS AT PINT PRICES

**BENDING & DRINKING**

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540 FOREST AVE.
PORTLAND, ME 04103
http://www.greatlostbear.com

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**SHORT CUTS**

**PRIMAL WAVE**

In all likelihood, Primal Wave didn't start the "New Metal" movement, but the group did lay some important groundwork. When the band got started in 1990, its sound had all the panache and gutiargrind of metal, but it was more melodic and positive. Some metal heads would never accept the band, but it is actually the band's melodic side that has made a mark on metal fans.

Another is the group's self-titled CD. "Every planet out there, in all the universes," says guitarist Brian "B" Johnson, "is making a noise!" The group's music is more experimental and soundstage-driven, but it is still the group's ability to make a mark with its music that has kept fans coming back.

The soundstage is another element that has helped Primal Wave achieve success. "Our soundstage is important," says guitarist Mark "M" Johnson, "because it is how we make a mark with our music."

---

**WHO IN THE HELL IS MOLLY?**

For those of you who have tried Molly's Steakhouse & Irish Pub, this question needs no answer.

Molly's delicious and affordable "Always Famous Sunday Brunch" serves up over 90 entrees, soups, salads, creamed chipped beef, hash and so much more to get your taste-buds in an uproar. For lunch and dinner, when can you find "The Manhattan" Burger and "Broiled Haddock" specialty?" Pub Burgers and Chips" Heated enough? Can't hear over the heavy, rumbling noises your stomach is making? Oh, okay you are still wondering who this Molly is, right? Sit back and well tell you Molly Malone, a Double legend, was a fisherman who plunged her cast through the congested streets, often calling, "Cockles and mussels, alive, alive, oh!" all were affected by Molly's dreams and everyone was devastated when poor Molly died of a fever at the tender age of seventeen.

Drop by and visit Molly's Steakhouse & Irish Pub a happy first birthday on Saturday, November 20th. You probably won't see any live musicians or card-wielding seventeen-year-olds beat with them, but you will find Molly's wonderful food and hospitality!
<table>
<thead>
<tr>
<th>Day</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td>Greg Brown performs Live. Kips for the ladies at standard $15. No fee!</td>
</tr>
<tr>
<td>Tuesday</td>
<td>Another planet $1 cover $5 after 10pm. Live. Live. Live. Live. Live. Live.</td>
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**MUSIC PRIME CUT**

Folks Greg Brown's mom proud to see the eclectic style of his dad, a traditional preacher, gained religious themes in the Hacklebarney section of Iowa where the Brown family lived. Greg Brown's music is more subtle. An accomplished acoustic guitar player and singer-songwriter. He has recorded over a dozen critically acclaimed albums, including "Songs of Innocence and Experience." His latest release, recorded at Mill Hill Studio, points to music with Michael Dean and friends. He appears with country rockers Nancy Malan. His solo effort, "Homegrown," is due out November 15.

---

**STONE COAST BREWING CO.**

\[ \text{Bud, Bud Lt., Tequiza KARAOKE} \]

---

**THE BASEMENT RENAISSANCE**

\[ \text{MUSIC: Live every Saturday.} \]

---

**SOMEBODY'S**

\[ \text{SOMEBODY'S} \]

---

**STRAWBERRY PARK**

\[ \text{STRAWBERRY PARK} \]

---

**ERIE**

\[ \text{ERIE} \]

---

**KARAOKE AT 45 DANFORTH**

\[ \text{KARAOKE AT 45 DANFORTH} \]

---

**UNDERGROUND**

\[ \text{UNDERGROUND} \]

---

**GILLIGAN'S**

\[ \text{GILLIGAN'S} \]

---

**EVERY THURSDAY, FRIDAY, SATURDAY, SUNDAY**

\[ \text{EVERY THURSDAY, FRIDAY, SATURDAY, SUNDAY} \]

---

**TOP OF THE ZOO**

\[ \text{TOP OF THE ZOO} \]

---

**CATHEDRAL CAFE**

\[ \text{CATHEDRAL CAFE} \]

---

**THE BETTER**

\[ \text{THE BETTER} \]

---

**THE BIG EASY**

\[ \text{THE BIG EASY} \]
SATURDAY, NOVEMBER 13

RICHARD THOMPSON
Richard Thompson is a guitarist of immense talent, known for his unique ability to play intricate and complex fingerpicking patterns. His music has been featured in numerous films and TV shows, and he has collaborated with a wide range of artists. He is currently touring in support of his latest album, "The Wise." The show will be held at the State Street Theater, 159 State St., Portland, at 8 p.m. Tix: $21 (sold out). 761-1545.

