

3-31-1994

## Casco Bay Weekly : 31 March 1994

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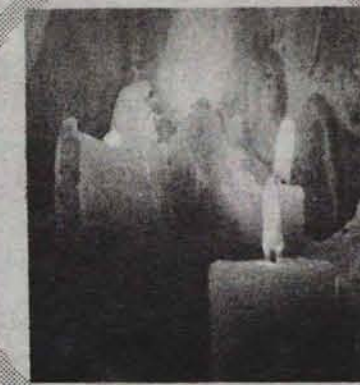
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# Casco Bay Weekly

"I've moved  
hurriedly, absently,  
bloodlessly, not  
hearing myself walk  
through life," says  
artist Alexandra  
Merrill.



Merrill and Katarina  
Weslien's installation  
exhibit "A Circle of  
Nine" at the Portland  
Museum of Art causes  
both artist and viewer  
to stop and listen.  
See story, page 15.

## NIGHT



Sean Conner labors through the night at Dunkin' Donuts: "You have to be a little crazy to work the night shift."

It's midnight on a cold Thursday in Portland. Stoplights are flashing yellow and the store windows are dark. The Burger King shut down two hours ago. Most of Portland is asleep. But for others, this is the start of the working day.

Continue along Forest Avenue from downtown and you'll see the pink and orange lights of the night worker's ground zero: Dunkin' Donuts.

"I need 14 tonight." A mail sorter from the post office has punched out to pick up coffee for her co-workers. "Four large regulars: all sugar, no cream; three large hazelnuts: two black, one with everything; five medium regulars: three black..."

The two-person night team, Jennifer Bragdon and Sean Conner, spring to action: They slosh in the joe, squirt in cream, flip in sugar, slap on lids and, one by one, fill the spaces in the cardboard tray. Conner says they empty about 15 pots per hour during the post-midnight hours. By morning they'll be up to 70 pots an hour to fuel the rush of day-shift workers.

The amount of coffee served nights and mornings by and large

## OWLS

Portlanders master the art  
and science of the third shift

■ By Amanda Onion ■ Photos by Kathy Plonka

reflects the number of shift workers who drain them. While no figures are available for Portland alone, the "National Survey of Families and Households" indicates that 20 percent of the U.S. work force — or 20 million people — work nonstandard hours. A study in the *New England Journal of Medicine* shows that 7.3 million Americans start work after 10 p.m. on a

regular or rotating schedule.

Despite their numbers, night-shift workers still tend to be on when everything else is off — banks, stores and restaurants operate at hours when night-shift workers are sleeping, prime-time television airs when they're gearing up for work and nightclubs serve beer when they're thinking about coffee.

Folks in this working minority also have to contend with their body's resistance to night-shift work. Eating and sleeping — usually considered times for relaxation — become sources of anxiety as night workers struggle to adjust to their odd hours. This kind of extra baggage makes night shift work more than a job — it's a way of life.

continued on page 8

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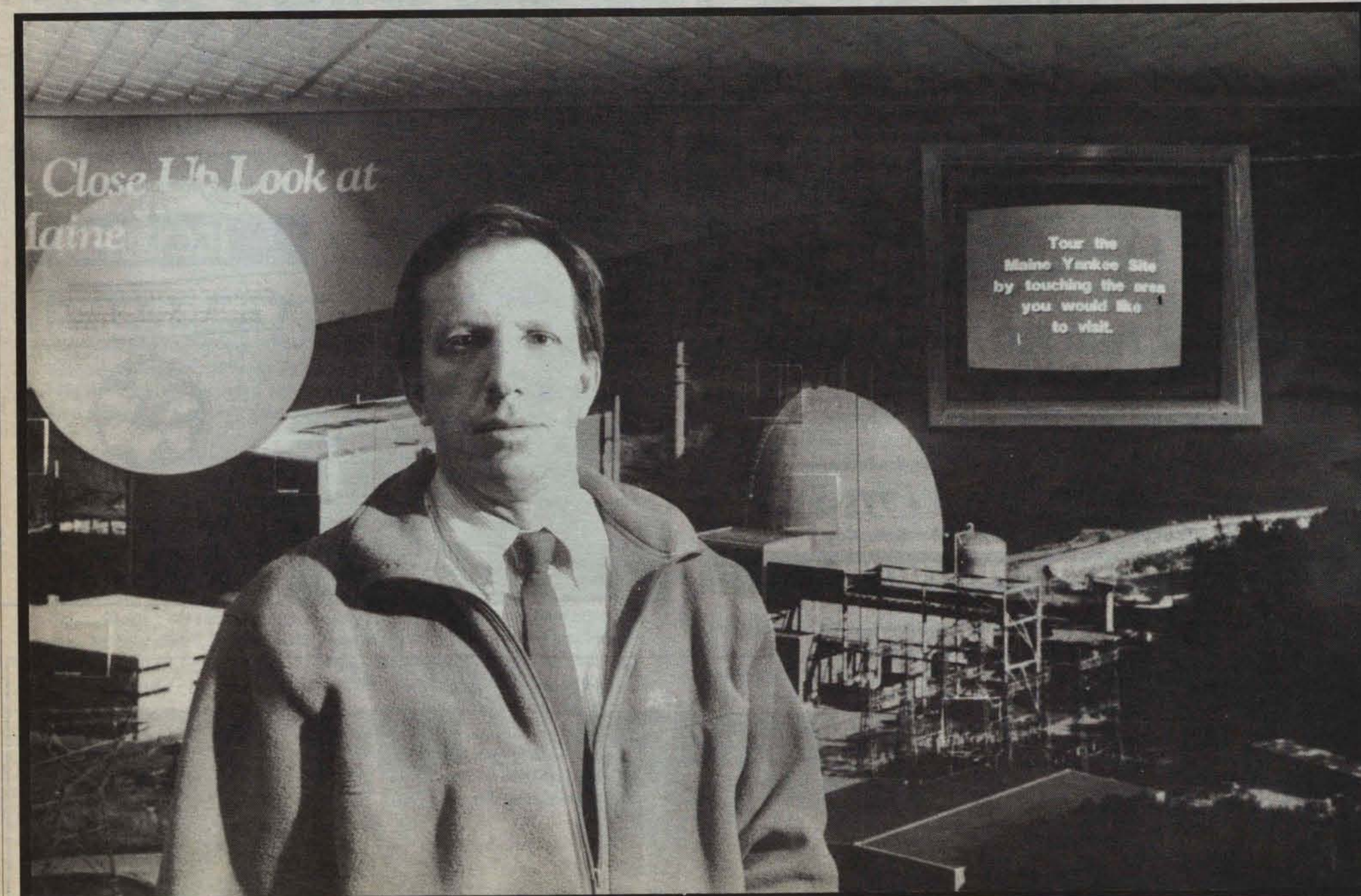
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## A conversation with Bill Linnell



Bill Linnell: "They made me spokesman because I look like a Republican."

Bill Linnell is a fisherman, boatbuilder and a member of the Cape Elizabeth Town Council. He's also the spokesperson for the Committee for a Safe

Energy Future, a statewide organization based in Portland. His goal is to educate Maine's people about the danger of nuclear power through talks with public groups and discussions with the media. After students visit the Maine Yankee Visitor's Information Center in Wiscasset — or disinformation center, as he prefers to call it — Linnell is happy to visit schools to tell the students the other side of the story.

**So, how many Americans do you think oppose nuclear power?**

At least 60 percent. And if you try to put a high-level waste dump site in someone's backyard, that becomes 100 percent. Well, we have a high-level waste dump in Maine right now. It's at Maine Yankee. It has

200 million curies in a building that was never designed for that amount.

**But attempts to shut it down have been defeated.**

Maine Yankee spent \$6 million in advertising during one shutdown attempt. That's \$6 for every man, woman and child in Maine. This is the information age. When people receive \$6 million worth of information — whether it's right or not — people start believing it.

We raised 10 percent of that amount to tell the other side of the story. And yet in the referendum campaign we came within 40 to 45 percent, even though we were so outspent. Then Maine Yankee's apologists have the brass to call that a resounding victory for the nuclear industry. They say, "The people of Maine have spoken."

If there were a referendum campaign and both sides were limited to \$100,000, then Maine Yankee would be out of business.

**What can nuclear opponents do?**

They can push Maine Yankee and the current candidates for office for the truth about the decommissioning costs at Maine Yankee. It's of paramount importance that we stop Maine Yankee's attempt to rerack or overload the spent fuel pool with seven times the amount of high-level nuclear fuel that it was originally designed to hold.

**Maine Yankee is supposed to shut down in 2008. Any chance of it closing earlier?**

It will probably take a big accident somewhere in the U.S. People would then realize that an accident at Wiscasset would destroy the Gulf of Maine fishery forever. It would ruin Maine and probably Nova Scotia.

By Deb Dalfonso; photo by David Courtney

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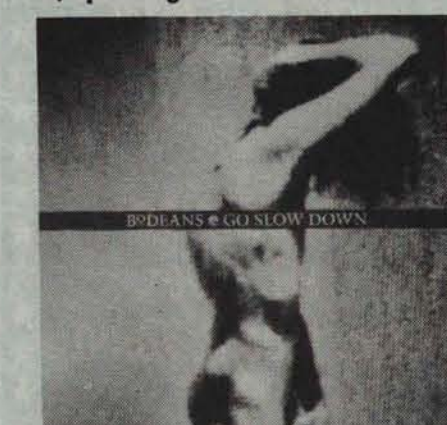
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**April 2nd** Matthew John Hair Show  
**April 7th** Twisted Roots/Benefit for Ronald McDonald House  
**April 14th** The Samples  
**April 15th** Richard Thompson Band  
**April 16th** McBride & the Ride w/ the McKinnon's  
**April 17th** The Bodeans w/ The Waltons  
**April 22nd** Tom Rush w/ special guest Susan Werner  
**April 23rd** Ballet Folklorico  
**April 24th** A Tribute to Muddy Waters  
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**April 27th** The Benoit/Freeman Project  
**April 29th** A Beat Night Out —  
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w/ special guests The Waltons



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## newsreal

A review of the top news stories affecting Greater Portland  
March 23 through 29

**Top educators got raises** while up to 40 of their lower-ranking peers prepare to lose jobs to budget cuts. The Portland School Committee approved salary hikes for seven top school administrators on March 23 over the objections of committee members Paula Craighead, Jim Banks and David Ripley. "We're considering cutting [teachers] to stay within our budget goals, but here we were looking at pay raises for the central office," said Banks. "It just didn't fit."

The salary increases finally passed 6-3. The pay hikes will inflate Superintendent Tom Edwards' paycheck to \$85,144 in the 1994-95 academic year — that's \$4,923 more than Portland will pay City Manager Bob Ganley during that same year.

**Uncle Sam wants young Mainers** to join the new National Civilian Community Corps (NCCC). The national service program for 18- to 24-year-olds is kicking off a recruitment drive in Maine and 12 other Northeast and Mid-Atlantic states. Recruits will serve at the NCCC's first campus in Aberdeen, Md., starting in late June. But they must apply by April 15. "We're certainly looking for recruits from Maine," said NCCC spokesman Mike Berning. "It's an opportunity for young Americans to build confidence, citizenship and technical skills."

NCCC members will tackle community problems, especially environmental projects. In return for 11 months of work, they'll receive food, lodging, an \$800 per month stipend, health care and either \$4,725 for college tuition or a \$2,362 cash payment.

Interested youths should call 800-942-2677 for more information.

**Students rallied for more sex ed** and condom availability in local high schools. The rally came a day before Portland residents revived a debate about making condoms available in the city's high schools.

About 50 students from Portland, South Portland and Biddeford gathered in Monument Square March 28 to say the "time is now" for local school boards to bolster sex education.

"Education should go beyond books to teach how to survive in everyday life," said South Portland High School student Jaime Ceden. "Condoms are not easy to get and they're expensive."

Ceden said some of her sister's seventh grade friends are sexually active, but ignorant about sexually transmitted diseases and contraception.

Her fellow student Jenna Cunningham said making condoms available wouldn't make students more promiscuous. "There's a difference between promoting sex and safe sex," Cunningham argued. "Just because condoms are in school doesn't mean students will use them, especially if their parents instill values against premarital sex."

Portland's school system held its first town meeting-style forum on condom availability on March 29. The second forum was slated for 7 p.m., March 31, at Portland Regional Vocational Technical Center.

**Fleet Bank execs received big raises** while they were planning massive layoffs throughout the company. Fleet Financial Group Chairman Terrence Murray's total pay package increased 14 percent, to just under \$2 million, in 1993, while his top deputies received raises of between 22 percent and 71 percent. Last summer, top Fleet execs launched the "restructuring" plan that will soon result in the elimination of 5,500 bank jobs, including 19 percent of the bank's jobs in Maine.

In 1993, Murray also was granted an option on 90,000 shares of stock, which become valuable only if Fleet's stock rises — and the restructuring should boost stock prices, according to *The Wall Street Journal*. He already owns 378,000 shares.

**J. J. Nissen's owners agreed to sell** their company to a Georgia-based producer of fresh and frozen foods. Officials from Flowers Industries, a Fortune 500 company and a member of the New York Stock Exchange, announced on March 28 that they "reached an agreement in principle" to buy Nissen. Danish immigrant John Nissen's Portland-based baking company was a one-man operation between 1900 and 1910, but today it employs 300 people in Portland and distributes bread in New England, New Jersey and New York. "[Flowers Industries] is going to bring a lot of opportunity to our table," said Nissen Vice President Chandler Robbins. "They'll help us distribute our bread all over the country."

**Now that's a TIF.** South Portland approved a Tax Increment Financing (TIF) district for National Semiconductor, in effect giving the company a \$4.1 million tax break. The city's second-largest taxpayer aims to build a \$77 million expansion of its plant, which employs 1,200 people. The expansion would generate \$9.5 million in new property taxes over the next 10 years, and the company wanted \$4.1 million of that amount back. The City Council voted 6-1 on March 28 in favor of the deal. Now the state must approve it.

The company had initially wanted the deal to cover 20 years, but the city's concern that National Semiconductor might not remain in South Portland for 20 years caused them to cut the length of the deal in half. The \$5.4 million in new taxes for the city will be dedicated to improvements within the so-called tax district created by the deal. Those projects may include a new fire station in the Maine Mall area and improvements in the Clark's Pond recreation area.

Last week, Portland approved a \$3.9 million tax break for an auto parts manufacturer, Nichols Portland. That deal will cover 20 years, and the city's share of \$2.2 million in new taxes will not be dedicated to improvements in the tax district but will instead go to Portland's general fund.

**Portland's city manager predicted a tax cut** for the city's property owners. City Manager Bob Ganley's proposed \$107.2 million city budget for 1994-95 includes \$4.5 million in new spending and proposes to create 20 new municipal jobs, including positions for six new "neighborhood" police officers, two new firefighters and 10 public health employees. But the new jobs and increased spending will be paid for by state and federal grants, hikes in airport fees and sources of revenue other than property taxes.

And Ganley said most property owners' tax bills will decrease if state lawmakers maintain their 1993 pledge to increase funding to Portland schools. Some members of the Legislature's Education Committee recently said, however, they wouldn't maintain the pledge when they learned of Portland's plan to use extra school funding as tax relief for the city's property owners.

**Blue Cross was ordered to give refunds** to about 85,000

Mainers. The nonprofit insurer will repay an average of \$47 to each of the policyholders — most of whom are elderly — who subscribed to its 1993 "Companion Plan."

The refunds were welcome news for the customers, said state Insurance Bureau Superintendent Brian Atchinson, who ordered the refunds. "Many are on fixed incomes and have had to face almost annual premium increases in recent years."

**A good samaritan was sued** by a black businesswoman, even though he helped protect her from racial harassment. Steve Harris, who owns Rosie's in Portland's Old Port, said he was shocked to be named as a defendant in the civil suit JoAnn Williamson filed in U.S. District Court on March 21. Last year, Harris' testimony helped convict Thore Aalto, an Old Port jeweler, of racially harassing Williamson while she ate at Rosie's.

Williamson claimed in her suit that Harris failed to make Rosie's a safe place for her to eat. But testimony from the criminal trial against Aalto shows that Harris did try to stop the jeweler's racist diatribe. When Harris ordered Aalto out of the pub, Aalto threw lollipops at Harris and called him a "nigger-loving member of the proletariat" for protecting Williamson. Harris testified that Aalto then attacked him, tearing his sweatshirt. The two wrestled, knocking over four tables and leveling a popcorn machine before Harris finally threw Aalto out of Rosie's and into a snow bank. Harris then held him down until police arrived.

**But where's Regis?** The Portland Sea Dogs opening day festivities will feature several national celebs. Capitalizing on team owner Dan Burke's TV connections, ABC sportscaster Chris Schenkel will serve as master of ceremonies. Kathie Lee Gifford will take a day off from her popular Regis and Kathie Lee Show to sing the national anthem. And her hubby, ex-NFL star and Monday Night Football announcer Frank Gifford will throw out the first ball. The Giffords will also take part in the parade that will precede the Sea Dogs' first home game.

**weird news** In England, thieves smashed into a pub in Dawlish, Devon, by using a frozen rabbit as a battering ram. Police found the rabbit thawed out on the bar, where the thieves left it.

Meanwhile, Jack Mackline, 55, of Liverpool, England, was cured of the partial deafness that he had suffered since childhood. Doctors remedied Mackline's deafness by removing — not a rabbit — but a 47-year-old bus ticket from his ear.

Reported by Stephane Fitch, Bob Young and The Associated Press; illustrated by John Bowdren.



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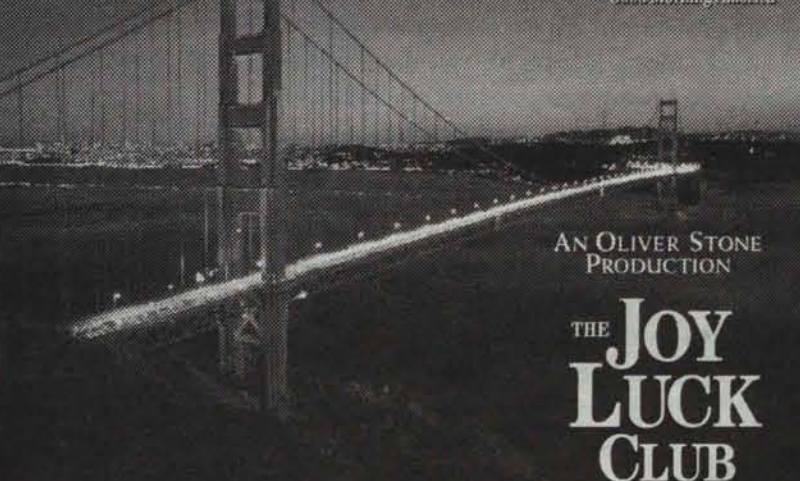
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## State aims to pump up the port

A lot of people have been talking about pumping up Maine's role in international trade, but Portland state Sen. Joe Brannigan is actually doing something about it.

A space crunch may be eased and international trade boosted on Portland's waterfront if Brannigan and state transportation chiefs succeed in their plan to buy — and put to work — a parcel of unused land.

The plan calls for the Maine Department of Transportation (MDOT) to pay \$3.5 million for 10 acres of land to the west of the International Marine Terminal.

MDOT Deputy Commissioner Russ Spinney explained that the \$3.5 million is aimed at acquiring a slice of the Guilford land closest to the marine terminal and assessing the possibility of a hazardous waste problem on the site.

The bond issue does not include the cost of cleaning up the site. "Normally the burden is on the seller to make the land saleable," Spinney explained. He added that the state is only estimating the cost of the 10 acres, and that the property's value will be appraised if the bond issue is passed by voters.

If successful in obtaining the parcel, the state would then convey the land to the city of Portland at no charge. Questions remain about whether Guilford — which has wanted to unload the whole parcel — will be willing to sell just part of the land.

But Humeniuk maintained that the more difficult hurdle will be selling the deal to voters. "The real issue is getting the public to understand that this is not just a benefit to Portland," he said. "Many companies using the port are based in Bangor, Brewer and Lewiston-Auburn. That's the thing we have to communicate to the public. We can do that if the companies start letting their communities know the port is a benefit to them and their employees."

Bob Young

## Woodbury still in the game as race heats up Brennan backs casinos

Joe Brennan got off the dime and backed a plan to build a casino in Calais. But Brennan continued to advocate a referendum on casinos, which continued to draw criticism from other Democratic candidates for governor.

"We need every job we can find to restore health to Maine's economy," said Brennan, explaining his pro-casino stance. Brennan had been neutral on the issue, insisting that voters should decide. After being chided by opponents Tom Allen and Dick Barringer, Brennan came out in favor of the Calais casino with a formal statement on March 28.

Brennan acknowledged that he had opposed legal gambling — in the form of a referendum on slot machines — when he was governor in 1980. "Times change," he said, "and a casino offers opportunities the previous proposal did not. That proposal would not have brought tourist dollars to Maine, [but] casino gaming offers that possibility."

Yet Brennan still called for two ballot questions on casinos. One would ask voters to allow the Calais casino to operate. The other would ask voters to create a gaming commission to license future casinos. Brennan said he'd vote in favor of both questions.

His revised position failed to silence his critics. "It's still not a strong stand," said Allen. "A referendum is ducking the issue. There's a lot of tough decisions to

be made and you can't send them all to referendum."

The casino flap started at a Democratic candidates' forum in Portland March 18. Of the Fab Five, Allen and Bob Woodbury said they opposed casinos, while Barringer and Donnie Carroll voiced support for casinos.

At a Republican candidates' forum one week later, five of the Magnificent Eight GOP candidates said they opposed casinos. Only Mary Adams, Susan Collins and state Rep. Paul Young supported the casinos.

But the GOP candidates were far more polite to one another than Democrats were on the subject. Friction mounted on the Democratic campaign trail as Allen was knocked by Woodbury, who held a press conference March 24 to announce he was still in the race. Woodbury complained that Allen was promoting rumors that his campaign was floundering, especially after Woodbury's campaign manager quit to work for Tom Andrews' Senate bid.

Woodbury called the tactics "unwelcome" and "inappropriate." He also chastised the media for not reporting more on the differences between the candidates. Woodbury noted, however, that it was difficult to cover a field of 13 candidates who seemed separated only by seemingly "subtle" differences.

Bob Young & The Associated Press

Bob Young

He is led to a door with a sign reading "Editorial Board" and shoved inside. Hunking figures sit at a long table. Each holds the power of life and death. Also a notebook and pen. It is they who have summoned the poor wretch for questioning.

Why, they ask, are you running for office?

The wretch realizes what's at stake. His good name. His political future. His chance of membership in the Elks.

He tries to answer, but his tongue is as dry as Sumner Lipman's stump speech. He can barely remember his name, let alone how to solve the state's budget problems. He never heard of the unfunded liability in the state retirement system. He doesn't understand the current school funding formula, let alone how to fix it.

This isn't what he expected. When he decided to become a candidate, he thought he'd talk about the plight of the little guy, about how hard it is to pay for groceries, heat and rent. He thought he could explain all that from the heart because he's just an average person himself. But the Inquisitors aren't interested in the salt of the earth. The only salt they care about is for rubbing in wounds.

The questions become sharper. Don't you understand that your plan would hurt the state's bond rating? Don't you know your idea violates federal law? Don't you realize your proposal is unconstitutional? Can't you comprehend how complicated government is? How dare you come before us with your ill-informed opinions?

Torture him.  
Burn him.  
Bury him alive.

He searches frantically through the stacks of papers he brought, hoping to find a fact in his favor. He has pamphlets from dozens of underdog organizations, all of them offering easy answers to every problem. These publications made plenty of sense when he thumbed through them in the safety of his living room. But now they've become as useless as Jim Howaniet for Governor buttons.

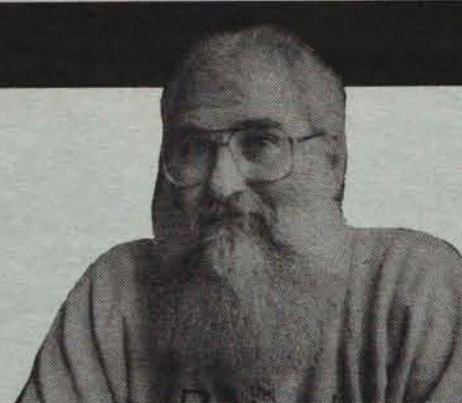
He's still pawing through the pile when the Inquisitors give the signal. Rough hands grab him, drag him down the hall and toss him into the dungeon of failed amateur politicians.

As his eyes adjust to the dim light he sees the walls are covered with faint scratches. Looking closer he can make out words. "Plato Truman was here," they read, "again and again and again."

He becomes aware he's not alone in this prison for the politically disregarded. A hunched figure is growing organic mushrooms in one corner. Jonathan Carter of the Green Party. A pathetic fellow is scraping at the walls to create charts. Glenn MacNaughton of United We Stand. A ragged woman is etching press releases in the dust. Democrat Jean Hay. A gaunt denizen is catching cockroaches in what appear to

## politics & other mistakes

By Al Diamon



### Superunknown

Let the Inquisition begin.

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be miniature lobster traps. Republican Ted Rand.

But there is another presence in this bin of electoral debris. From deep in a shadowy recess a ghostly voice speaks. "They never took me seriously either," it says, "but I showed them."

He stares into the catacomb, and can just make out a faint light shining from a pair of deep-set eyes, topped by an overhanging brow, and surrounded by a set of unruly ears.

"G-Governor Longley?" he whispers. "Is it really you?"

"Just my spirit, friend," the apparition replies. "I move through this prison periodically to bring comfort to the victims of the Inquisitors of the Media."

"But why did they dismiss me and all these people so quickly?" asks the battered candidate.

The spirit of the late independent governor explains. "After I upset the established political order in 1974, the Lords of the News vowed never to be caught by surprise again, never to let another candidate who didn't meet their criteria be taken seriously. So they created the Inquisition to expose any political hopeful who had failed to pay proper respect, or had the air of an outsider about him."

"Candidates were warned never to admit to a mistake," Longley continues, "and never to say they didn't know something. The safest way to do that was to avoid creativity and original thought. Their motto became, 'If it hasn't been done before, it can't be done now.' Any candidate who dared to strike out on his or her own was swiftly discredited. Experts were summoned to explain why whatever they said couldn't be true. Then the approved candidates were released from their pens and allowed to attack."

"Thus we have the current crop. They have no idea why they're running and no idea what they'll do if they win. They can barely distinguish themselves from one another, but they cover that lack of distinction by releasing vapid paperbacks or unreadable white papers detailing their positions. They know no one reads them, and even if they did, it wouldn't matter. There aren't any real issues or real stands in there."

"To entertain the Inquisition, the candidates fight about whether the state should allow a casino in Calais, or whether the Maine Turnpike Authority should be merged with the state transportation department. Nobody notices those are minor details that will be forgotten in a year."

"But surely there must be some hope," says the unknown candidate. "After all, you got elected."

"Smarten up," Longley's ghost replies as he begins to fade from sight, "I was a millionaire insurance executive. Think about it."

What's that thing on the back of Olympia's head? What's that thing on the front of Brennan's? If you know, write this column, care of Casco Bay Weekly, 551A Congress St., Portland, ME 04101. If you can figure out what's inside any of their heads, fax us at 775-1615.



## A MATTER OF Taste

by David Turin, Chef  
David's Restaurant

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HINT: The lighter pasta combinations are actually more typical of true Italian fare, which uses meats sparingly.

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MAINE MATTRESS & FUTONS





Julie Jones, the third-shift janitor at Portland High School, enjoys the shift because she can get the work done without interruption.

## NIGHT OWLS

continued from front page

*"It's an interesting lifestyle. I don't think I'd swap for a day shift now even if I could. You know this is the way Elvis lived out at Graceland."*

Dick,  
postal worker

The all-night Dunkin' Donuts worker is no 20th-century novelty. For centuries, bakers have worked in "night kitchens" to ensure that their loaves were fresh in the morning. And records dating as far back as the 13th century describe European craftspeople stitching and hammering through the night.

And as long as people have worked out of sync with the sun, they have felt the consequences. According to the

*New England Journal of Medicine*, doctors are finding higher occurrences of heart disease, depression, ulcers, gastrointestinal problems, obesity, reproductive disorders and constipation among night-shift workers. We are diurnal creatures. Our bodies naturally gravitate to a pattern of day activity and night slumber. When this natural rhythm is altered, the body tends to break down.

But there are exceptions to this scenario.

Julie Jones has never been a morning person. She works nights cleaning Portland High School. I met Jones at 10 p.m. in the janitor's office, where she grabbed a few handfuls of plastic bags, equipped a rolling garbage bin with sprays and sponges and headed to the elevator. We rode up to the second floor, which would be her territory for the next eight and a half hours.

As a teenager, she kept her light on late into the night and fell asleep in study hall at school the next day. "I'd stay up all night listening to WBLM," she said. "And in the morning I could not get up. I just couldn't."

"I just like nights," Jones added, noting some benefits: an extra 4 cents per hour night differential, traffic-free streets for her 25-mile commute from Hollis and cooler working hours in the summer. Jones has worked the 10 p.m. to 6:30 a.m. shift at Portland High for three years. She once tried the day shift at Deering High and said "it nearly killed" her.

Before cleaning classrooms, Jones spent 10 years driving 12-hour night shifts for Portland's ABC Taxi. She switched to janitorial work because, as she said, "I was getting too old to be chasing my paycheck down the street at 3 o'clock in the morning."

"Too old" is only mid-30s, and Jones thinks she'll hold up at this graveyard shift for a while yet — she said it just seems natural. But is it?

The average person sleeps, digests and is active on a 24- to 25-hour cycle. The term to describe this pattern is the circadian (that's Latin for "around day") rhythm. Some people boast they have alarm clocks in their heads that they can "set" to wake up at a certain hour. Everyone has a neuron-operated "inner clock" that regulates the body's circadian rhythms. It's called our superchiastic nuclei (SCNs). In a recent experiment scientists obliterated this tiny bunch of neurons in the

brains of five squirrel monkeys. The animals with no SCNs dozed off to sleep about every two hours, while the other five untouched monkeys continued operating on day and night patterns of wakefulness and sleep.

Daytime cues like light and physical activity spur the SCNs to activate the body to an alert state. At night, the absence of these environmental jabs allows the SCNs to shut down. The body temperature drops, digestion slows and a hormone, melatonin, is released to promote sleep.

Those who are naturally night owls — like Julie Jones — may find that their SCNs are a bit unusual. One study showed that some biological clocks are less sensitive than others to outside stimuli. In such instances, SCNs activate the body according to a longer 26- to 27-hour cycle. The result is a slower circadian rhythm, which keeps the body active later into the night and drowsy later in the morning.



Beat the night. Drink much coffee.

Jones figured the long dark winters in Presque Isle may have toyed with her sleeping patterns. She noted that her brother who lives in Alaska sleeps through most of the dark winters. She and her brother may both have biological clocks that tick in longer, delayed rhythms. "We're all like that," she said.

### Running on empty

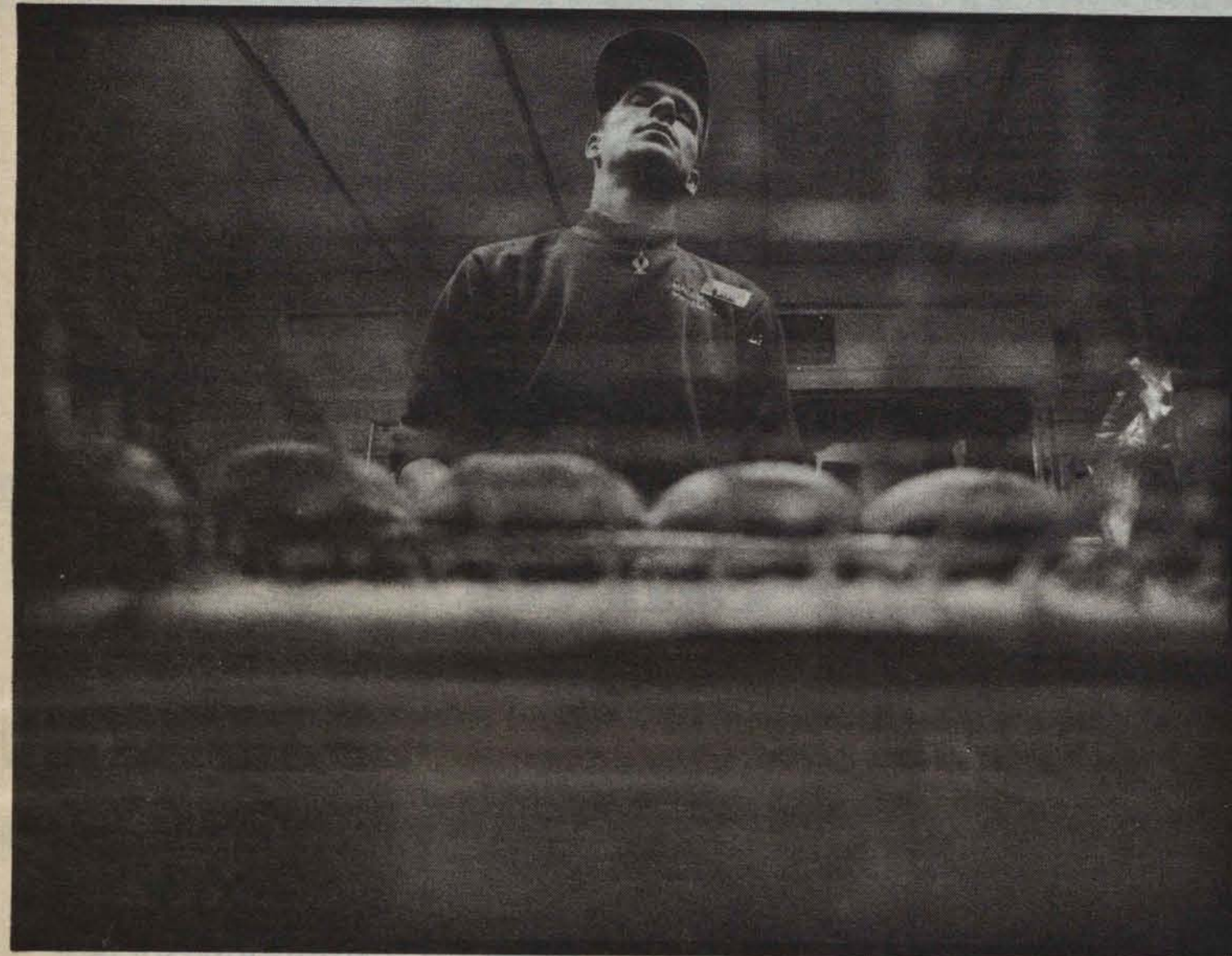
Sean Conner, half of the night shift at the Woodford's Corner Dunkin' Donuts, is always raring to go. Researchers estimate that third-shift workers lose about one night of sleep per week. Sean figured he loses about five — and he claimed it doesn't bother him.

Sean was taking a two-minute smoke and coffee break in the storeroom at the back of the restaurant. As we talked, his wiry body never stopped moving. He shifted sacks of powdered sugar, spun a coffee filter like a top, adjusted some radio

wires, shuffled his feet and wiped a shelf clean — in between his sips of coffee and drags of a cigarette. "If I sleep more than three hours my body will not function for the rest of the day."

He spoke in long spurts: "My life is always full. If my day is not hectic, I just can't deal with that. That's the way I've always been. My father asked me the other day, 'You ever going to slow down? You ever going to do something solid with your life?' But I like it this way. If you have no set direction you can always change. I don't like having set goals. I do better doing what I want at any point in the day. I keep my life as busy as I can."

His life is busy. During the day Conner runs Blacknight Wholesale, a small business based out of his room at the Portland YMCA. Conner started the business four years ago, using how-to books to figure out the logistics. Now he markets over 35,000 wholesale products to area businesses. In fact, Conner had just returned from a conference in Boston two days earlier. He hadn't slept in four days.



Sean Conner admits that he gets a little tired around 4 a.m.

When Sean first started working nights at Dunkin' Donuts nine months ago, he said he drank 31 cups of coffee a day. No surprise: He got sick. His doctors told him he had an ulcer. Sean said he didn't listen to them. "And I won't listen to them until I drop dead or my arm falls off," he added. Nonetheless, he's now down to a modest four or five cups a day.

Working the night shift at Dunkin' Donuts is his down time, he said. "When I'm here, it's mellow. It's like coming home and watching TV to me. This is my break from the world. It may seem weird, but it's my break." Between crazed mass orders for the post office crew and an occasional cop or taxi driver dropping in to refill their travel mugs, the place was fairly quiet.

Sean introduced his regular night crowd: four middle-aged men just off their evening shifts. They were draining cups of coffee, nibbling doughnuts and carrying on a quiet conversation at a table in the far corner of the restaurant.

Brent and Hank had checked out at 11 p.m. from the post office, Arthur was just off work from a shift at a local printing company and John didn't feel like talking. Sean brought over refills.

Connor said he'll probably hit 30 and have a heart attack, but in the meantime he's going to keep his pace. "God gave me the gift to just keep running and running and never stop," he explained. "I can't slow down. Sometimes I want to but I just can't. When I do sleep, I'm thinking about my business." Did he ever sleep long enough to dream? "I don't even know if I dream," he said. "If I do, I never remember any of them."

The Dunkin' Donuts crew from Saco arrived soon after and rolled in the racks of unfilled donuts. Connor set to work: He laid out paper, filled the jelly dispensers and mixed up a chocolate frosting. It was 12:20 a.m. It would take him and his partner about four hours to fill, glaze and frost 1,200 donuts.

### Looking for shut eye

Sean Conner is the exception. Most night-shift workers need sleep and struggle to get it. Recent research confirms that taking small doses of the hormone melatonin is effective in inducing sleep. But these studies are preliminary, and questions about correct dosage of the drug remain.

A sleep-inducing drug like melatonin could prove a boon to third-shift workers. A report from the Office of Technology Assessment of the U.S. Congress contends that lack of sleep is the biggest culprit in the body's poor reaction to night-shift work. To get an adequate period of rest, the typical night worker has to deal not only with a day-oriented biological clock within but also with a day-oriented society outside the bedroom window. The fact is, the 70-coffeepots-an-hour daytime crowd is a much bigger and much noisier group.

Perhaps night workers should follow the example of the Leach's storm petrel, a nocturnal coastal bird found in Maine.

*"I think the people who like the third shift, I mean, who really like it, are pretty private people. They like to think things out. They don't want to be in the middle of a crowd."*

Julie Jones,  
night-shift janitor

The petrel has no problem with disturbing daytime noises during its slumber. These small, black birds spend the days snoozing underground in burrowed holes. In fact, the only way to survey a petrel population in the daytime is by sticking your nose into every fist-sized hole in the ground and taking a big whiff. If there's a funk, there's a petrel.

"Making Shift Work Tolerable," a manual published by the U.S. Department of Labor in 1992, suggests a similar tactic. Under "domestic strategies," a suggestion reads, "Buy heavy curtains or blinds for the bedroom, a set of earplugs, and perhaps a thick pile carpet to deaden the sound around the bedroom... Telephones should be replaced with ones where the ringer can be totally switched off, and front doorbells adjusted so they can be disconnected or switched off."

The authors also talk about changing family attitudes. They say the family should work to "enforce" quiet sleeping time for the shift worker. This includes "being tough" with delivery men, salesmen and phone callers. "The first task of the family," the authors write, "is to protect the shift worker from noise and commitments during the time that he or she has to sleep."