SUNDAY, NOVEMBER 14

Mary Stevens, a veteran of several musical scenes. From his early days jamming with JilJIi of Mermaid Avenue, "Tamba Dabb," their recent collaboration with Billy Bragg, then followed that up with "Summer Teeth," a pop-influenced protest of love gone wrong. The local indie-pop combo Lincolnville opens the show. Performing "See Acorn actors before they grow into Oak Street Theatre thespians at the Acorn School for Performing Arts," their recent collaboration with Billy Bragg, then followed that up with "Summer Teeth," a pop-influenced protest of love gone wrong. The local indie-pop combo Lincolnville opens the show. Performs at the Acorn Auditorium, 20 Myrtle St., Portland (3 p.m.), $8-$40. 842-0800.

THURSDAY, NOVEMBER 18

JON BROWN AND PHELLER
This versatile duo, two sisters who are also twins, are taking to the streets. Their vocal harmonies are complemented by their acoustic and electric guitars. Join them at the Oak Street Theater, 159 State St., Portland, at 8 p.m. 761-1545.

THURSDAY, NOVEMBER 25

TYPE-O-Negative
The American rock band's latest album, "World Coming Down," features a medley of Beatles songs on harmonies into an industrious, punishing metal monsters of Puya. Joining them will be the hole, 121 Center St., Portland, at 6:30 p.m. Tix: $15-$22. 772-8274.

SUNDAY, NOVEMBER 21

The Canadien Brass performs classical, jazz, pop and madcap antics on Sun., Nov. 14 at Merrill Auditorium, 20 Myrtle St., Portland, at 7:30 p.m. Tix: $23.75. 772-2739.

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Get Fit! Get Real!
Your gym might offer an aerobic class with kicks, or you may have bought the infamous tapes. But this High Energy, Sweat pouring, triple fat burning, ultimate workout is real...

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stage

Impeachable you
Dickin around in a paranoid White House

...the 7th of August, 1974. Richard Nixon returned alone to the Lincoln Sitting Room of the White House to review his options until the whispering of his presidency. He now stood on the edge of a breakdown. The 23 of his presidency. They were few. He stood on the brink of impeachment. His

Dancing around in a paranoid White House

Dear Mr. President, Henry Kissinger joined Nixon in the Lincoln Room. The next morning, Nixon escaped his office. What did the president and secretary of state say to each other behind closed doors? Nobody really knows, and even the remnants of the two men disagree. Powderly's talent has been devoted to this little gap in the tapes and a play he calls "Nixon's Nixon," now at Portland Stage Company.

More so than its predecessor, the show is a pretense of journalism. In the first act we see Nixon (John D. McNally), his standing only a sick, drink in hand, complaining to a composer about a newswoman, while Kissinger (Joseph Culliton) knocks loudly at the door. The latter's boss fired Nixon, but before he could pack his bags, Nixon made a play for the press. Nixon asked if he could "expose all the things he's been said to," Kissinger agreed, but only with the proviso that he "do it in his own time." Nixon refused, and the show ends with Nixon in tears, "I'm not a crook." Kissinger, less than a month later, would be in prison and Nixon in the White House. It was Nixon's own fault, but the audience is left to wonder if he can fix his life when he knows "how essential it is to be a man about to lose the one thing he holds most dear.

Like cheese, tap dancing has a long and distinguished history: The clickety-clack footwork was once the domain of nuns who entertained the masses with their variety cabaret and sing, get geriatric with a musical review. 

The more you know about Nixon, the more amusing it remains secretary of state" in the new Ford administration. But the audience is left to wonder if he can fix his life when he knows "how essential it is to be a man about to lose the one thing he holds most dear."