(This type of cooperation probably takes place only in an ideal world. Julie Jones said her mother and friends ring her up in the daytime, but usually only when they really need to talk. The only problem is that Jones has a hard time remembering all their "important news," since she's usually too busy trying to figure out if she's still dreaming.)

Another hindrance to day sleepers is light. Even if a shift

continued on page 11



Eggs and beer:  
The third-shift breakfast at Rusk's.



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Karen Cross (right), a night-shift press operator, said she really wouldn't mind the shift if only she had the weekend off. She shares an early morning laugh at Rusk's with the cook, Patty Whalen.

## NIGHT OWLS

continued from page 9

bedroom with heavy shades or blinds and dark walls, there's little one can do to avoid daylight on the ride home from work. As a Portland postal night-shift worker remarked, "You come out after a long night at work all tired. But when that sunlight hits you, you feel great." The lure of sleep fades.

Of course, this is great if you want to go to the beach or the golf course — the way some night workers spend their summer days — but for workers serious about adjusting their circadian rhythms and getting enough daytime sleep, those moments of sunlight can be devastating.

"Making Shift Work Tolerable" says the key to adapting to a night schedule is to sleep as soon after finishing the night shift as possible. This reduces the amount of time the body has to alter its natural circadian pattern. The problem is, one shot of daylight can trigger the SCN's alarm clock to start ringing.

Again, "Making Shift Work Tolerable" has a suggestion: "It might be helpful for shift workers to wear dark sunglasses on the way home from work, especially if they live to the east of their place of work and find themselves driving into the sunrise."

More high-tech methods have been explored to use the rousing effect of light to the night-shift worker's advantage. In one experiment, astronauts at NASA were treated with doses of bright light to help them adjust to their in-space schedules. The project, an offspring of a series of experiments that began in 1986, used 10,000 lux light — equal to the intensity of daylight right after dawn (that's 100 times brighter than the average indoor light). After a brief treatment, the astronauts floated about in alert states during nights and slept soundly through what had been their active hours just days before.

But this kind of treatment isn't for everyone, at least, not yet. Generating such high intensity light can be expensive and impractical.

In fact, when the night-nurse crew at Maine Medical Center checks in at 11 p.m., they turn the hospital lights down. "A lot of times they'll still be on low when the day people come in," said Mary Truffant, a licensed practical nurse. "They come in and say, 'Holy Cow, it's dark in here!'"

### Eggs 'n' beer

Truffant and the other nurses who work on her wing have found that food is a good way to brighten their morale during the nocturnal hours. "Last night we had Italians and candy," Truffant said during a recent visit. "Tonight it's BLTs."

The standard night-shift "lunch hour" falls around 2 a.m. Some have no problem wolfing down a dagwood at this hour. Linda Allen, another night nurse at Maine Medical, said she eats five meals a day.

But others find they lose their appetite altogether. Victoria Brett worked the 11 p.m. to 7 a.m. shift for a news service in San Francisco last year. She said by the end of five months she had lost 15 to 20 pounds and her skin had "turned gray." "The

idea of eating at three in the morning was so gross," Brett said. "I couldn't do it." Brett now works the 4 p.m. to midnight shift at Portland's Associated Press office. She said eating is not so much a problem as just feeling "out of sync" with everyone else.

In fact, eating and socializing often clash in the third-shift worker's skewed schedule. Mary Truffant gets up at 5 p.m. to cook a meal for her family, but she never eats a bite of it. And Maine Medical nursing supervisor Kevin Griffin pointed out when he and his friends go out after work, the menu is usually limited. "I always want to order a steak and fries," Griffin said. "But the only thing on the menu is eggs. I get so tired of eggs."

There are a handful of spots in town that cater to the night-shift worker's appetite — and social life. Stop in for a coffee on a Friday morning at Rusk's Tavern on Danforth Street. A few morning regulars will be mumbling over their newspapers, but there's also likely to be a noisier group — and it takes something stronger than coffee to catch up with them.

"It's hard to accommodate both crowds," said owner Rosie Harris at the bar. "You have people come in in the morning who want a quiet cup of coffee and a newspaper. Then you have your night shifters playing the jukebox and ready to party."

One recent Friday morning the cook flipped eggs with one hand and dipped chicken in a fry sauce with the other. The chicken wings were for the post office crowd, which took up two tables by the wall. It was payday, and they had ordered chicken and steak dinners all around.

"That's Tom," said a mail sorter named Debby. "He doesn't talk much, he just eats." Tom had suited up his hands with rubber gloves ready to devour a plate of chicken wings. At the other end of the room, three night-shift workers from a video cassette manufacturing company were sharing a few beers and a game of darts.

"It's an interesting lifestyle. I don't think I'd swap for a day shift now even if I could," said Dick, a post office worker off his shift. "You know this is the way Elvis lived out at Graceland."

Dick filled me in on the other good spots in town. The Sportsman's Grill on Congress Street serves a pretty good 7 a.m. dinner. And about once every two months, Raoul's Roadside Attraction puts on a wild morning party with a live band. At the March 25 bash, dozens of people swarmed the place between 7 a.m. and noon.

But morning life isn't for everyone. In fact, Julie Jones contended that it's the stillness of the shift that appeals most to the "true" night worker. "I think the people who like the third shift, I mean, who really like it, are pretty private people," she said. "They like to think things out. They don't want to be in the middle of a crowd."

Julie said on Friday nights when she's in the school cleaning, she often hears parties going on outside the school windows. "They get pretty rowdy sometimes," she said. "You kind of think, 'Is this what I'm missing?'"

"Good."

Amanda Onion is a freelance writer and CBW's listings editor.

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## Mighty ducks

# Invitation to a policy slam

Ever see that film clip of Ed Muskie "hypnotizing" a lobster by stroking it and talking gently? Maine voters will be excused if they're beginning to feel like that lobster. The current gubernatorial campaign seems to be lulling folks into a sort of torpor, thanks in part to candidates who've mastered the gentle art of speaking without exclamation points.

Call us naive, but the primary race seems a perfect opportunity for a loud, freewheeling debate on Maine's future and direction. We hoped that in this crowded field of candidates, one or another would throw out wild-eyed, creative ideas to set himself or herself apart.

But voters haven't been rewarded anything half so raucous. Instead, it's been a two-part harmony of complaints about high electric rates, high taxes, high workers' comp costs and too many environmental regulations. Only casino gambling elicits any sparks.

There are a few exceptions. Dick Barringer gets points for putting women's issues on the agenda, as well as for tackling environmental issues. Bob Woodbury has also offered ideas worth wrangling over in the high-tech arena, such as creating a state telecommunications authority and expanding the state's interactive television network to more schools. And Angus King and Jonathan Carter are likely to liven the general election campaign this summer and fall.

Maybe politics has become too genteel. Maybe what's needed is a policy slam — something akin to the popular poetry slams staged in Portland. Let's invite the candidates and some opinionated voters, add some beer and brio and let the issues fly.

As a start, here are a few we'd like to see tackled with a bit more gusto:

**An agenda for the cities.** The economic salvation of Washington County and its 35,000 residents has captured the attention of the candidates in the casino debate. But keeping the state's cities afloat hardly gets a nod. Portland, Bangor and other Maine cities are bearing an increasingly heavy social and economic burden while outlying communities get a free ride.

The cities provide services to the nonprofits (like hospitals, group homes and cultural institutions), which benefit their entire region. As property taxes swell to pay for these services, the affluent flee to the suburbs. The urban death spiral sets in.

City mayors and managers sound self-serving when they ask the suburbs to investigate a regional approach to government. The cities need some desk pounding from the governor, who should push cities and suburbs to work out a practica plan to benefit both. What form of regional government would the candidates support, if any? Can they suggest better ways to aid the cities? How do they suggest cities manage the rising number of nonprofits?

## Give scam artists a dose of their own medicine

By Seth Berner

The double standard suggested in "Crime and punishment" (CBW, 3.17.94) is not just a figment of the imagination. Anyone who has followed the judicial system knows that the rich are different from you and me. Lady Justice may be blind, but she can still tell which side her bread is buttered on.

Attorneys defending white-collar criminals argue the inappropriateness of jail — as they should. All defense lawyers raise the same points, and in many cases it is an appropriate argument. The overwhelming majority of studies prove that jail is the most expensive response society can

make to crime. Incarceration in the long run costs far more than education or counseling. And the cost in human resources is obvious — people who could be contributing to society are instead removed from it (which in turn destroys families), or are guarding the prisoners.

A small number of sociopaths who can't be weaned from physical violence belong in jail. For them, isolation is society's only hope. Another group that arguably should be deprived of freedom are those who prey on the weak for their own advancement. Hell has a special place for those who climb on others in a scramble to reach the top.

The judicial system doesn't work this way, however. The fascination with wealth in the United States has stripped the system of rational functioning. How else does one explain fines for industrial polluters that are but a pittance of the profits derived from polluting? Or bankruptcy laws that enable a corporation (a nonhuman fiction) to have its debts forgiven while the human directors walk away with healthy accounts and the opportunity to pillage again? Or that dealers in small amounts of dope are put away for eons while the bankers who fund and launder the enterprises avoid investigation?

Those who control capital (or who sin in attempts to control it) are treated differently than the rest of us.

The question, then, is whether white-collar criminals belong in jail. Reasonable people can differ, but my opinion — based on more than 10 years as a defense attorney — is no, they don't.

Instead, white-collar criminals who commit crime in search of obscene comfort should be stripped of all but the bare necessities for an extended period. Corporate directors who raid and run should be put through personal bankruptcies. Bankers who profit from the drug trade should be given sentences at least as stringent as those given to their clients. Industrial polluters should be made to live in the midst of their creation. And persons such as Charles Ware and Christopher Mussenden, who knowingly and unneces-

**The role of tourism.** The candidates generally agree that tourism is a good thing. And it *sounds* good at first: Tourists come, they spend, they leave. No messy and expensive social services or school funding!

But there's been little debate over whether the promotion of tourism is a practical economic development strategy. Does it bring the type of jobs Mainers want? Is it practical to lure tourists here year-round? If not, how should seasonal employees survive off-season?

And what should the state tourism policy be? How will Maine preserve those qualities of life we seek to promote? Should Maine establish policies to encourage tourist enclaves like North Conway, N.H.? Or should tourism be dispersed, such that every town has a clothing outlet and a casino?

**Private property vs. public good.** Who owns the North Woods? The paper companies, of course. But Mainers have a historical claim to these wild lands for hunting, canoeing and other activities.

This tension between historical use and land ownership is certain to grow, not only in the North Woods but elsewhere in Maine. Property rights advocates are growing more vocal and better organized, and the courts seem increasingly disposed to undercut local-use regulations.

What's the appropriate balance? How far should Maine go in telling companies how to manage their land in a way that benefits the whole state? Republican Mary Adams is a staunch supporter of property rights; Barringer recently called for more government involvement in the northern forest by linking state objectives and goals with federal and state incentives. Other than that, there's been a timid silence on this issue.

**How to fix the budget.** Remember the silence surrounding the federal deficit during the last presidential campaign? Nutty billionaire Ross Perot compared the deficit to a crazy aunt in the basement that no one wanted to talk about.

Maine's budget mess is far less pleasant than a crazy aunt. It's more like a stalker that's slipped into the shadows and is certain to strike again. Few candidates seem to have laid out a plan to deal with the impending attack. (Although Judy Foss seems the most clearheaded of the bunch, and Donnie Carroll has some concrete ideas on consolidating agencies.)

When it comes down to it, the budget isn't all that mysterious. There's little money to pay for existing programs, never mind new ones. No candidate wants to raise taxes to cover the gap. So they need to make cuts.

We're still waiting to hear from all candidates on the specific programs that will go under the axe. There's no clearer way to communicate priorities.

There's no shortage of other issues, like a transportation policy for rural Maine or a big-picture approach to our farms, fisheries and forests. The primary season is young yet. There's still time for a good policy brawl. (WC)

sarily defrauded the elderly and the infirm, should be recognized as being far more depraved than street crooks.

We, the people, must tell con artists that they will experience the same desperate straits in which they left their victims. With or without jail terms, they should be hit with astronomical fines. If, at the time of sentencing, they own houses or cars or art collections, the courts should take everything not protected by the bankruptcy laws and apply them to the fine. Houses or cars or art purchased in the next four years or 10 years (or however long) should be taken as well. There will be no relief until the fine is satisfied. And if the criminals continue to defraud to acquire assets, then they will put behind bars where they can no longer hurt the rest of us.

Until this happens, the words of poet and composer Gil Scott-Heron will remain as true as when written 20 years ago:

They call it due process and some people are overdue. We beg your pardon, America. Somebody said, "BrotherMan gon' break a window, gon' steal a hubcap, gon' smoke a joint and BrotherMan gon' go to jail." The man who tried to steal America is not in jail.

Seth Berner is a Portland criminal defense lawyer.

## Tagalong

I would like to continue the debate about graffiti with Mr. Mostel in your letters column (3.10.94). Between us, this would be the fifth letter regarding this issue. Yes, Mr. Mostel, graffiti has long been a part of human history, but graffiti has many forms. Graffiti is art... often great art.

In some places it is a taxpayer-funded way to create beauty, keep kids out of trouble and keep buildings clean. Look into these programs. They involve a designated area.

Graffiti is political; I have a great photo of the "Hands off the Dogman" graffiti near Brian Boru that was taken a few years ago. When I visited L.A., I observed a different type of graffiti.

People are killed every week in

## letters

L.A. for ignoring "the sign." Graffiti is often a catalyst for many serious crimes, usually involving "territory." But none of these types of graffiti are the type that Portland is home to.

The type of graffiti that I have been writing about is "tagging." This vandalism is usually one young person's identity statement. Usually one painted word, it is analogous to a nickname. The problem, Mr. Mostel, is that it is illegal. And the reason that it is illegal has to do with property rights. There is no reason to debate this issue.

If anyone, including Mr. Mostel, enjoys graffiti, you can see it on your own property, with your permission. You can put a signed note on your house or car that says, "Tag me!" But other people, like myself, will have to remove unwanted paint at great cost if the tagging is without authorization (vandalism). Again, the tagging that is prevalent in Portland is simply a trendy, expensive nuisance.

Jason Clark  
Portland

## Drugs: who's in control?

Barbara Fisco needs to get her facts straight on the matter of medications ("Hey nitwit — most drugs are legit," 3.17.94). Fisco charges that over-the-counter and prescription drugs are a real threat that are being "pushed on us. Daily."

I do not dispute that legal drug abuse occurs. I do object to Fisco's misuse and outright fabrication of facts to suit her arguments.

Fisco targets so-called "designer drugs" as a panacea some people just can't cope without. Mentioning Prozac, Xanax and lithium, she says these drugs alter brain chemistry (just about anything one ingests will do so), are highly addictive (of the three, only Xanax has any significant potential for addiction), and have "horrific side effects" (she warns of sexual dysfunction and seizures, but offers no proof).

She drags out the old myth, by now thoroughly disproved, that Prozac leads inevitably to suicidal impulses. She even points an accusing finger at cold medicine. "It's the Drugging of America," she proclaims dramatically.

I take lithium and Prozac to control the symptoms of bipolar affective disorder. I would rather not be handing my money over to "the Big Pushers," as Fisco calls them; indeed, I would rather not be taking pills morning and night.

But I am realistic.

I know I function much better when taking these drugs. I am comfortable using these substances. I do not feel they are being pushed on me, and I do not see my doctor as a drug dealer.

For that matter, when I need the occasional over-the-counter painkiller or antihistamine, I feel I am using it through my own free will; when I open a beer or participate in a champagne toast, I feel similarly in control.

I am offended that Fisco implies we are all being manipulated by some giant unseen hand of the drug world. Worse, I am insulted that she expects us to read her work when it is full of misrepresentation and falsehood.

Mary Karren  
Poland Spring



## Words, not drugs, harmful

I would like to respond to Barbara Fisco's Citizen column (3.17.94). I am surprised that CBW would run an article with so many misstatements. I guess the fact that Ms. Fisco has not mentioned medical or pharmaceutical training is of no concern to you, the editor, when publishing an article containing information about very complex medical/behavioral issues.

Her comments on methylphenidate (Ritalin) are way off the mark. Which category of drugs the FDA places a medication in is in no way related to its usefulness as a therapy.

Methylphenidate has clear benefits for carefully selected patients. Ms. Fisco's description of Attention Deficit Disorder ("hyperactivity") is inaccurate and misleading. Attention Deficit Disorder is a valid medical diagnosis that is arrived at by doing a careful and complex evaluation.

None of the descriptions found in her article have anything to do with this assessment. I fail to see how misinformation is helpful to any goal or objective except to generate controversy and perhaps increase CBW circulation. Articles of this caliber are, however, harmful to patients with this condition and for whom these medications are helpful.

I would love to write and publish an article in CBW on how to write your own will or how to overhaul your car's transmission. No, I don't have any training or knowledge in these areas, but why let that stop you? Please call me for my drafts.

Jack Mann, M.D., F.A.A.P.  
South Portland



## Great acoustics

First of all I must say I have always admired your open presentation of a public forum and your progressive-minded approach to local politics. However, in your recent "Best of" issue (3.10.94) I find preciously little mention of local music.

Somewhere between "Best free parking" and "Best trash fish" I think you could have found room for "Best local acoustic artist."

Having experienced firsthand the blatant lack of interest from mainstream press, I would have expected a little more from my favorite local publication. As a struggling Portland musician (9 years now), even if my own name had not appeared, I could suggest others — Darien Brahms, Steve Gerlach, Anni Clark, to name a few.

Keep up the good work CBW, just don't forget some of the people that help make Portland what it is: a thriving mini-metropolis on the verge of greatness.

Ken Grimsley  
Portland

## Men as victims

The news these days has a lot to say about domestic violence and violence against women. The problem is very real and cannot be ignored. But from what I've seen, it's almost always assumed that the guilty party is a man, or men.

Lorena Bobbitt notwithstanding, very seldom do we hear a case where a woman is the perpetrator, and a man, the victim, in a domestic violence or "sexist" situation. I submit it happens more than we realize, in less dramatic ways.

The *New York Times* ran an interesting editorial a couple of years ago called "The Crime of White Maleness (8.18.91)." In it, the author traces the negative use of the term "white male" amid the recent vocalness of racial minorities, who may soon be a majority, and the increasingly louder voice of women. This wasn't intended to decry the advancement of minorities and women.

The author, Richard A. Shweder, speaks of trying to create "true diversity" rather than the vocabulary-cleansing, censorship-oriented manipulation of the so-called politically correct. The idea that only certain approved words should be used to describe certain types of people is an anathema to our First Amendment, and any democratic society should reject it. There's no such thing as "politically correct" in a democracy. This movement has had a big downswing as people have begun to realize that censoring a free mind isn't the answer to sexism or racism.

Getting back to the issue of assumed villain and victim roles between the

sexes: If rape is defined as "any unwanted sex," as many feminists have defined it, then I suspect that men are raped by women rather frequently in domestic situations. You don't hear about this in the media. The psychological or physical effects may not be as damaging as when a woman is raped, but they are there.

Instead of the automatic system of the politically correct, let's look at each person as an individual who has the same possibility of becoming a victim or a villain as anyone else. Isn't that something minorities and women have always wanted?

David Gilchrist  
Portland

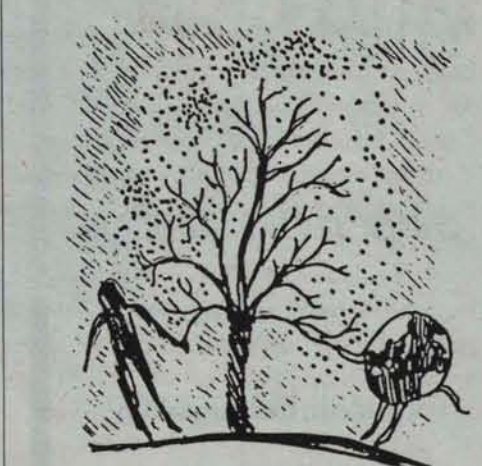
## Give horse a buck

I was shocked to learn this week of the dire financial straits being experienced by the Mad Horse Theatre Company. If Mad Horse does not raise \$60 thousand by April 24, they will be forced to close their doors forever. Portland's diverse cultural scene has been slowly shrinking over the past few years, but this time we cannot allow such a thing to happen. The Mad Horse Company has devoted eight years of blood and personal sacrifice to keep their dream of a professional nonunion theater alive.

I had the distinct honor of acting in "All My Sons" and "Kingfish" at Mad Horse this season, and I've never worked with a more professional and passionate group of artists anywhere. They rekindled that childlike sense of joy and wonder in my work that it is so easy to lose sight of when struggling with Life's many travails. As an artist, to be given that joy again is a priceless gift, and it is a gift that Mad Horse has given in abundance to artists and audiences for eight years.

The state of Maine and the city of Portland have had a glorious history of live theater, and Mad Horse has been an integral part of that history in recent years. As a community, we cannot afford to let this theater become dark, because by doing so, we let the darkness of this world seep in a little bit more. I urge everyone who cares about good theater and about Portland to send a donation so that Passion may always "Ride A Mad Horse."

J. Dean Merritt Jr.  
Portland



Casco Bay Weekly welcomes your letters. Please limit your thoughts to 300 words, include a daytime phone number and address to: Letters, Casco Bay Weekly, 551A Congress St., Portland, ME 04101

**Casco Bay Weekly**

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# art & soul

■ By Margot Brown McWilliams  
 ■ Photos by Mark Rockwood

The first hint that you're about to enter an otherworldly realm occurs when the elevator doors open on the fourth floor of the Portland

Museum of Art. On

the wall facing you

are nine wooden

pegs. From eight of

them hang dark

blue and white plaid

cloth bags, which

look unsettlingly

like body bags. The

ninth peg is empty.

There is no explanation.

The next unnerving

experience

occurs as you round

the corner into the

gallery in the unsus-

pecting, straight-

forward way in

which one ordinarily enters such a space. Two simulta-

neous things happen. At the same instant your eye is

sending rushed messages to your brain to be quiet because

you're entering an extremely quiet meditation space, your feet are shattering that quiet by crunching over some very

## Force of life

"Circle of Nine" exhibition breaks down boundaries between art and viewer



Above: Detail from "Circle of Nine" (mixed media, 27' x 27', 1989-94)

noisy crushed gravel. The brain reacts with fright and confusion — a sort of instant mental dishevelment. Luckily for me (albeit embarrassing), both Katarina Weslien and Alexandra Merrill, collaborators in this installation, were there, standing quietly on the straw mats that cover — and hush — the exhibition's circular interior. They watched my bull-in-

a-china-shop entry with pleased smiles and soothingly explained that it was a deliberate trap. I had reacted exactly as they intended people to do.

continued on page 21



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## Silver screen

**Ace Ventura: Pet Detective** When Miami Dolphins quarterback Dan Marino is kidnapped along with his team's mascot — a field goal-kicking dolphin — an ace detective specializing in pet-napping is called in to track down the sea-going mammal — and the man, interesting priorities. Also stars Sean Young, Courtney Cox and Jim Carrey.

**The Accompanist** A poor, young pianist is hired to accompany a powerful, beautiful singer in Paris during World War II. Moving in with the diva and her husband — a wealthy businessman who's collaborating with the Germans — the accompanist becomes embroiled in their private and secret lives. This intricate relationship continues when the young woman accompanies the couple to London. Soundtrack is filled with the melodies of Mozart and Beethoven.

**Beethoven's 2nd** Beethoven's back, but he's not alone! This time, that bucket full of drool finds love and becomes a family man. Returning cast members include Charles Grodin as George Newton, Beethoven's overly uptight master, and Bonnie Hunt as the harried wife.

**Clifford** Martin Short plays a mischievous 10-year-old fiercely intent on visiting a theme park called Dinosaurworld. Well, at least the plot won't distract you from the props and makeup tricks used to make the main character believable. Also stars Charles Grodin, Mary Steenburgen and Dabney Coleman.

**Combination Platter** Another story about seeking a green card. A young Hong Kong émigré struggles to make a go of it in America, all the while being hassled by odious immigration officers. He finds work and refuge in a Queens, N.Y., Chinese restaurant — a place that functions as a microcosm for all sorts of cultural conflicts. Written and directed by Tony Chan.

**Forbidden Love** This exploration of lesbian lives intersects the story of two female lovers forced to part at a backwoods train station with interviews with nine women who lived in the days when being a lesbian meant either repressing or hiding one's sexuality.

**Four Weddings and a Funeral** (Hugh Grant), a single and somewhat witty Englishman, seems to spend his life going to his friends' weddings. Despite or because of this, he is determined to remain single. Then he meets a free-spirited American (Andie MacDowell) who's hanging out in England. Directed by Mike Newell ("Enchanted April," "Into the West"). Written by Richard Curtis ("The Tall Guy," TV's "Blackadder").

**The Fugitive** Harrison Ford stars in this thriller based on the hit TV series from the '60s about a man's desperate attempt to preserve his freedom and capture his wife's murderer. Wrongly accused of killing his wife, Dr. Richard Kimble hits the road, on the lam from the law and searching for the true villain: the mysterious "One-armed Man." Also stars Tommy Lee Jones and Sela Ward.

**Greedy** Kirk Douglas stars as a rich old duffer who falls for a pizza delivery girl. Afraid of being stifled out of what they see as their rightful inheritance, his family calls in a reluctant relative, and professional bowler, to bring the old man back to his senses. Also stars Michael J. Fox, Olivia D'Abbo and Ed Begley Jr.

**Grumpy Old Men** Jack Lemmon and Walter Matthau play two elderly neighbors who vie for the attentions of an exotic woman (Ann-Margret) — exotic must have a new definition once you become a grumpy old man. Also stars Daryl Hannah. Directed by Donald Petrie ("Mystic Pizza").

**Guarding Tess** Former First Lady Tess Carlisle (Shirley MacLaine) seems to have mistaken Secret Service for secret servant, as she keeps the by-the-book agent (Nicolas Cage) who's assigned to protect her jumping at her every whim.

**The House of the Spirits** An epic saga tracing the lives of members of a Chilean dynasty from the turn of the century to the present. This movie will have it all — love, betrayal, revolution — but the big news is the cast, which includes Meryl Streep, Jeremy Irons, Glenn Close, Winona Ryder, Antonio Banderas and Vanessa Redgrave. Based on the novel by Isabel Allende.

**Iron Will** Will Stoneman dreams of leaving his farm to attend college. When his father is killed, he puts his dog-sled driving abilities to use (do they teach this at the 4-H?), entering a race in the hopes of winning enough cash to pursue his dream and also take care of his family.

**In the Name of the Father** Daniel Day-Lewis stars as Gerry Conlon, who's wrongly jailed for the IRA bombing of a London pub. From the opening scene of a Belfast riot, complete with pyrotechnical Jimi Hendrix music, the film is like a punch in the gut topped with a bad acid trip. What makes it better than other courtroom and jailhouse sagas is that Conlon is incarcerated with his father, who he initially loathes but comes to love. Emma Thompson has a brief but potent role as Conlon's wily barrister, who makes the very most of a clerical error by the corrupt British police.

**Jimmy Hollywood** Joe Pesci is just a guy trying to make it as an actor in Hollywood. But when someone steals his car radio, he goes berserk in his efforts to seek revenge. Along with his dimwitted sidekick (Christian Slater), he forms a two-man vigilante squad, which wins him fame, and possibly the fulfillment of his Tinseltown dreams.

**Major League II** Another sports movie starring one of Martin Sheen's sons.

**Mighty Ducks 2** Gordon Bombay (Emilio Estevez) rejects a cushy job in order to once again coach the Ducks.

**Monkey Trouble** A young girl tries to reform a monkey gone bad. Stars Thora Birch, Mimi Rogers and Dodger.

**Mrs. Doubtfire** Robin Williams stars as an out-of-work voice-over artist who loses custody of his children during a divorce. Hoping to insinuate himself back into the family, he disguises himself as a kindly 65-year-old English housekeeper. Sally Field plays his estranged wife. Directed by Chris Columbus ("Home Alone" and "Home Alone 2").

**My Girl 2** The sequel to the 1991 Macaulay Culkin hit, in which the Culkin character died. Sounds promising. This time Vada (former girlfriend of the Culkin character) goes to California to discover information about her dead mother and meets a boy. Dan Aykroyd reprises his role as Vada's mortician father. Jamie Lee Curtis plays his new wife.



**The Naked Gun 33 1/3: The Final Insult** Lt. Frank Drebin continues his search for the meaning of existence in an off-times hostile universe.



**The Paper** Michael Keaton stars as a city editor who has 24 hours to scoop the competition with a breaking story. Unfortunately, the competition has the story, and he doesn't. Stars Glenn Close, Marisa Tomei and Robert Duvall.

**The Pelican Brief** Alan J. Pakula ("Presumed Innocent") directs a legal thriller based on John Grisham's best-seller. Julia Roberts returns to the big screen as Darby Shaw, a Tulane law student and author of a speculative brief concerning the assassinations of two Supreme Court Justices. When Darby narrowly escapes a car bomb, she contacts an investigative reporter (Denzel Washington). Together, they go underground on the run, trying to stay alive and expose the truth. Also stars Sam Shepard and John Heard.

**Philadelphia** Tom Hanks plays a hotshot gay lawyer working in the City of Brotherly Love. When he gets fired after his firm discovers he has AIDS, he sues with the help of a homophobic personal injury lawyer (Denzel Washington). Directed by Jonathan Demme.

**The Piano** A mute unmarried Scotswoman (Holly Hunter) travels deep into the New Zealand bush for an arranged marriage, bringing with her a young daughter and a piano. After her new husband (Sam Neill) refuses to transport the piano to her new home, she falls for another man — an illiterate tattooed settler (Harvey Keitel) who purchases the piano. The film, which was written and directed by Jane Campion ("Sweetie" and "An Angel at My Table") won the Palme d'Or at Cannes.

**The Ref** An unhappy married couple (Kevin Spacey and Judy Davis) spend Christmas Eve being kidnapped by a jewel thief (Denis Leary), who they later invite to Christmas dinner. This cozy friendship serves both parties well.

**Road Scholar** Andrei Codrescu, Romanian expatriate, poet and a commentator on NPR, learns how to drive during the opening credits of this documentary and then sets off in a '68 red convertible Cadillac on a Kerouac-inspired road trip from New York City to San Francisco. Along the way, Codrescu pokes into and comments on the oddballs and the oddities that make up America.

**Schindler's List** Steven Spielberg traces the World War II exploits of Oskar Schindler, a war profiteer and member of the Nazi party. Schindler initially seeks to exploit cheap Jewish labor in war-torn Poland and ends up saving over a thousand Jews from the death camps — all the while consorting (i.e., drinking and whoring) with the friendly neighborhood Nazi elite. Based on Thomas Keneally's novel of the same name. Filmed mostly in black and white.

**Silence** A young parson fresh from England is dispatched by church officials to convince Australian artist Norman Lindsay to withdraw his "scandalous" paintings from an international exhibition. The parson and his wife find themselves alternately shocked and beguiled by the Garden of Eden atmosphere that prevails at the artist's home. Stars Sam Neill.

**Thumbelina** A girl no bigger than your thumb goes in search of a prince who will measure up? down? Anyhow, while on her quest she still finds time to dance and sing in this animated feature by Don Bluth of "Rock-a-Doodle" fame. With the voices of Jodi Benson, John Hurt, Carol Channing and Charo.

**Tombstone** Kurt Russell stars as the reluctant lawman Wyatt Earp, who's compelled to strap on his gun after a gang of ruthless outlaws invade the booming gold mine town of Tombstone, Ariz., and try to murder his brothers, Morgan and Virgil (people always did like to pick on Virgil). The result was the shootout at the O.K. Corral. Also stars Val Kilmer, Robert Mitchum and Dana Delaney.

## what's where

Owing to scheduling changes after CBW goes to press, movie goers are advised to confirm times with theaters.

### General Cinemas

Maine Mall  
Maine Mall Road, S. Portland  
774-1022

Dates effective April 1-7

**Mrs. Doubtfire (PG-13)**

1:30, 4:15, 6:50, 9:25

**Schindler's List (PG)**

1, 4:40, 8:20

**Ace Ventura: Pet Detective (PG-13)**

3:10, 7:25

**The Ref (R)**

1:10, 5:15, 9:25

**Naked Gun 33 1/3 (PG-13)**

1:15, 3:15, 5:20, 7:20, 9:20

**The Paper (R)**

1:40, 4:05, 7, 9:30

**Major League 2 (PG)**

1:50, 4:25, 7:10, 9:35

**Sirens (R)**

1, 3:10, 5:20, 7:30, 9:40

### Hoyts Clark's Pond

333 Clark's Rd., S. Portland  
879-1511

Dates effective April 1-7

**Philadelphia (PG-13)**

1, 3:50, 6:40, 9:20

**In the Name of the Father (R)**

9:15

**Guarding Tess (PG-13)**

6:50, 9

**Mighty Ducks 2 (PG)**

12, 2:30, 4:50, 7:30, 9:45

**Monkey Trouble (PG)**

12:20, 2:20, 4:30

**Four Weddings and a Funeral (R)**

1:10, 4, 7, 9:30

**Clifford (PG)**

12:40, 3, 5:10, 7:20, 9:35

**The House of the Spirits (R)**

12:50, 3:40, 6:30, 9:10

**Jimmy Hollywood (R)**

12:10, 2:40, 5, 7:20, 9:40

**Thumbelina (G)**

12:30, 2:50, 5:05, 7:10

### The Movies

10 Exchange St., Portland  
772-9600

Matinees Sat & Sun

**The Accompanist (PG)**

March 30-April 5

Mon-Fri 5, 9; Sat-Sun 1, 5, 9

**Road Scholar (NR)**

March 30-April 2

Wed-Fri 7:15; Sat 3:15, 7:15

**Forbidden Love (R)**

April 3-5

Mon-Tues 7:15, Sun 3:15, 7:15

**Combination Platter (NR)**

April 6-12

Wed-Fri 5:15, 7, 9; Sat-Sun 1:15, 5, 9;

Mon-Tues 5:15, 9

### Nickelodeon

Temple and Middle streets, Portland  
772-9751

Dates effective April 1-7

Second shows Sat-Sun only

Beethoven's 2nd and My Girl play Sat-Sun only

No first shows of Pelican Brief & The Fugitive Sat-Sun

**The Fugitive (PG)**

12:50 (Mon-Fri only), 6:50, 9:20

**The Piano (R)**

12:30, 3:20\*, 6:30, 9:10

**Iron Will (PG-13)**

1:20, 7:20

**Pelican Brief (PG-13)**

12:40 (Mon-Fri only), 3:30\*, 6:40, 9:30

**Greedy (PG-13)**

4:10\*, 10

**Grumpy Old Men (PG-13)**

1:10, 4\*, 7:10, 9:40

**Tombstone (R)**

1, 3:50\*, 7, 9:50

12:50 (Sat-Sun), 3:40 (Sat-Sun)

**Beethoven's 2nd (PG)**

12:40 (Sat-Sun only)

## Pianist envy

"The Accompanist" gets lost in the translation.



Elena Safonova sings Puccini's lost aria, "Keep Your Paws Off My Macaroons."

■ By Mary Stamatel

In this world somebody gets lobster, somebody gets steak and somebody always has to get the baked potato. *Voilà*, "The Accompanist." The aphorisms that sprout all over this movie make one wish L. Ron Hubbard had come back from the grave during the filming. Of course, "Life is for other people to live," or "I'll always be a side dish on the menu of life" probably sound a lot better in French. *Tant pis pour nous!*

From *La France* to the USA, and from *le cinéma* to the movies, a lot of things change. What Spielberg used in "Schindler's List" as a goad to moral outrage, director Claude Miller uses for a frisson of naughtiness, when his heroine casts her lot with purported Nazi collaborators. *Quelle risqué!* Still, there is something to be said for the insistent ad hoc agenda of youth no matter the circumstance (Miller's movie "The Little Thief" jumps to mind), but "The Accompanist" doesn't achieve a hormone-driven fever pitch. In fact, it achieves a tone of somnambulism, especially in scenes such as the one in which two of the main characters sit around a cozy fire while the Luftwaffe bombs London. Of course, they're not dripping with bonhomie, they're staring importantly at the wallpaper.

Call me a Yankee from ze twigs, no?, but this is another French film in the tradition of "Tous Les Matins du Monde" and "La Belle Noiseuse": It's richly upholstered, but ultimately plodding and ponderous. The French cinema has again taken a page from the book of the Hollywood studios, but high-quality production values don't blind an audience to a weak story.

Over-the-top foods, vintage cars and period togs aside, the female protagonist's dilemma is confusing. An attempt at explanation is made early on in the film, when Sophie Vasseur (Romane Bohringer) — the accompanist in question — has a voiceover during a walk. The viewer learns that her father abandoned her mother before she was born and has since remarried and made a family. Around this linchpin must revolve a series of odd behaviors and confessions that tax the credibility of the plot.

Why a girl independent enough to thumb *toute la Paris* by working for a collaborator's wife and strong-minded

enough to reinterpret Berlioz should then reveal a hammered self-esteem is beyond the ken of this Anglophone; maybe in French there's a subtlety subtitles can't convey.

Sophie is the accompanist to a wealthy diva (Elena Safonova), who pursues her career regardless of the politics of 1940s Occupied France. Safonova's singing is unstinting and a real highlight of the flick. There's no lip-synching, and interestingly, the diva (who really is a diva) is spared the requisite make-out scene asked of most female leads. Safonova is lovely and talented and delivers just the right degree of feckless merriment expected of an ambitious unfaithful bon vivant.

The diva's husband (played by Bohringer's real-life father Richard Bohringer) is a collaborator businessman, who sells his soul to the Nazis to keep his wife in silks and macaroons. Nothing spurs love like nonrequital, and he pays dearly for his devotion. His is the most interesting character — the hangdog lovelorn male — but he functions in total isolation. Even when bailed out by the

Other Man, his defeat is observed in a cursory way.

Sophie comes to love and hate her employers, who move her in with them as a kind of piano-playing domestic. It's

galling to watch the utter disinterest of these characters toward each other's unhappiness, and even toward their own. The film ends in symmetry, with Sophie restating her truisms in another voiceover — as if the entire experience of the plot were just another diversion that's left her with "nuthin' tuh do."

Bohringer's gawky girl-woman is well-played, with a physicality that captures the insecurity and appetite of incipient womanhood (the sort of thing frequently seen in French movies), but her calculating stares don't mix with subtleties. For monolingual American viewers, this subtlety of visual information combines with the condensed aural information of the subtitles and slows the tempo of the movie. At one point she rails about the silliness of her *affaires* compared with the diva's, but Miller has been so careful in keeping those affairs superficial that the viewer wonders what the hoo-hah's all about.

The movie suffers with its own overdone prettiness and star treatment. The scenes of the hardships of war are mitigated by the well-fed faces and rude good health of the extras. The main characters struggle bravely over the Pyrenees, with every hair in place and matching luggage. There's a touching scene where the beset diva must de-jeweled in order to pay the smuggler. And it's amusing to see rich French people shoveling down invertebrates most Americans would never eat.

French people probably mock the political correctness of Americans, which is understandable, and welcome, so viewers shouldn't begrudge themselves a chuckle or a groan as they tumble through this film. In truth, this reviewer fell asleep during the movie and had to return the next night for another dose. Even then Morpheus beckoned and could have prevailed, had it not been for the music. **CW**

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At the Adult College Fair, admissions counselors from the following schools can answer your questions and help you get started.