---

performance

J. S. Ritter's latest album features a stunning collection of live recordings. The album was recorded in a variety of settings, from intimate clubs to large arenas, capturing the essence of each performance. Ritter's unique blend of folk and rock influences shines through on every track, making this album a must-have for fans of acoustic music. The centerpiece of the album is J. S. Ritter's haunting cover of the classic song "Twilight," which features a stunning acoustic guitar arrangement and Ritter's powerful vocals. The album also includes a bonus track, a live performance of Ritter's hit single "Operation Ollie: Skaters at War." This track features a full orchestra and a choir, creating a lush and orchestral sound that is sure to captivate listeners. Overall, J. S. Ritter's latest album is a testament to his talent and creativity, and is a must-listen for fans of acoustic music.
Art Skin

Art Skin is the new name of the shop that used to be called Sanctuary Skin. The new name reflects the shop's new focus on tattoo removal. "We've been doing tattoo removal for a long time," said owner Jennifer Moore. "But we've never had a dedicated space for it." She added that the new name is a "natural progression" for the shop, which has been in business for over 10 years.

Moore said that the shop offers a variety of services, including tattoo removal, tattooing, and skin care. "We've always been a full-service shop," she said. "But we've noticed that people are coming to us for tattoo removal, so we decided to focus on that." Moore added that the shop is located on Congress Street in Portland and is open Monday through Saturday from 10 a.m. to 6 p.m.

Moore said that the shop has been getting a lot of interest from people who want to remove their tattoos. "We've had a lot of people come in over the past few months," she said. "And we've been getting a lot of positive feedback from our clients." Moore added that the shop uses a variety of methods to remove tattoos, including laser treatments and chemical peels.

Moore said that the shop is also offering a variety of skin care products, including lotions and creams. "We've always been interested in skin care," she said. "And we think that people are becoming more interested in taking care of their skin." Moore added that the shop is located on Congress Street in Portland and is open Monday through Saturday from 10 a.m. to 6 p.m.

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This "new wine" is 7 to 9 weeks old.

Beaujolais Nouveau is coming!

It is released annually on the 3rd Thursday of November.

The 3rd Thursday of November.

This has taken Portland by storm.

 Portland Wine & Cheese

Beaujolais Nouveau is coming!

This "new wine" is 7 to 9 weeks old.

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...As often as weak sunshine, is when things really get interesting. This is the time of year when the games get important, and therefore, the sense of attendance. For the University of Maine in Orono), and the annual Portland-Deering game on October 20, look for home games this season - bolder, more modern-looking shirts with swirling designs. Always friendly service.

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Business Services Directory

NOVEMBER 1, 1999

BUSINESS SERVICES DIRECTORY

NOVEMBER 9, 1999

BARRY NOTICES

MOVIES


"The Bachelor" is a enjoyable film but the story is predictable and the main character is somewhat shallow. The movie is not particularly memorable and the characters are not particularly endearing. Overall, it's a worthwhile watch if you are in the mood for a romantic comedy.

"The Bachelor" stars John Travolta as a successful businessman who decides to use a dating service to find his perfect match. He meets Ellie
e...
HELP WANTED

COUNSELING SERVICES, INC.  
JOB OPENINGS

Mental Health Workers - The staff is seeking to hire new counselors who are experienced in counseling clients of the following: 1) Those who are on the Autism spectrum 2) Those who have mental health issues. 3) Those who have a learning disability. 4) Those who have experienced trauma. 5) Those who are dealing with anxiety or depression. The ideal candidate will be a graduate of a recognized Counseling program and have at least one year of experience in counseling. The position is full-time and includes paid vacation, sick leave, and health insurance.

NURSES NEEDED: Interim positions available in our Southern Community Treatment Program (STC). The ideal candidate will possess strong decision-making skills and a minimum 4,000 hours of experience in a clinical setting. Additional responsibilities include providing routine medication management services to clients and managing the STC's medication cart. The position is full-time and includes paid vacation, sick leave, and health insurance.

CALL AGENT - Desk positions available with our State insurance company. The ideal candidate will possess strong decision-making skills and a minimum 4,000 hours of experience in a clinical setting. Additional responsibilities include providing routine medication management services to clients and managing the STC's medication cart. The position is full-time and includes paid vacation, sick leave, and health insurance.

Community Support Workers: Part-time positions available in our office. The ideal candidate will possess strong decision-making skills and a minimum 4,000 hours of experience in a clinical setting. Additional responsibilities include providing routine medication management services to clients and managing the STC's medication cart. The position is full-time and includes paid vacation, sick leave, and health insurance.

Call Viking Home Health Services, 207-878-4500.