University of Southern Maine	Southern Maine Technical College
Saint Joseph's College	Casco Bay College
Westbrook College	Lewiston-Auburn College
Maine College of Art	University of Maine at Augusta
Husson College South	and off campus centers at
Andover College	Sanford, Saco/Biddeford,
Mid-State College	and Bath/Brunswick

Advisors will be prepared to discuss associate, bachelor, and graduate degree programs, majors, credit for prior learning, financial aid, child care, and other important areas of concern to adult students.

There will be small group workshops:

**Changing and Choosing Careers** 5:00, 6:00, 7:30 p.m.  
**Paying for College as an Adult** 5:30, 6:30, 7:30 p.m.  
**Returning to College as an Adult** 4:30, 5:30, 6:30 p.m.  
**The Two-year College as an Alternative** 5:30, 7:30 p.m.

For more information call USM Office of Admissions at 780-5670 or 1(800)-800-4USM, extension 5670

## Adult College Fair

USM CAMPUS CENTER, BEDFORD STREET, PORTLAND CAMPUS  
**April 6, 1994 • 4:00-8:00 p.m.**

**University of Southern Maine**





Squint and shout on April Fool's.

## thursday 31

According to the Maine Community Childhood Hunger Identification Project, one out of five Maine children under the age of 12 is hungry or is at risk of hunger. University of Maine Professor Emerita Katherine Musgrave speaks on the subject of childhood hunger at the Dining Center on USM's Gorham campus at 6 p.m.

Musgrave, who is the featured speaker at the Cumberland County Extension Association's 1994 annual meeting, will address how we can **END CHILDHOOD HUNGER** and replace it with food security. The event is free and open to all residents of Cumberland County. 780-4205 or 1-800-287-1471.

## friday 1

Windy ditty: Blowing in from their big-shouldered hometown of Chicago, The Drovers bring their "MELODIC MAELSTROM" to Granny Killam's, 55 Market St., at 9:30 p.m.

This four-piece band is about as happenin' as America's breadbasket can stand — Billboard said they're "one of the hottest combos in the city of Chicago" (aside from Oprah and Polish

sausage), and the band recently appeared in Michael Apted's thriller "Blink" — so something must be going on. Tix: \$5. 761-2787.

## saturday 2

Singular sensation: The lives of three married couples are poked, prodded and examined in Alan Ayckbourn's comic farce "ABSD PERSON SINGULAR," closing its run tonight at the Portland Players, 420 Cottage Road, S. Pthd., at 8 p.m.

The play looks at social climbing and the status quo through scenes that take place in the kitchens of these three households during Christmas parties over successive years — and that's a lot of egg nog and yule logs. Tix: \$13. 799-7337.

## sunday 3

Don't have a cow, man: A mere 10 months ago the cattle out at the University of Southern Maine's Wolfe's Neck Farm in South Freeport were pitching the woo, and now it's birthing season. In order to celebrate this advent of spring, Wolfe's Neck presents their annual **CALF WATCH**.

With over 130 calves to be born, chances aren't bad that you might catch an actual birth. If not, there's always plenty of furry creatures to pet, hay to frolic in and, if you're a good Yankee, there's always plowing to be done. The farm is open seven days a week, from 9 a.m. to 5 p.m. during calving season (through April 15). Admission is free and open to the public. 865-4469.

## monday 4

Taxing experience: Marking the 26th anniversary of the assassination of Martin Luther King Jr., *Redirect Action*, a Maine-published newsletter on war tax redirection, presents Clayton Ramey, who will deliver a **FREE LECTURE** on "How Militarism Wages War Against People of Color," at the Holiday Inn By the Bay, 88 Spring St., at 7 p.m.

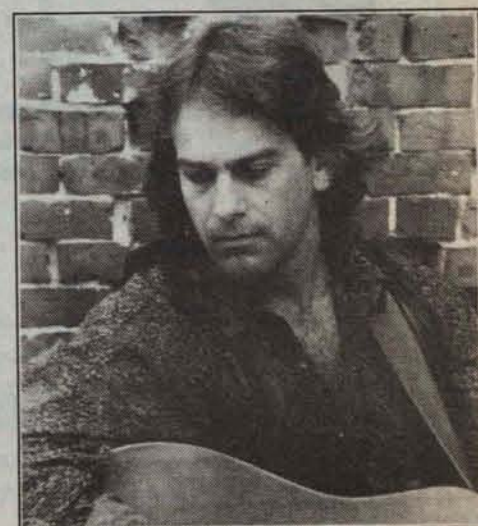
Ramey, who is currently program manager of Youth Build in New York City — a job training and academic support organization for urban youths — is one of seven regional speakers to participate in the "The New American Revolution" lecture series, which addresses the relationship between militarism and institutional violence. 828-0401.

## tuesday 5

Back draft: Featured at Anni Clark's open mic night is the Arlington, Mass.-based **ACOUSTIC DUO** Back To Back; they've backed such folk acts as The Story, Patty Larkin, Cheryl Wheeler and Tom Rush, and now they take the solo stage at Raoul's, 865 Forest Ave., at 8 p.m.

Back To Back features the innovative songwriting and guitar of lead vocalist Barbara Lee Supeno and the harmonies, rhythm guitar and percussion of Keni Feinberg. "We're not just girls with guitars..." says Supeno. "We're trying to have a positive impact on people through our music." Admission is free, but the hat will be passed. 773-6886.

# calendar



It's in your mind...

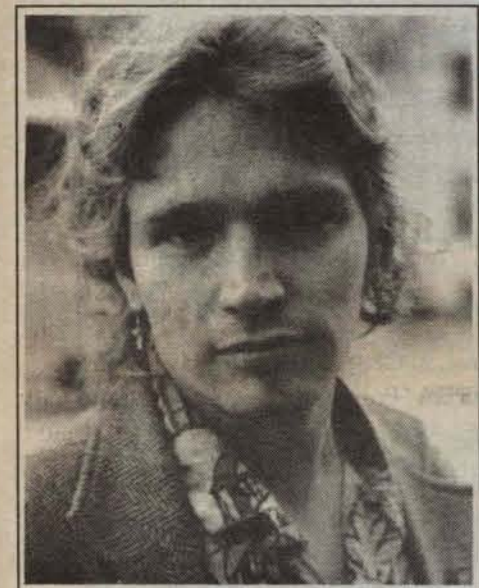
## wednesday 6

The livin' is easy: The Portland Concert Association presents those singing and dancing denizens of Catfish Row (as opposed to that bayou delicacy, catfish roe) in George Gershwin's **BELOVED FOLK OPERA** "Porgy and Bess" at Portland City Hall Auditorium, 30 Myrtle St., at 7:30 p.m.

This Charleston-based touring production features performers from some of the nation's leading opera houses, along with 17 local "supernumeraries" (or extras), a full symphony orchestra and that sweat-inspiring favorite "Summertime" (only 75 more days, but who's counting...). Tix: \$12-\$45. 772-8630 or 1-800-639-2707.



It's in your hands...



It's in your face... Help fight AIDS April 8.

## thursday 7

Cleo patter: The Vermont-based New Nile Orchestra, an **EAST AFRICAN DANCE MUSIC ENSEMBLE** (Did someone leave the planet in the dryer too long? It seems to be shrinking...), brings their joyful, energetic music to Raoul's, 865 Forest Ave., at 8:30 p.m.

The five-piece orchestra, which is headed by Ethiopian dance specialist Kiflu Kidane, blends songs in the ancient Ethiopian tongues of Amharic and Geez with modern electric guitar, bass, keyboard and drum set. *Vermont Times* said, "New Nile's shaking dance rhythms, snappy percussion and punchy horns [are] an exciting backdrop to Kidane's delicate singing and artful dancing." Tix: \$7, day of the show (\$6 in advance). 773-6886.

## friday 8

Healing aid: Steve Gerlach, Portland's self-proclaimed "aggressive folk" artist (watch out for flying picks and strings) heads up another **KINDA ACOUSTIC EVENING** — this time to benefit AIDS victims and their families — at Raffles, 555 Congress St., at 7:30 p.m.

Gerlach, who recently released his first solo album, the zippy and lyrical "What Fred Said," will be joined by well-known local performing artists Tom Dean of Devonsquare and Island recording artists Knots and Crosses (the acoustic trio has just been nominated for two Boston Music Awards — Best Indie Album and Best Local Female Vocalist — and was voted Best Band in CBW's prestigious Best of Portland). It's a whole lot of music for just five bucks, and the show benefits a good cause. So shut off that TV and get off your duff. 761-3930 or 774-8911.

## saturday 9

Working it out: Local exercise enthusiasts, don your Spandex and sweat pants for the sixth annual **WORKOUT FOR HOPE** at Tennis of Maine, Route 1, Falmouth, from 10 a.m. to noon.

This two-hour international fitness sweat-a-thon, which raises money for AIDS research at the City of Hope National Medical Center, involves participants of all ages and shapes (read: you needn't be a hardbody to participate) in over 125 cities across America and in Australia and Japan. Those wishing to participate in the workout should pick up sponsor sheets at Tennis of Maine. Those wishing to help in a more slothful manner can loll in the Varsity Grill, drink beer and root the participants on. All are encouraged to bring canned goods to be donated to local AIDS hospices. 781-2671.



Feel the heat on April 6.

Submissions for Art & Soul must be received in writing on the Thursday prior to publication. Send your Calendar and Listings information to Elizabeth Peavey, Casco Bay Weekly, 551A Congress St., Portland, ME 04101.

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SAT-SUN MAT 1, 3  
SECOND WEEK  
WED-TUES 5, 9  
SAT-SUN MAT 1  
The Accompanist  
Mar 30-APR 2  
WED-SAT 7:15  
SAT MAT 3:15  
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**Introduction to Microcomputers** (CE 261) May 23-June 15  
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**Lotus 1-2-3 For Windows** (CE 254) June 20-July 18  
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Art & Soul continued from page 15

## Force of life

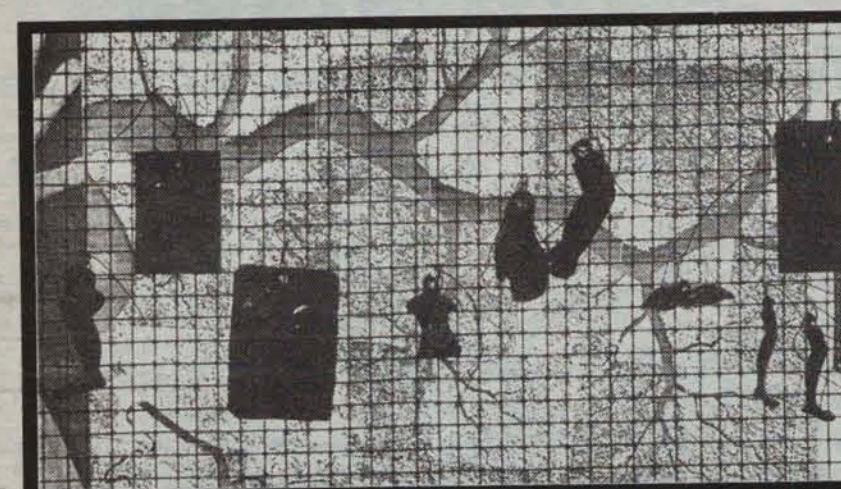


Figure 4 (detail)

"The gravel," Merrill said, "defines the liminal zone separating the noisy, cluttered outside world from the quiet zone within. Walking over it and creating that noise makes the visitor conscious both of herself and of the transition between worlds." And that consciousness is

essential, she said, because within the exhibition — which is titled "A Circle of Nine," but contains only eight pieces (which can best be described as sculptural-material essays) — the visitor is the ninth element.

The idea is that the visitor is not there simply to view the installation, but to become one with it. The piece, according to Weslien, is about being, existence, about the forces of life and how individuals come to terms with them. "It's about inner feeling states," Merrill said, "and each person who visits it should find his or her own personal definition to it." The installation, then, is designed to promote inner reflection and remembrance.

There is strong Jungian thought informing "A Circle of Nine." The pieces are archetypal, and suggest not only archetypal experience but also dream states. Each of the eight pieces consists of what the artists refer to as "boxes." These boxes are outer shells carved of wood. They are identical in shape, and the shapes represent an amalgam of Buddhist shrines, Muslim mosques, Christian altars, women's bodies and windows. Seven of these boxes are lit from within by neon, Christmas or incandescent lights. All are adorned with things — gilded flowers, seed pods from Africa and Bali, thin sheets of slate, little brass oil lamps from India, parts of the skeleton of a seal, cotton, bits of a wedding dress, milagros from Mexico in the shapes of every conceivable body part, bright yellow cloth from India, candles, rusty nails and rocks covered with barnacles.

The boxes are painted, each differently, except for one that is left bare wood and has been deliberately broken. In front of each box is a small dais furnished with a small stool on which you sit. The dais is covered with a lacquered mat, which resembles a highly ornate tatami mat. The mats are composed of paintings done by both artists. Though it is not clear how they did it, Merrill and

Weslien have cut the paintings into strips and woven them together in such a way that the mats have become paintings in their own right. Further, neither artist can detect what part of the mat is her painting.

Even more eerie, there is a set of footprints woven into the mats, which face the box and provide a place for your feet when you sit on the stool. This, then, is how you become part of the installation. You quite literally step into it, thus engaging your psyche with those of the makers.

The exterior gravel (that wake-up-and-pay-attention liminal zone that surrounds the installation) forms a square. Within that square is a circle. And within the circle the eight pieces are set in a square, in pairs, facing each other, like partners at a square dance.

Though each piece is autonomous, they are nonetheless paired or face one another for a reason. "They all are in relationship to one another," Merrill said, "and it has a lot to do with polarity. There's dialogue within the grid within the circle."

One piece is metallic and hard; its mate, which is stuffed with cotton, is soft and light. Another radiates light, while the other is dark and adorned by a broken piece of mirror (which not coincidentally has a vaguely human form). The only light available to this piece is whatever the mirror can capture. The mirror (also not coincidentally) reflects the viewer, and the question of light becomes something of a personal matter.

Whereas Merrill defines this installation specifically as an exploration of the experience of women ("that which is the 'irreducible' in the female experience"), Weslien says that it also has to do with the feminine side of the male.

Mainly, it has to do with stopping, looking, listening and remembering. "Where," Merrill asks, "are our memories located?" The crunchy gravel sums it up. "For 50-odd years," Merrill said, "I've moved hurriedly, absently, bloodlessly, not hearing myself walking through life." In this exhibition one is offered the opportunity, in surroundings that are at once intricate, complex and dazzling, of hearing oneself and discovering where exactly those memories lie. **CW**

# Spring Guide

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Local music matters on FM 94, from the Boneheads and Devonsquare to Darien Brahms and Paul French, local artists thrive here at FM 94.

Art & Soul continued from page 16

## stage

**"Absurd Person Singular"** The Portland Players present Alan Ayckbourn's wild comedy farce about three very different married couples as we see them at Christmas parties and behind the scenes. You'll laugh 'til it hurts and then realize it's more than your sides that ache. Shows through April 2—Fri & Sat at 8 pm; Sun at 2:30 pm—at the Portland Players, 420 Cottage Road, S. Portland. Tix: \$13. 799-7337.

**The American Tour** features Olympic medalists Kristi Yamaguchi, Brian Orser, Paul Wylie, and Scott Hamilton along with six other Olympic figure skating medalists. Shows April 1—Fri at 7:30 pm—at the Cumberland County Civic Center, 1 Civic Center Square, Portland. Tix: \$19.50 and \$27.50. On ice seats available upon request. 775-3458.

**"Antigone"** The Theater Project presents Sophocles' timeless story of a family fractured by a young woman's rebellion against the politics of power. Shows through April 2—Thurs-Sat at 8 pm; Sun 2 pm—at the Theater Project, 14 School St., Brunswick Maine. Tix: \$12 & \$10. 729-8584.

**"The Dogs of March"** This mixed media theater event staged by the Bastard Sons of the Infocapale Productions shows through April 1—Thurs & Fri at 7:30 pm—at the Cave, 31 Forest Ave., Portland (under Zoot). This is a 21+ show only. Tix: \$3. 773-6572.

**"Goodnight Deadema (Good Morning Juliet)"** The Mad Horse Theater Company presents Anne-Marie MacDonald's comedy about a lonely Shakespearean scholar who draws hilarious conclusions when she meets a sampling of some of Shakespeare's most celebrated heroes and heroines. Shows through April 24—Thurs, Fri, Sat at 8 pm and Sun at 7 pm—at the Mad Horse Theater, 955 Forest Ave., Portland. Tix: \$17 and \$15 for students and seniors. 797-3338.

**"The Kathy and Mo Show: Parallel Lives"** A funny look at women's relationships and women's places on stage and in the universe by two senior Bates women under the direction of guest artist Denise Reehl. Shows through April 2—Thurs-Sat at 8 pm—at Gannett Theater, Pettigrew Hall, Bates College, Lewiston. Tix: \$12. 786-6161.

**LaughingStock Comedy Company** Lesley Abrams, Dean Steeves and Tim Ferrell will make you laugh at this April 8 performance at 7:30 pm in Feeney Auditorium, Heffernan Center, Saint Joseph's College, Windham. Free. 892-6766 x 1776.

**"The Lion, the Witch and the Wardrobe"** Discover the magical world of C.S. Lewis' Narnia in this Mad Horse Children's Theater production. Shows April 9 & 10, 16 & 17, 23 & 24—Sat, Sun at 1 pm, 3:30 on Sat and 2 pm on Sunday—at the Nathan Clifford School, 180 Falmouth St., Portland. Tix: \$5. 797-3338.

**"Marvin's Room"** Playwright Scott McPherson, who recently died of AIDS, illuminates the humor of dying in this unusual comedy. Shenanigans Productions performs the play April 2, April 7-9 and April 17—Thurs-Sat at 8 pm, Sun at 2 pm—at the Oak Street Theater, 92 Oak Street, Portland. Tix: \$10, \$8 seniors and students with ID. 646-6825.

**"Miss Julie"** USM Student Performing Artists present August Strindberg's 19th-century classic at the Russell Hall Theatre on the Gorham campus, April 6-9 at 7:30 p.m. and April 10 at 5 p.m. Tix: \$6 (\$4 students). 780-5483.

**"Oleanna"** David Mamet's Off-Broadway hit ignites a brutal conflagration on a quiet college campus between a teacher and his student, ultimately burning away the lines between teacher and student, victim and victimizer, male and female. Shows through April 9—Tues-Thurs at 7:30; Fri at 8; Sat at 5 & 9; Sun at 2—at the Portland Performing Arts Center, 25A Forest Ave., Portland. Tix: \$13-\$28. 774-0465.

**"Our Lady's Tumbler"** A lively and imaginative play for children and adults adapted from a 12th-century French legend. Shows April 8 & 9—Fri at 7 pm and Sat at 2 pm—at the Village Center, Bates College, Lewiston. Tix: \$2/\$1. 786-6161.

**"Porgy and Bess"** Get in the mood for "Summertime" with this classic Gershwin opera of tragedy in a black southern family. Shows April 6—Wed at 7:30 pm—at Portland City Hall Auditorium, 30 Myrtle St., Portland. Tix: \$12-45. 772-8630.

**"Radical Radio"** A fast-paced musical in which colorful characters lead audiences on a tour through the mystical airwaves of a giant 15-foot tall radio. This performance benefits the Portland Players, a non-profit theater. Shows April 9-10—Sat at 2:30 pm, Sun at 2:30 pm—at Portland Players Theater, 420 Cottage Road, Portland. Tix: 8 adults/\$6 children 12 and under. 799-7337.

**"A Sense of Wonder"** Written and performed by Kaiulani Lee, this play marks the 30th anniversary of the death of Rachel Carson, a marine biologist, nature writer and summer resident of Maine. Shows April 9—Sat at 7:30 pm—at the First Universalist Church, Main Street, Yarmouth. Tix: \$6. 781-5080 846-6049.

## auditions

Center for Performance Studies announces auditions for the High School Performance Workshop, which will perform one-act plays this late June. Workshop will meet Saturdays from 11 am-1 pm beginning April 16 for 10 consecutive weeks. Fee: \$115. Auditions for the workshop take place April 2 at 2 pm in the Center for Performance Studies, 25A Forest Ave., Portland, 4th floor. 774-1043.

Community Orchestra of the Portland Symphony invites string players to its Wednesday evening rehearsals. Locations vary. 683-2460.

Italian Folk Ensemble is auditioning singers and musicians. 767-3818.

Art & Soul continued on page 26

## The disappearing art of public smoking

A smoker's lament for the passing of an era



By John Preston

Finding a place to eat and smoke in town is becoming a real difficulty. More and more of my favorite haunts—first the Channel Crossing in February of 1993, then the Back Bay Grill last summer—are turning off the smoking lamp. The real heartbreaker for me, however, was Alberta's.

My great role model in life has always been my great-uncle. He taught me that a gentle-man should always have a special place to go to breakfast, a place where he was known and he could feel welcome. He explained it was part of the good life and something you could probably afford no matter how tight money was, since breakfast is such a relatively inexpensive meal.

I remember going out with him in the morning. We would pick up his newspapers at the corner stand and then go to a particularly nice and clean diner, where he was a regular. I was made to feel the little gentleman myself as the waitresses would pour my great-uncle his coffee and me my orange juice, and he would then begin to read sections of the paper to me. He would smoke a cigar while he talked (couldn't you just gag?), and the recollection of his having such serious conversations about current events (and Red Sox scores) with me is still one of the most delightful memories of myself as a boy.

Well, I'm not sure I made it to the gentleman stage, but I did become a writer and I did find the perfect place to eat breakfast with my morning newspapers and coffee and cigarettes. Alberta's on Pleasant Street was ideal for me. Not only did it let me relive my great-uncle's example nearly every morning, it also had a bohemian air about it. At least it did as much as one can expect in Portland. I had delusions and pretensions of being the author at his regular haunt, eating a superb breakfast and preparing for my day at the desk. My great-uncle would have been proud of me.

Then came the moment I had dreaded. I walked into Alberta's near the end of last summer and saw the sign: WE ARE A NON-SMOKING RESTAURANT. I turned around and left, never to darken the door again. I felt as though I had been exiled from my home.

Hotel dining rooms seem to be the final refuge for the smoker. That doesn't mean that the militant anti-smokers are letting the tradition go on quietly. I recall a day I was having breakfast at the Holiday Inn By the Bay. The large dining room was nearly empty. A man who was aggressively showing off his well-being with a T-shirt and a pair of shorts displaying health club logos was led to a table not too far away from me.

"Not here!" he insisted in a melodramatically loud voice, obviously meant to carry through the whole place. "I will not sit this close to a smoker!" And he then pointed a climactic finger at me. I looked over and puffed in his face. It at least shut him up. He was so angry he could only sputter as the hostess led him off to a far corner where he could eat in relatively smoke-free peace.

I will not go quietly into this smokeless world. Someone asked me to a business lunch recently and named the nonsmoking Victory Deli as a place we might meet. "Only if you can eat your lunch in half an hour or less," I responded. We ended up at the Regency Hotel.

Oh, I know, secondhand smoke causes discomfort and perhaps illness, and the style is now to see smoking as some horrendous personality flaw that invites a shorter life in a way that many are convinced is nothing less than suicidal. But in a world of danger, the social response to smoking seems more than a little bit excessive. An editor once wrote me to say that the odor of tobacco on my manuscripts offended him and possibly put his health at risk. He wished I would do something about it—like not smoke while I typed. I not-so-gently reminded him that his office was in downtown Boston, an atmosphere filled with noxious emissions from automobiles and other machinery, only blocks from notoriously polluted Boston harbor. Oh, and I also pointed out that there was a nuclear research facility on the same block as his building. Did he really expect me to take seriously his concern about secondhand smoke in an envelope that had traveled a hundred miles through the postal system? My uncle would probably take a long draw off his cigar and dismiss him in a wisp of smoke. **CW**

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Children's Menu • Take Out Menu  
7 Days A Week • Patio Dining  
Breakfast • Sunday Jazz Brunch  
Nonsmoking & Smoking Dining Rooms  
Surrounding Our Full Service Bar  
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**TONIGHT**

Thu 3/31 **The McKinnons** w/ Wild Rose Band  
8:30pm  
Fri 4/1 **April Fools w/ The BONEHEADS**  
9pm  
Sat 4/2 **Elderberry Jam**  
9pm  
Tues 4/5 **Writers' Night with Ann Clark featuring Back to Back**  
Thu 4/7 **NEW NILE ORCHESTRA (AFRICAN DANCE BAND)**  
8pm  
Fri 4/8 **Debbie Davies Band**  
9pm  
Sat 4/9 **Michael Tomlinson**  
865 FOREST AVENUE

**DINING GUIDE**

## LISTINGS

## MEXICAN

**Tortilla Flat.** Sixteen years of serving fine Mexican cuisine. Just minutes from downtown Portland. A memorable Mexican experience you can afford anytime. M.C., Visa accepted. Parking. 187 Forest Ave. Portland. 797-8729.

## ECLECTIC

**Foodies.** Sixteen international pizza combinations. Five heart-healthy crusts. Voted best pizza in New England by Boston Globe. Buffet Monday - Friday 11-2pm. M.C., Visa, accepted. Parking. 688 Forest Ave. Portland. 774-4100.

**Good Table.** Casual. Tasty weekend brunch. Screened, starlit deck. Full bar. Seafood, barbeque, Greek. Old jazz, good lookin' staff. Honest food. Honest prices. M.C., Visa accepted. Parking. Rte 77, Cape Elizabeth. 799-4663.

**Great Lost Bear.** Full bar featuring 36 beers on tap. Extensive menu... sandwiches, soups, salads, platters. Lunch or dinner in the mysterious Woodfords area. M.C., Visa, Amex accepted. Parking. 540 Forest Ave. Portland. 772-0300.

**Hugo's.** Dinner Tues.-Sat from 5:15. Innovative menu that is revised every month and features fresh seafood & interesting vegetarian dishes. Provocative atmosphere. Main courses from \$8.95. Parking. Reservations required. M.C., Visa, Amex accepted. 88 Middle St., Portland. 774-8538.

**Kalahadin.** Daily Blue Plate Specials \$9.95 and unpretentious fare like Buckwheat Pasta. Home made, Good Cookin'. Monday-Thursday 5-10PM, Friday & Saturday 5-11pm. Corner of Spring and High St. Portland.

**Pepperdub.** Indian, Mexican, Japanese and Caribbean fare. Organic beef, fresh seafood and exotic chicken dishes. All entrees priced below \$10. Smoke free. Artful, funky decor. No credit cards accepted. Parking. 78 Middle St. Portland. 772-0531.

**Portland Wine & Cheese.** Delicious homemade soups and sandwiches, wines, champagnes and cheeses. Large selection of gourmet foods. Gift baskets. Party platters, catering and deliveries. M.C., Visa and Amex accepted. 168 Middle St. Portland. 772-4647.

**The West Side.** Fresh game and seafood, organic produce. Moderately priced entrees. Comfortable, casual ambiance. M.C., Visa accepted. Parking. Reservations recommended. 58 Pine St. Portland. 773-8223.

## MIDEAST

**Kabob n' Curry.** Enjoy classic Pakistani culture. Authentic curries, kabobs and a variety of tasty nan. Lunch specials daily. Dinner and Take Out. Maine Sunday Telegram \*\*\*1/2. Monday-Saturday 11-3, 5-10. Sunday 5-10. M.C., Visa accepted. Parking. 565 Congress St. Portland. 874-2260.

## CAFE

**Bagel Works.** Freshly baked traditional style bagels. Vermont cream cheeses, egg sandwiches for breakfast. Deli meats, cheeses, fresh salads and soups for lunch. 15 Temple St. Portland. 879-2425.

**Christine's Dream.** Breakfast all day. Weekend brunch Saturday and Sunday 9-2. Daily lunch specials. Tuesday-Friday 7-2, Saturday & Sunday 9-2. Parking. 41 Middle St. Portland. 774-2972.

**Port Bake House.** Take out fresh baked pastries and great lunches. Summer seating on the deck. Soups with pizzaz, creative deli sandwiches and healthy salads. 205 Commercial St. Portland. 773-2217.

**Spring Point Cafe.** Offering a variety of Mexican or American dishes, comfortable dining and an entertaining atmosphere for all. M.C., Visa accepted. Parking. 175 Pickett St. South Portland. Me. 767-4627.

**Victory Deli & Bake Shop.** Fresh baked pastry & wholegrain breads, deli sandwiches, homemade soups and salads. Breakfast, lunch & dinner daily. Parking. One Monument Way, 299 Forest Ave. Portland. 772-7299.

## ITALIAN

**Anthony's Italian Kitchen.** For a great and inexpensive meal or a homemade pizza, stop by for lunch or dinner. Open 7 days. Parking. 151 Middle St. Portland. 774-8668.

**Fresh Market Pasta.** For the best homemade pastas and sauces in Portland. Open for lunch, dinner and late night dining. Italian wine and beers. Espresso. Cappuccino. Desserts. Bring the family! M.C., Visa and Amex accepted. 43 Exchange St. 60 Market St. Portland. 773-7146.

## AMERICAN

**Homeplate.** Incredible breakfast and lunch. Menu voted #1 three years in a row! Open 6am-3pm seven days a week. Late nights Thursday-Saturday 11PM-6AM. 5 Dana St. Portland.

**Parkers.** Family dining in the Northport area. Beef, chicken, seafood and sandwiches. Open for lunch and dinner. Available for special functions. Steaks, drinks, good times! M.C., Visa, Amex accepted. Parking. Corner of Washington & Allen Aves. Portland. 878-3339.

**Rosie's.** 11am-1am. Full bar. Free popcorn. Dart room. 5-page menu. Sandwiches, pizza, burgers, calzone, dinners & appetizers. Daily special board. M.C., Visa, Amex accepted. 330 Fore St., Portland. 772-5656.

**Ruski's.** 7am-1am. Breakfast all day. Daily lunch & dinner specials. Daily happy hour 4-7 w/ beer & mixed drink specials. 6-page menu. Breakfast, lunch & dinner; what a real neighborhood pub should be. M.C., Visa accepted. 212 Danforth St., Portland. 774-7604.

**Sizzler.** Family Fare. Salad bar deluxe. Special children & senior prices. Smoking section with very high ceilings. Lunch and dinner, 7 days. M.C., Visa accepted. 750 Roosevelt Trail, North Windham. 892-1709.

## SEAFOOD

**J's Oyster Bar.** Fresh seafood daily. Shellfish & pasta dishes our specialty. Relaxed friendly atmosphere. Seasonal patio dining. M.C., Visa accepted. Parking. 5 Portland Pier. Portland. 772-4828.

**Log Cabin Restaurant.** Enjoy a scenic drive down Rte 24 from Cook's Corner Brunswick to enjoy a panoramic view and fabulous food! M.C., Visa accepted. Rte 24 Bailey Island. 833-5546.

## NOUVELLE

**David's Restaurant.** Upstairs casual dining, delicious food, and raw bar. Downstairs, elegant cuisine. Seafood, chicken, beef and pasta entrees. Prepared by Master Chef David Turin. M.C., Visa, Amex accepted. 164 Middle St. Portland. 773-4340.

## GREEK

**Free Street Taverna.** Authentic Greek food. Family recipes and friendly atmosphere. First level- eatery/taverna. Second level- smoke free dining. Outdoor deck. M.C., Visa accepted. 128 Free St. Portland. 774-1114.

## INDIAN

**Shalimar of India.** Rated four star food, service and atmosphere by Sunday Telegram. Authentic Indian food, cooked spicy or mild as you like. M.C., Visa, Amex accepted. Parking. 675 Congress St. Portland. Me. 874-INDIA.

- ◆ Reduce
- ◆ Reuse
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- Sunday through Thursday, 4:00 pm to closing
- \$4.95 & \$5.95
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- Chili Happy Hour 4-7, Mon-Thurs

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**The Restaurant Critic has found us. Have you?**

- "At Anthony's, the creative streak shows"
- "...If you can't find something for lunch at Anthony's, you're probably not hungry."
- "...mini calzones just the right size for lunch (\$2.99)"

\*All quotes from "Cheap Eats" PPH 2/3/94

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Italian Kitchen

151 Middle Street • Next to Videoport  
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**Easter Specialties**

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- ☉ Peach Raspberry Pie
- ☉ Decorated Egg Cookies
- ☉ Chocolate Jelly Bean Nests
- ☉ Flower Basket Cake
- ☉ Cupcakes for Kids
- ☉ Easter Chickens
- ☉ Easter Breads

**Port Bake House**  
205 Commercial St., 773-2217  
263 St. John St., 773-5466

**FRIDAY NIGHT JAZZ**

The Be Bop Jazz Ensemble  
Friday, April 1  
5:30-8:00 pm  
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One Monument Way

- BREAKFAST
- LUNCH
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Fresh Baked Goods  
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& Affordable Dinners

ONE MONUMENT WAY & 299 FOREST AVE  
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Art &amp; Soul continued from page 22



## concerts thursday 31

**Portland Symphony Orchestra Kinderkonzert** (for children and their parents) 11:30 am, Olin Arts Center Concert Hall, Bates College, Lewiston. Tix: \$2. 786-5640.

## friday 1

**Tom Prozori** (folk) 7:30 pm, Raffles Café Book-store, 555 Congress St, Portland. Cover: \$5. 761-3930 or 774-8911.

**Bates College Orchestra** (Tchaikovsky's piano concerto) 8 pm, Olin Arts Center Concert Hall, Bates College, Lewiston. Free. 786-6330.

## tuesday 5

**The Mid-Maine Youth Orchestra** (eclectic mix) 7 pm, USM's Corthell Concert Hall, 37 College Ave, Gorham. Free. 839-4849.

**Portland Symphony Orchestra Kinderkonzert** (woodwinds for children and their parents) 10:30 and 10:30 am, the Chocolate Church, 804 Washington St, Bath. Tix: \$2. 833-6619.

## upcoming

**Chestnut Brass Quintet 4/7/94** (brasses from trumpet to sackbut) 8 pm, Bates College Chapel, Bates College, Lewiston. Tix \$8/\$4 students. 786-6330.

**Bucky Halker 4/7/94** (labor protest music from the 1930s) 11 am, Ludcke Auditorium, Westbrook College, Stevens Ave, Portland. Free. 797-7261.

**Raffles AIDS Victims Benefit Concert 4/8/94** (Knobs and Crosses, Tom Dean and Steve Gerlach) 7:30 pm, Raffles Café Bookstore, 555 Congress St, Portland. Cost: \$5. 761-3930.

**Portland Symphony Orchestra 4/10/94** (Candlelight Concert: Rossini, Gershwin, Ravel, Pliston, Milhaud) 2 pm, 6 pm, Eastland Ballroom, The Sonesta Hotel, 157 High St, Portland. Tix: \$22. 773-8191 or 1-800-639-2309.

**Schooner Fare 4/9/94** (family folk concert) 8 pm, Pickard Theater, Memorial Hall, Bowdoin College, Brunswick. Benefits Brunswick-Topsam Land Trust. Tix: \$8 students/\$12 public.

**"Mac" McHale and the Old Time Radio Gang 4/10/94** (folk/country music) 2 pm, Lewiston Jr High School, Central Ave, Lewiston. Tix: \$8/\$6 seniors and children. Benefits Regional YWCA Pool Fund. 795-4050.

**Portland Rossini Club Concert 4/10/94** (vocal and instrumental) 3 pm, USM's Corthell Concert Hall, 37 College Ave, Gorham. Free. 442-4849.

**Academy of St. Martin in the Fields 4/11/94** (chamber music) 7:30 pm, Portland City Hall Auditorium, 30 Myrtle St, Portland. Tix: \$12-\$5. 772-8630.

**Richard Thompson 4/15/94** ("Spend your tax free or cry over the payment...") Dinner 6 pm, Show 8 pm, State Theater, Congress St, Portland. Tix: TBA. 879-1112.

**Elvis Presley and Buddy Holly 4/16/94** (impersonators) 7:30 pm-1 am, Portland Holiday Inn by the Bay, 88 Spring St, Portland. Tix: \$15. 839-8440.

**Andras Schiff 4/28/94** (Hungarian-born pianist) 7:30 pm, Portland City Hall Auditorium, 30 Myrtle St, Portland. Tix: \$10-\$30. 772-8630.

## clubs thursday 31

**The Rhythm Fish** (blues) The Big Easy, 416 Fore St, Portland. 780-1207.

**TBA Brian Buron**, 57 Center St, Portland. 780-1506.

**Mike McDonald, Audrey Thurston, Justin McKinney** (comedy) The Comedy Connection, 434 Fore St, Portland. 774-5554.

**TBA Dos Locos Restaurant**, 31 India St, Portland. 775-6267.

**Bates Motel** (loud rock) Granny Killam's Industrial Drinkhouse, 55 Market St, Portland. 761-2787.

**TBA Moose Alley**, 46 Market St, Portland. 774-5246.

**Crossfire** (rock) Old Port Tavern, 11 Moulton St, Portland. 774-0444.

**The McKinnons & The Wild Rose Band** Raoul's Roadside Attraction, 865 Forest Ave, Portland. 773-6886.

**Rockin' Rusty** (karaoke) Spring Point Café, 175 Pickett St, S. Portland. 767-4627.

**Jenny Woodman & guests** (early unplugged) T-Birds, 126 N. Boyd St, Portland. 773-8040.

**Greg Powers** (laser karaoke) Tipperary Pub, Sheraton Tara Hotel, S. Portland. 775-6161.

**Deejay Bob Look** (heavy dance/live karaoke in front room) The Underground, 3 Spring St., Portland. 773-3315.

**Open Mic with M.J. Brink** (acoustic rock) The Wrong Brothers' Pub at Port Billiards, 39 Forest Ave, Portland. 775-1944.