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SEASONAL DELIVERY DRIVER HELPERS $9.00/HOUR 
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Get paid to make every day special at the office of a growing retail company. Enjoy turn-up day, every day, and stay up late. Enjoy strict supervision on concise, up-to-date information.

Some computer experience is helpful. Must be punctual and have a positive attitude.

Intake Clinician - Part-time positions available in our Family Services Program located in Tewksbury, MA. The ideal candidate will possess strong decision-making skills and a minimum 4,000 hours of experience in a clinical setting. Additional responsibilities include providing routine medication management services to clients and managing the STC's medication cart. The position is full-time and includes paid vacation, sick leave, and health insurance.

Call Human Resources Department:
8AM-4PM, Monday-Friday, 207-878-4500 ext. 3005.

Counseling Services, Inc. is an equal opportunity employer.

PROCR's Transportation department is looking for a part-time employee. The ideal candidate will possess strong decision-making skills and a minimum 4,000 hours of experience in a clinical setting. Additional responsibilities include providing routine medication management services to clients and managing the STC's medication cart. The position is full-time and includes paid vacation, sick leave, and health insurance.

Call Human Resources Department:
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Some computer experience is helpful. Must be punctual and have a positive attitude.
**WEEKLY WELLNESS DIRECTORY**

- **Douglas Smith**
  - **Psychic Awareness**
  - 773-1989
  - 96 Ocean Avenue, Portland

- **Yoga Class**
  - 871-1610
  - 101 South Portland

- **Terhune's Teas & Spices**
  - 879-5772
  - 664 Commercial Street, Portland

- **The Yoga Center**
  - 773-0705 or 775-6491
  - 121 Water Street, Portland

- **Light of the Moon**
  - **Tools for Healing the Body, Mind and Spirit**
  - **November 18**
    - **Visit with Grandma**
      - December 5: 6:30 - 8:30
      - $20
  - **November 23**
    - **Discover Your Spirit Guides**
      - Full Moon Class: Wednesday, December 6
        - 6:30 - 7:30
        - $20

- **Real Astrology - Week of November 11**
  - **By Rob Bressy**

  - **Aries**
    - March 21 - April 19
    - 50% sign
    - Tide is high

  - **Taurus**
    - April 20 - May 20
    - 50% sign
    - Tide is low

  - **Gemini**
    - May 21 - June 21
    - 50% sign
    - Tide is high

  - **Cancer**
    - June 22 - July 22
    - 50% sign
    - Tide is low

  - **Leo**
    - July 23 - August 22
    - 50% sign
    - Tide is high

  - **Virgo**
    - August 23 - September 22
    - 50% sign
    - Tide is low

  - **Libra**
    - September 23 - October 22
    - 50% sign
    - Tide is high

  - **Scorpio**
    - October 23 - November 21
    - 50% sign
    - Tide is low

  - **Sagittarius**
    - November 22 - December 21
    - 50% sign
    - Tide is high

  - **Capricorn**
    - December 22 - January 19
    - 50% sign
    - Tide is low

  - **Aqua**
    - January 20 - February 18
    - 50% sign
    - Tide is high

  - **Pisces**
    - February 19 - March 20
    - 50% sign
    - Tide is low

**Do You Have Difficulties Managing Your Anger?**

Avoid the negative effects of anger by seeking help from professional counselors. For more information, contact Counseling Services of Scarborough at 867-9840.

**Aveda**

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**Nicole Valente**

Nicole Valente Massage Therapy

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207.772.2199

**Body, Mind & Spirit Expo**

Sat., Nov. 13, 9 am-6 pm

- Portland Marriott, Portland, Maine
  - Expo: $67; Exposition/Registration: $120
  - 207.772.4418
  - www.bodymindspiritekspo.com

**Soft Touch Electrolysts**

Aja Fennier
- Certified Clinical Electrologist
- 20 Ocean Ave, Portland, Maine
- 207.772.4418

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with special guests
Sonia Dada
Saturday, December 11th
7:30PM All Seats Reserved.

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PRIMUS Antipop Tour
incubus BUCKETHEAD
FRIDAY, NOVEMBER 12
7:30pm

CENTRAL MAINE CIVIC CENTER
Call for tickets (207)775-3331

MEGADETH
SATURDAY, NOVEMBER 20
7:30pm