**Decade Music** ('60s-'80s alternative dance) Zootz, 31 Forest Ave, Portland. 773-8187.

## friday 1

**Ario West and the L.A. Bluesmen** (blues/R&B) The Big Easy, 416 Fore St, Portland. 780-1207.

**TBA Bramhall Pub**, 769 Congress St, Portland. 773-9873.

**Mike McDonald, Audrey Thurston, Justin McKinney** (comedy) The Comedy Connection, 434 Fore St, Portland. 774-5554.

**TBA Dos Locos Restaurant**, 31 India St, Portland. 775-6267.

**Baker & Thompson** (jazzy blues) Free Street Taverna, 126 Free St, Portland. 774-1114.

**RSOS, Spring Circus of Shame** (varied, insane rock) Geno's, 13 Brown St, Portland. 772-7891.

**The Drovers** (Irish rock) Granny Killam's Industrial Drinkhouse, 55 Market St, Portland. 761-2787.

**Violous Cycle** (rock) Leo's Billiards, corner of Exchange and Fore streets, Portland. 780-1111.

**TBA Moose Alley**, 46 Market St, Portland. 774-5246.

**Crossfire** (rock) Old Port Tavern, 11 Moulton St, Portland. 774-0444.

**Boneheads** (rock) Raoul's Roadside Attraction, 865 Forest Ave, Portland. 773-6886.

**The Red Light Revue** (R&B/blues/soul) Spring Point Café, 175 Pickett St, S. Portland. 767-4627.

**Jenny Woodman** (rock) T-Birds, 126 N. Boyd St, Portland. 773-8040.

**Tony Boffa Trio** (pop) Tipperary Pub, Sheraton Tara Hotel, S. Portland. 775-6161.

**Deejay Tim Shaney** (techno/tribal/trance) The Underground, 3 Spring St., Portland. 773-3315.

**BeBop Jazz Ensemble** Victory Deli Bakeshop, One Monument Way, Portland. 772-7299.

**Tempest** (alternative rock) The Wrong Brothers' Pub at Port Billiards, 39 Forest Ave, Portland. 775-1944.

**All Ages Vertigo** (all ages dance) Zootz, 31 Forest Ave, Portland. 773-8187.

## saturday 2

**Ario West and the L.A. Bluesmen** (blues/R&B) The Big Easy, 416 Fore St, Portland. 780-1207.

**Mike McDonald, Audrey Thurston, Justin McKinney** (comedy) The Comedy Connection, 434 Fore St, Portland. 774-5554.

**TBA Dos Locos Restaurant**, 31 India St, Portland. 775-6267.

**Baker & Thompson** (jazzy blues) Free Street Taverna, 126 Free St, Portland. 774-1114.

**Kiss Army** (tribute band for Kiss) Geno's, 13 Brown St, Portland. 772-7891.

**Slaid Cleaves and The Moxies** (Austin rock) Granny Killam's Industrial Drinkhouse, 55 Market St, Portland. 761-2787.

**Pangaea** (fusion) Leo's Billiards, corner of Exchange and Fore streets, Portland. 780-1111.

**TBA Moose Alley**, 46 Market St, Portland. 774-5246.

**Crossfire** (rock) Old Port Tavern, 11 Moulton St, Portland. 774-0444.

**Elderberry Jam** (rock) Raoul's Roadside Attraction, 865 Forest Ave, Portland. 773-6886.

**The Red Light Revue** (R&B/blues/soul) Spring Point Café, 175 Pickett St, S. Portland. 767-4627.

**TBA Steamers at Jordan's Restaurant**, 700 Main St, S. Portland. 780-8434.

**Jenny Woodman** (rock) T-Birds, 126 N. Boyd St, Portland. 773-8040.

**Tony Boffa Band** (pop) Tipperary Pub, Sheraton Tara Hotel, S. Portland. 775-6161.

**Deejay Tim Shaney** (techno/tribal/trance) The Underground, 3 Spring St., Portland. 773-3315.

**Tempest** (alternative rock) The Wrong Brothers' Pub at Port Billiards, 39 Forest Ave, Portland. 775-1944.

**Cobalt 60, Tree and 454 Big Block** (three bands for three bucks) Zootz, 31 Forest Ave, Portland. 773-8187.

## sunday 3

**Blind Albert** (blues) The Big Easy, 416 Fore St, Portland. 780-1207.

**Open Mic** (bring your instruments and play) Geno's, 13 Brown St, Portland. 772-7891.

**TBA Gritty McDuff's**, 396 Fore St, Portland. 772-2739.

**Hay Mister** (rock) Old Port Tavern, 11 Moulton St, Portland. 774-0444.

**Pete Gleason** (acoustic) Spring Point Café, 175 Pickett St, S. Portland. 767-4627.

**National Headliner Comedy with Tracy Smith & Rick Beretta** T-Birds, 126 N. Boyd St, Portland. 773-8040.

**Deejay Tim Shaney** (heavy dance) The Underground, 3 Spring St, Portland. 773-3315.

**Jim Duffy** (acoustic) Wharfs End, 52 Wharf St, Portland. 773-0093.

**Deejay Bob Look** (request night/no cover) Zootz, 31 Forest Ave, Portland. 773-8187.

## monday 4

**Laser Karaoke with Ray Dog** The Big Easy, 416 Fore St, Portland. 780-1207.

**Hay Mister** (rock) Old Port Tavern, 11 Moulton St, Portland. 774-0444.

**Open Mic with Danny Gravas** (hoot night) Raoul's Roadside Attraction, 865 Forest Ave, Portland. 773-6886.

**Open Mic with Ken Grimsley** (acoustic) Wharfs End, 52 Wharf St, Portland. 773-0093.

## tuesday 5

**Open Jazz Jam** Bebo's Café, 548 Congress St, Portland. 828-6551.

**Open Blues Jam** (b.y.o.—drum set available) The Big Easy, 416 Fore St, Portland. 780-1207.

**Tuscaloosa** (musical comedy) Dos Locos Restaurant, 31 India St, Portland. 775-6267.

**TBA Gritty McDuff's**, 396 Fore St, Portland. 772-2739.

**Fat Alice** (rock) Old Port Tavern, 11 Moulton St, Portland. 774-0444.

**Writers Open Mic with Ami Clark and Back 2 Back** (any originals) Raoul's Roadside Attraction, 865 Forest Ave, Portland. 773-6886.

**Open Mic with Peter Gleason** (b.y.o. jam) Spring Point Café, 175 Pickett St, S. Portland. 767-4627.

**State Street Traditional Jazz Band** (New Orleans jazz) Steamers at Jordan's Restaurant, 700 Main St, S. Portland. 780-8434.

**Solstice** (acoustic & electric) Wharfs End, 52 Wharf St, Portland. 773-0093.

**Open Band Jam Zootz**, 31 Forest Ave, Portland. 773-8187.

## wednesday 6

**The Red Light Revue** (R&B/blues/soul) The Big Easy, 416 Fore St, Portland. 780-1207.

**Musicians' Nite Out** (drink specials for musicians) Geno's, 13 Brown St, Portland. 772-7891.

**Elderberry Jam** (psychedelic blues) Granny Killam's Industrial Drinkhouse, 55 Market St, Portland. 761-2787.

**Bachelors' Night** (topless) Moose Alley, 46 Market St, Portland. 774-5246.

**Fat Alice** (rock) Old Port Tavern, 11 Moulton St, Portland. 774-0444.

**Comedy Nite Steamers** at Jordan's Restaurant, 700 Main St, S. Portland. 780-8434.

**Cruz & Private Tons** (rock) T-Birds, 126 N. Boyd St, Portland. 773-8040.

**Deejay Bob Look** (dancing) The Underground, 3 Spring St, Portland. 773-3315.

**Electric Open Mic with 'Til It's Bone** (b.y.o. jam) The Wrong Brothers' Pub at Port Billiards, 39 Forest Ave, Portland. 775-1944.

**Zootz Pirate Radio Night with Deejay Pandemonium** (alternative, industrial, gothic dance) Zootz, 31 Forest Ave, Portland. 773-8187.

**Salutes**, 20 Milk St, Portland. Open nightly until 1 am. No cover. 774-4200.

**The Moon**, 422 Fore St, Portland. Open nightly, 8 pm on... Tues — 70s night, \$1 drinks; Wed — Ladies Night, 75¢ drinks for women; Whacky Thurs — wild music, \$1.25 drinks; Fri — no cover with valid college ID; Fri-Sat, \$1.75 drinks, 50¢ drafts before 10 p.m. 772-1983.

**Salutes**, 20 Milk St, Portland. Open nightly until 1 am. No cover. 774-4200.

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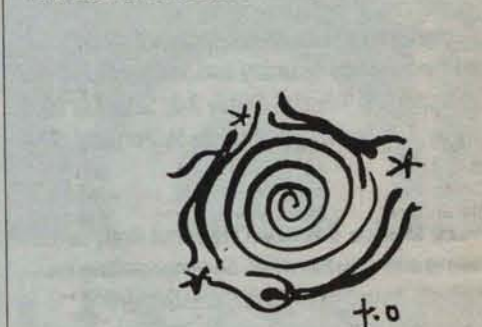
**Salutes**, 20 Milk St, Portland. Open nightly until 1 am. No cover. 774-4200.

**Salutes**, 20 Milk St, Portland. Open nightly until 1 am. No cover. 774-4200.

**T-Birds**, 126 N. Boyd St, Portland. Sun: comedy night; weekdays: special events; Fri & Sat: rock & roll, dance. 773-8040.

**The Underground**, 3 Spring St, Portland. Open nightly until 1 a.m., Thurs-Sun: heavy dance (no cover Thurs or Sun). Cover for special shows. 773-3315.

**Zootz**, 31 Forest Ave, Portland. Techno, rave, trance and progressive open house with Deejay Dale Charles on Thursdays. Request night (no cover) with Deejay Bob Look on Sundays. 773-8187.



## art openings

**Olin Arts Center Museum** of Art, Bates College, Lewiston. Opening reception April 8 from 7-9 pm for Senior Thesis Exhibition 1994, featuring works by seniors in a variety of media. Shows April 8-May 30. Hours: 10-5 Tues-Sat, 1-5 Sun. 786-6158.

**1994 Sister Cities International Young Artists' Program** Opening reception for "Impressions of Freedom," works by children of Greater Portland and sister city, Archangel, Russia, April 1 from 5-7 pm at One City Center, Portland. Shows April 1-2. 775-3052.

## around town

**African Imports and New England Arts 1** Union St, Portland. "Recent Acquisitions/New Dimensions," traditional African arts, works by modern artists from Nigeria and New England and rare carvings. Hours: 10-9 Mon-Sat, 12-6 Sun. 772-9505.

**AREA Gallery Campus Center**, USM/92 Bedford St, Portland. "Love and Other Passions," exhibit of Polaroid photo mosaics by Silvia Tacconi shows through April 29. Gallery hours: Mon-Fri 10-7, Sat-Sun 10-6. 775-5152.

**The Art Gallery at Six Deering Street** 6 Deering St, Portland. New watercolors by Marilyn Swift shows through April 16. Gallery hours: Tues-Sat 11-5 the first two weeks of the show, by chance or appointment the third week. 772-9605.

**The Baxter Gallery** Maine College of Art, 619 Congress St, Portland. Critical Impressions, "an international contemporary printmaking exhibition addresses the creative use of printmaking as an interdisciplinary art practice. The show features the works of nineteen artists from South Africa, England, Korea and the U.S. Shows through April 10. Hours: Tues-Sun 11-4, Thurs until 9. 775-5152.

**Christine's Dream** 411 Middle St, Portland. New works by painter Andy Curran, paintings by Jody Dube, photographs by Jerlyn Caruso. Shows until further notice. Hours: Mon-Fri 7-230, Sat-Sun 9-2. 774-2972.

**Robert Clements Framing** 10C Beach St, Portland. "Pigmented Ink on Paper," works by Robert Clements, shows through April 15. Hours: Mon-Fri 8-5, Sat & Sun by appointment. 775-2202.

**Cry of the Loon Art Gallery** Route 202, South Casco, "Tangents," the first solo exhibition in Maine of paintings and works on paper by Grace DeGennaro shows through April 17. 655-5060.

**Danforth Gallery** 34 Danforth St, Portland. Works by USM Fine Arts graduates: Beth Wilbur, Deborah Lockhart, Peter Bettencourt and Astrid Bowly. Shows through April 2. Gallery hours: Wed-Sat 12-4. 846-4721.

**Dos Locos** 31 India St, Portland. "Images of Mexico," photographs by George Riley. Hours: Sun-Thurs 11-10, Fri-Sat 11-midnight. 775-6267.

**Exchange Street Gallery** 7 Exchange St, Portland. Miniature images of Old Orchard Beach by R. N. Cohen. Gallery hours: 10-6 daily. 772-0633.

**Frost Gallery** 411 Congress St, Portland. Group show of gallery artists. Hours: Mon-Sat 12-7, or by appointment. 773-2555.

**Gitchee Gumme Cafe** 486 Congress St, Portland. "Of the Heart," paintings by Mary Lavender currently show. Hours: Mon-Fri 9-4. 780-8809.

**Greenhut Galleries** 146 Middle St, Portland. Group show of gallery artists featuring works by Margaret Gering, Anne Griesinger, Toby Mostel, George Lloyd, Jo Spiller, Ed Douglas and many others shows through April. Gallery hours: Mon-Fri 10-5:30, Sat 10-5. 772-2693.

**Jewelers Work** 30 Exchange St, third floor, Portland. Cooperative showroom of original, contemporary jewelry designs by nationally exhibited artists. Hours: 10-6 daily. 773-6824.

**Jewell Gallery** 345 Fore St, Portland. Works by gallery artists, including Bill Jewell and Cynthia McMullin. Hours: Mon-Sat 10-5, or by appointment. 773-3334.

**June Fitzpatrick Gallery** 112 High St, Portland. Sculptures and drawings of Edwin Gamble. Shows through April 25. Gallery hours: Tues-Sat 12-5, Thurs 12-8. 772-1395.

**Katashin Restaurant** 106 High St, Portland. Acrylic felt paintings on canvas by David Cedrone currently show. Hours: Mon-Thurs 5-10, Fri-Sat 5-11. 774-1740.

**Lewis Gallery** Portland Public Library, 5 Monument Square, Portland. "Art Book Design and Printing" by David Wolf shows during April. Hours: Mon, Wed & Fri 9-5, Tues & Thurs 12-9, Sat 9-5. 871-1700.

**Maine History Gallery** 489 Congress St, Portland. "Ships and Shipbuilding on Casco Bay" shows through the summer featuring paintings, lithographs, manuscripts and other works and artifacts. Hours: Wed-Sat 12-4. 879-0427.

**Nancy Margolis Gallery** 367 Fore St, Portland. "Wedding Band Show" featuring handcrafted designs by various artists shows through April. Gallery hours: Mon-Sat 10-9, Sun 11-6. 775-3822.

**Meander Gallery** 40 Pleasant St, Portland. "The Spirited Earth: Aboriginal paintings from Australia" shows through March 31. Gallery hours: Tues-Sat 12-6, or by appointment. 871-1078.

**Thos. Moser Cabinetmakers** 415 Cumberland Ave, Portland. Mixed media paintings by Portland artist Lisa Bentley, half-models by Ray Jenkins, and ship-in-a-bottle art by Gilbert Charbonneau currently showing. Hours: Mon-Sat 9-5. 774-3791. 774-3791.

**Naturally Maine** 5 1/2 Moulton St, Portland. Watercolors by William Denico, earth visions by Andrew Ruel, photos by Christine Gallant and watercolor prints by John Dimillo currently show. Hours: Sun-Thurs 10-6, Fri-Sat 10-9. 774-0808.

**The New Art Gallery** 121 Center St, Portland. "Casco Bay Revisited," paintings by Gomez Ricker. Ongoing. Hours: 11-10 daily. 874-2844.

**On Balance** 4 Milk St, Portland. "An Antarctic Portrait," black and white photographs by Arthur Spellish. Shows through April 25. 772-9812. 878-2425.

**Paula Pauletti-Contemporary** 3 Milk St, Portland. New work by Joe Nicoletti, Johnnie Ross and Sandra Quinn shows through May 4. Hours: Tues-Sat 10-6, 879-0919.

**The Photo Gallery** Maine College of Art, 619 Congress St, Portland. Works by Dag Alveng through April 8, works by Andrew Borowiec April 11-May 6. Hours: Mon-Fri 9-5. 775-5154.

**Photography Co-op** 547A Congress St, Portland. Hours: Tues & Thurs 12-7, Sat 9-5, or by appointment. 761-2113 or 773-8830.

**The Photo Gallery** Maine College of Art, 619 Congress St, Portland. Works by Doug Alveng show through April 8. Gallery hours: Mon-Fri 9-5. 775-5154.

**Pinetree Shop and Bayview Gallery** 75 Market St, Portland. Group show of gallery artists through April. Gallery hours: Mon-Sat 9:30-5:30.



Art &amp; Soul continued from page 27

# art

**Faux Finishing Workshops** are offered by Decorable Creative Living Environments in Falmouth. Early registration suggested. Call for complete class listing. 878-9884.

**Gallery Talk: Graphic Language** Portland Museum of Art's director of education, Dana Baldwin, discusses prints in the museum's permanent collection April 2 at 11 am at the museum, 7 Congress Sq, Portland. 775-6148.

**Hand Spinning Classes** Learn to spin lush, warm exciting yarns in a fiber arts center surrounded by fabrics, fashions and looms Thursday afternoons in Brunswick. Cost: \$40 for four sessions. 721-0678.

**Learn to Use Your Camera** L. Murray Jamison offers basic technical and aesthetic instruction to improve your skill as a photographer. Small classes and weekend workshops. Individually tailored. 871-8244.

**Maine College of Art's Continuing Studies Program** offers a variety of courses this spring including Art and Architecture of Islam; Introduction to Etching and Monotyping; Graphic Design with Quark XPress, Level II; Classic Photographic Processes; Perception of the City; Interior Decorating; The Art Quilt and Continuing Fax Finishing. Call for course start times and fees. 775-3052.

**Open Slide Night** The Union of Maine Visual Artists (UMVA) invites artists, craftpeople and anyone interested in the UMVA to attend an open slide night the second Friday of each month at 7:30 pm at Jay York Affordable Photo, 58 Wilnot St, Portland. Bring slides for discussion/feedback. 773-3434.

**Outdoor Painting Class** Freeport Art Club's resident artist Eric Glass offers outdoor painting classes to beginners using any medium. Cost: \$30, \$25 members. 865-3024.

**"Paint Your Heart Out"** is a watercolor class for adults offered by Maine artists Jane Wray and Elaine Tselikis Saturdays from 9:00 am at Southern Maine Technical College, Fort Road, S. Portland. Beginners to advanced artists can work with this fine art medium in a fresh and non-intimidating studio atmosphere. Registration ongoing, fees do not include supplies. 767-9500.

**Portland Camera Club** meets Mon at 7:30 pm at the American Legion Hall, 413 Broadway, S. Portland. Monthly events include B&W, color print and color slide competition.

**Portland Chamber of Commerce** is looking for Maine artists to share their work. 772-2811, ext. 223.

**Poster Design Competition** for the 1995 Common Ground Country Fair, sponsored by the Maine Organic Farmers and Gardeners Association, is under way. Submissions will be accepted until July 29. Selected artwork will appear on posters, T-shirts and promotional literature, and the winning artist and his/her work will be promoted in press releases and will also win \$500! Up to two entries per artist allowed. MOFGA will select the winning entry by September 1 and will retain full rights to the design. For a complete list of criteria and an application form, write to MOFGA, 1995 Poster Contest, P.O. Box 2176, Augusta, Maine 04338.

**South Portland Recreation** at 21 Nelson Road, S. Portland, offers drawing and watercolor classes for seniors beginning April 6. Senior drawing classes will meet Mondays from 10:30 am-noon and senior watercolor classes will meet Tuesdays from 3:30-4:30 pm. Kids' clay sculpture classes for 5-12-year-olds will meet Mondays from 3:30-5 pm for 5-12-year-olds and Wednesdays from 6:30-8 pm for 9-12-year-olds. Creative to the Max! classes for 5-12-year-olds will meet Wednesdays from 3:30-5 pm. Pre-registration required. 767-7650.

**Watershed Center for the Ceramic Arts** is accepting applications through April 15 for its 1994 summer and winter residency programs. Some funding awards available. For application form and complete information write Watershed Center for the Ceramic Arts, RRI, Box 845, Cochran Road, Edgemoor, Maine 04556.

**Young Artists Program** offers courses in Nature and Art Approaches to Sculpture: Drawing from Observation and Imagination; Exploring Character Through Art and Exploring Landscape Through Art. Cost: \$81 plus \$15 in materials per course. 780-9900.

**The YWCA** is offering several craft workshops this spring: oil painting for beginners Mondays 1-3 pm beginning April 11, cost \$21/6 weeks; quilting Fridays 8:30-11:30 am beginning April 1, cost \$40/term 1-10 weeks; paint-stitched banners Saturday 1-2:30 pm April 9, cost \$10 (includes all materials). 874-1130.

# sense

**Adult Computer Classes: Level 1** A beginner course to teach the fundamentals of using the Macintosh computer with a focus on word processing. Classes run April 11-14 from 6-8 pm in the computer lab of the 3rd floor of Memorial Middle School, 120 Wescott Road, South Portland. Fee: \$30. Sponsored by South Portland Parks and Recreation. 767-7651.

**"Anchor of the Soul"** A new documentary about African American history and race relations in Maine. Screening March 31 at 8 pm at Lecture Hall 104, Old Arts Center, Bates College, Lewiston. Free. 786-6330.

**Discussions and Reviews** at the Pilgrimage Interfaith Bookstore and Center for Dialogue, 441 Congress St, Portland, this week includes Ivan G. Bunnell of International Personal Development speaking on "The Yes Factor" March 31 — Thurs at 7 pm.

**Fiction Workshop** Kristina Neilhouse offers an ongoing weekly writing workshop concerning anything from sudden to short fiction, starting out or works in progress. Cost: \$10 per session. 874-2949.

**Fiction Workshops** led by Maine Writer Rick Hautala take place Wednesday evenings from 6-7:27 pm at 7-8:30 pm at Warren Memorial Library, 479 Main St, Westbrook. Cost: \$45. Five full scholarships are available to Westbrook residents enrolled in high school or college. Pre-registration required. Call 854-5891.

**Forest Concerns** can be directed to the Department of Conservation during an open house and listening session about policies affecting forests of Maine. This is part of the public review process for the 1994 draft recommendation of the Northern Forest Lands Council. Takes place April 8 from 1-5 pm (open house) and 7-10 pm (listening session) at the Holiday Inn by the Bay, 88 Spring St, Portland. 287-4906.

**The Gulf of Maine** The Bicentennial Environmental Institute at Bowdoin College will address, evaluate and propose approaches to practices and policies affecting the Gulf of Maine watershed. Senator George Mitchell will deliver the keynote address April 5. Maurice Strong, former secretary-general of the UN Conference on Environment will deliver a lecture, "As the Gulf of Maine Goes..." April 8. Both lectures take place at 7:30 pm at Pickard Theater, Memorial Hall. Panel discussions on various topics relevant to the Gulf of Maine will follow on April 7-9 at Bowdoin College, Brunswick. 725-3253.

**Intercultural Discussion Group** meets Mondays at 7 pm at the Center for Intercultural Education, 565 Congress St, Portland. Volunteers are needed as well. For more information, drop by the group's offices or call 775-5647.

**Lending Library** USM's Portland Women's Center seeks donations of women's literature, both fiction and nonfiction, to stock their lending library. Donations may be made Mon-Fri from 8 am-2 pm at the center in Room 400, Payson Smith Library, Falmouth Street, Portland. 780-4996.

**Lesbian and Gay Parents** are needed to participate in a study examining the effectiveness of communication in families with lesbian mothers and gay fathers. If you feel your voice has been silent or silenced in this culture, please speak up by becoming a part of this research. \$15 per hour stipend is provided to interviewees. All information will remain confidential. Call Dr. Richard West at the USM Department of Communication at 780-5410.

**Lotus/IBM Learning Centers** USM's Small Business Development Center has two Lotus/IBM Learning Centers available to help people in business learn how to use Lotus 123, One-Write Plus, Lotus Works and WordPerfect 5.1 software. Appointments available Mon-Fri. Some evening hours also available. Free. 780-4420.

**The Maine DOS Users Group** (disc operating systems) will meet April 6 at 6:30 pm at the Maine Tool Auditorium on the Southern Maine Technical College campus in South Portland. This month Stephen Houser of USM speaks on basic DOS commands. 839-2280.

**Maine Writers and Publishers Alliance** offers workshops with established writers on the craft and business of writing in diverse genres. "Get Your Feet on the Page" is a class for beginning or returning writers by author, Elizabeth Cooke. Cost \$35 members/\$45 non-members. The session takes place at the Maine Writers Center, 12 Pleasant St, Brunswick. Registration and payment is required two weeks in advance of class. Open to MWPA members and nonmembers. 729-6333.

**"Thomas Merton: A Film Biography"** shows March 31 at 7 pm at the Pilgrimage Bookstore, 441 Congress St, Portland. 772-1508.

**"The New American Revolution: A Call to War Tax Resistance"** is a seven-part lecture series sponsored by the Maine quarterly newsletter Redirect Action. Upcoming lectures include: "How Militarism Wages War Against People of Color" by Clayton Farnham, former member of the War Resisters League staff and anti-military activist April 4; "How Militarism Wages War Against the Environment" by Bob LeVangie, environmentalist and participant in non-violent direct actions during Sea Shepherd campaigns. All lectures take place from 7-9 pm at the Holiday Inn by the Bay, 88 Spring St, Portland. All lectures are free. 828-0401.

**"The Politics of the Gay Scene: A Historian's View"** presented by Diana Long, USM Women's Studies Program director and history professor, April 5 from 7-9 pm in the commuter student lounge at the USM Portland campus. Free. 780-4050.

**Young Artists Program** offers courses in Nature and Art Approaches to Sculpture: Drawing from Observation and Imagination; Exploring Character Through Art and Exploring Landscape Through Art. Cost: \$81 plus \$15 in materials per course. 780-9900.

**The YWCA** is offering several craft workshops this spring: oil painting for beginners Mondays 1-3 pm beginning April 11, cost \$21/6 weeks; quilting Fridays 8:30-11:30 am beginning April 1, cost \$40/term 1-10 weeks; paint-stitched banners Saturday 1-2:30 pm April 9, cost \$10 (includes all materials). 874-1130.

# wellness

**Chemical Dependency Program** The Department of Veterans Affairs offers outpatient substance abuse treatment for veterans providing community outreach, individual care, education, evaluation, referral and support. 780-3577 or 780-3578.

**Concerned About Lead?** To learn about lead and the risk it poses to your family, request a lead fact sheet prepared by the U Maine Cooperative Extension Service. 1-800-287-1471 or 780-4205. For information about childhood risk and screening, call 287-3259. Free to YMCA members, \$5 for others. Child care available on site for \$2.50. 874-1111.

**Confidential STD Clinic** The Portland Public Health Center sponsors a Sexually Transmitted Disease Clinic, offering confidential, low-cost screening and treatment on a walk-in basis Tuesdays and Thursdays from 3:30-6 pm at Portland City Hall, Room 303, 389 Congress St, Portland. Services are available to Portland residents and nonresidents. Medication accepted. Anonymous and confidential HIV testing by appointment only. 874-8784.

**Fiction Workshop** Kristina Neilhouse offers an ongoing weekly writing workshop concerning anything from sudden to short fiction, starting out or works in progress. Cost: \$10 per session. 874-2949.

**Farm Therapy** This new therapeutic program for physically and emotionally challenged children and adults includes sensory and hands-on work with horses. The program starts in April at the Flying Changes Therapeutic Riding Center on Route 9 in Durham. 443-5804.

**First Aid and CPR** The Portland Chapter of the American Red Cross offers several programs in standard first aid; community first aid; adult CPR; infant and child CPR; community CPR; CPR for professional rescuers and review challenges for various certification areas during the month of April. Fees and times available by calling 874-1192 on Wednesdays.

**Freedom from Smoking** USM Lifeline is offering an eight-week session group program designed by the American Lung Association to help people quit the habit. Classes begin April 11 from 5:30-7 pm in room 208 Payson Smith Hall, Falmouth St, Portland USM Campus. Pre-registration encouraged. 780-4639.

**Freeing the Writer Within** is an eight-week course designed with the spirit of Natalie Goldberg's book "Writing Down the Bones." Develop the capacity to write deeply and powerfully. Classes start April 4, 6 & 9. Cost: \$50. 772-6351.

**Freeing the Astrologer Within** A six-week course to teach you the principles of astrological interpretation, focusing on identifying patterns of fear, delusions and emotional wounds as well as genius and creativity. Next class starts April 6. Cost: \$50. 772-6351.

**Free Meditations** Sundays at 6 pm at The Yoga Center, 137 Preble St, Portland. 799-4449.

**Friends of the Western Buddhist Order** invite all interested individuals to a period of meditation and study of Buddhist concepts and practice Mon eves from 7:15-9:15 pm. 642-2128.

**Heartline Cardiac Rehabilitation** USM Lifeline offers an exercise program for people who have had a heart attack, angina, bypass surgery or angioplasty or are at risk for heart disease. Mondays, Wednesdays and Fridays at 7:30 am and 6 pm at the USM Gym, Falmouth St, Portland. 780-4649.

**Hemorrhagic Study Group** Learn about an alternative medicine that works! Study group meets one Sunday afternoon each month from 2-4:30 pm. Small donation welcome. Call 865-9220 or 725-0408 for info.

**Juvenile Diabetes Foundation** meets second Tues of each month from 6:30-8:30 pm at the Diabetes Center, 48 Gilman St, Portland. 854-1810.

**Kundalini Yoga Classes** meet Tuesdays from 5:30-7 pm at the Swedenborg Church, 302 Stevens Ave, Portland. \$5 donation requested. 871-9334.

**Lamaze Prepared Childbirth Classes** sponsored by The Birthplace at Mercy Hospital, in cooperation with Cape Elizabeth Community Services, begin April 12 and May 31. The six-week sessions will cover all aspects of labor and birth including changes during pregnancy, relaxation, Lamaze breathing, pain management, medication, Caesarean birth, birth plans, postpartum participation, newborns and early parenting. 873-3578.

**Maharishi School of Ayur-Veda** is offering introductory lectures on Ayur-Veda, a system of complete natural health care Wednesdays at 7 pm at 575 Forest Ave, Portland. 774-1106.

**Multiple Sclerosis Association of America** is surveying area residents with MS. Dial 1-800-869-9222 to leave a one-minute message describing new services or ideas MSAA can add to its list of patient care programs. The survey will take place through mid-April. 874-6113.

**Maps, Myths and Monsters** families create their own map to chart their course through a day of art and entertainment at this exhibition April 2, 10 am-3 pm at the Portland Museum of Art, 7 Congress Sq, Portland. Free. 775-6148.

**Not for Children Only** is a series of reading and discussion programs in children's literature offered at the South Portland Library. Books to be discussed include "Wind in the Willows" March 31; "Charlotte's Web" April 7 and "Roll of Thunder" April 21. For more information call 767-7660.

**Performing Arts Workshops** for children ages 7 and older take place Saturdays through May 21 at the Warren Memorial Library in Westbrook. Louis Philippe will lead participants in singing, acting, movement, storytelling and improvisation. Ages 7-9 meet from 1:30-3 pm, ages 10 and older meet from 3:30-5 pm. A \$15 donation for the entire session is requested. Financial assistance is available. 874-9022 or 854-5891.

**Portland Public Library** invites children to enjoy its upcoming programs: Tales for Twos April 1 at 10:30 am; Family Story Time April 2 at 10:30 am. Preschool Story Time April 4 at 10:30 am; Finger Fun for Babies April 6 at 9:30 am. 5 Monument Square, Portland. 871-4700.

**Prom Preview Fashion Show** See the latest in prom-wear modeled by area vocational high school students. Local vendors will also be on hand for consultation. Takes place April 7 at Westbrook High School Auditorium, Westbrook. Cost \$3 students/\$5 adults (proceeds benefit WRVC Scholarship Fund). 854-0820.

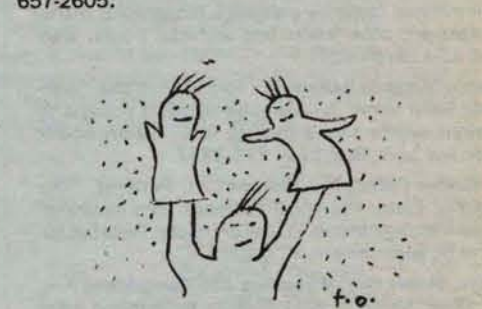
**Riverton Library** invites children to enjoy Toddler Time (kids ages one and two), including games, stories and songs, Wed at 9:30 & 10:30 am & Fri at 9:30 am; Preschool Story Time for kids ages three to five Fri at 10:30 am. 1600 Forest Ave, Portland. Hours: Wed 9-6, Thurs 12-8, Fri 9-12. 797-2915.

**Sexual Abuse in the Classroom** is the topic for a Rape Crisis Center workshop geared to assist educators in developing awareness and understanding of the issues of sexual abuse. Takes place April 8 at the Sonesta Hotel in Portland. For more information call 799-9020.

**Sky Friends** is an astronomy show for preschool children that features rainbows, shooting stars and a trip to the moon. The show will air every Saturday from April 2-16 at 3 pm at USM's Southworth Planetarium, 96 Falmouth St, Portland. Tix: \$3 per person. 780-4249 or 1-800-800-4USM ext. 4249.

**Summer Fun** Portland Rec, Riverton School and Longfellow School hold an open house for parents interested in summertime youth activities for elementary school children April 5 from 6:30-8 pm at Riverton Community School gym, 1600 Forest Ave, Portland. 874-8793.

**Ziraat Retreat** This retreat will focus on Piro-Murshid Hazrat Inayat Khan's agricultural perspective on spiritual development. The cooperative retreat (food provision and preparation and cleaning shared) is sponsored by Portland Sufi Order and is takes place April 8-10 at the Maine Retreat Center. Cost \$60. 657-2605.



# family

**Building Cooperative and Creative Play** is an educational play situation for kids ages 4-8 offered by South Portland Parks & Recreation at their facility at 21 Nelson Road, S. Portland. Each class will focus on a different theme and will include new games, music, dance, art, drama, yoga and storytelling. Kids will use their imagination and artistic talent, working to create a sense of togetherness through joyful, respectful cooperation. Classes start April 9. Pre-registration required. 767-7650.

**Building Self-Esteem in Your Teen** Lincoln Middle School holds a workshop for parents April 5 from 7-8 pm in the school library, 522 Stevens Ave, Portland. 874-8145.

**Buzzing Bees Program** Maine Audubon Society offers Wednesday programs for preschool aged children. Stories and activities from 10:11-11:30 am at the Gilsland Farm Sanctuary, 118 Route 1 in Falmouth. Light snack provided, bring a cup for your child. Cost: \$4 members, \$5 nonmembers for the first child; \$1 members, \$2 nonmembers for each additional child. Reservations required. 781-2330.

**Children's Museum of Maine** offers exhibits and activities for children of all ages. Hours: Mon, Wed, Thurs, Sat 10 am-5 pm; Tues & Sun 12-5 pm; Fri 10 am-8 pm. 142 Free Street, Portland. Admission \$3.75, free to the public Fridays from 5-8 pm. Pre-registration and additional fees required for some activities. Call for specific dates and times, 828-1234. Upcoming activities include:

**"Dacta Lego Club** for kids age 6 and older meets Tuesdays at 3:30 pm.

**Explorers Club** for kids age 7 and older meets Mondays at 3:30 pm.

**Free Woo Session** for kids ages 3-6 meets Tuesdays at 1 pm, Thursdays at 11 am and 1 pm.

**Condoms in Schools?** The Family Living and Human Sexuality Advisory Board is looking for your input in order to advise the Portland School Committee. On March 31 at 7 pm they present "The Role of Condoms in Sexually Transmitted Disease and AIDS Prevention in Schools." On April 4, they will overview existing curriculum in the discussion, "The role of K-12 Sexuality Education in STD/AIDS Prevention." Both talks will be held at PRVTC, Allen Avenue, Room 250, Portland. 874-6113.

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# sweat

**African Dance Class** The Casco Bay Movers Dance Studio can show you how to move April 2 from 2-3:30 pm at the studios on 151 St. John St, Portland. Cost: \$11. 871-1013.

**Archery Club for Kids** Falmouth Community Programs is supporting a new Junior Olympic Archery Development Club for budding Robin Hood's 8-18 years of age. The club will meet March 28-May 23 on Mondays from 6-7:15 pm at the Plummer-Motz Gym, Lunf Road, Falmouth. Cost \$29 per session for residents/\$34 per session for nonresidents. 781-5253.

**Creative Movement** is an eight-week physical activity class for 3-5-year-olds offered at South Portland Parks and Recreation, 21 Nelson Road, S. Portland Tuesdays from 1:14-5 or 1:45-2:30 pm beginning April 5. Pre-registration required. For fees and other information call 767-7650.

**Gotta Dance** is offering two dance workshops: Tropical Tempos of Merengue, Bachata & Salsa on Fridays at 8 pm beginning April 1, and Swing on Tuesdays at 8 pm beginning April 4. Both classes take place at the Dance studios, 657 Congress St, Portland. Cost: \$6 per person per class. 773-3558.

**Gymnastics for Kids** First to fifth graders will learn stunts, tumbling and routines in this program sponsored by the Falmouth Community Club. Classes run Mondays from April 4-May 23 at the Plummer-Motz gym, Lunf Road, Falmouth. Cost: \$29 residents/\$34 nonresidents per session. 781-5253.

**Maine Outdoor Adventure Club** offers trips and events to people of all skill levels, beginner to expert. Upcoming activities include an April 2 skiing outing at Sugarloaf (781-7454), Wednesdays at 6 pm cross-country ski or skate with the Casco Bay Bike Club (865-9558). Weekly walk around Back Cove every Tues & Thurs at 6 pm (meet in Payson Park). Next monthly meeting takes place April 6 at 7 pm at the North Deering Congregational Church, 1364 Washington Ave, Portland. For trip info, call the Outdoor Hotline at 828-0918. For club and membership info call 774-3886.

**South Portland Parks & Recreation** is offering spring sports for kids. Register for all programs at South Portland Recreation, 21 Nelson Road, South Portland. 767-7650.

**Spring Stroll** Take a nature walk with the Maine Audubon Society to witness all the new signs of spring. Takes place April 9 at 1 pm at Gilsland Farm Environmental Center, Route 1, Falmouth. Cost \$3 members/\$4 non-members. 781-2330.

**Strength Training Workshop** with New England Patriots strength and conditioning coach, Johnny Parker, is being presented by USM Lifeline Apr 2 from 10 am to 4 pm at the USM Sullivan Gym, Falmouth St, Portland. 780-4170.

**Trek Across Maine** The American Lung Association is organizing their 10th annual three day bicycle trek from Sunday River to the sea. An informational meeting on the June trip, including slides and videos of last year's trip, takes place March 31 from 6:30-8 pm at the Outdoor Discovery Room in the L.L. Bean retail store, Freeport. 1-800-458-6472.

**USM Lifeline** is offering three 10-week courses. Step Aerobics Plus is a one-hour, high-intensity, low-impact workout for all levels. Classes begin April 4 — Mon-Wed-Fri at 6:15-7:15 am, 11:30-12:30 pm, and 4:30-5:30 pm in the USM Portland gym. Aquatic Fitness and Aqua-Aerobics use the water to stretch and work out in a non-competitive atmosphere. Classes begin April 4 — Mon-Wed-Fri at 6 am at the Riverton pool, and 6 pm at the Portland Municipal pool. Non-swimmers welcome. Walk/jog/aerobics offers choices in walking, jogging, multi-level aerobic, stationary cycling and rowing. Classes start Monday, April 4, and will continue Tues and Thurs at 6 am and Sat at 7:30 am at the USM Portland Gymnasium, USM Gorham gym, and Cape Elizabeth High School. Registration deadline for all classes is March 28, 780-4170.

**Workout for Hope** Join a nationwide workout to raise money for AIDS research at the City of Hope National Medical Center. The aerobic session will run from 10-12 noon at Tennis of Maine, 11 Falmouth. Sponsor sheets available. Minimum \$50 sponsor collections to participate and win T-shirt. 1-800-266-7920.

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**Easter Bunny and Tooth Fairy Join Forces** to help kids and the American Lung Association. The Maine Dental Association is recommending the Children's Fun Pass as a candy substitute in kids' Easter baskets this year. The pass allows kids 12 and under free admission to 80 different attractions when accompanied by a paying adult. Among the participating attractions are Funtown USA, Palace Playland, Maine Aquarium, Portland Museum of Art, Mt. Washington Cog Railway, Mystic Seaport and the Shelburne Museum. Passes cost \$15 but are worth \$800 in admission costs. Available for purchase after April 1 at any Home Vision Video Location. All proceeds will support American Lung Association programs that help keep Maine kids smoke free. 1-800-458-6472.

**Kids Photo Contest** Maine Medical Center's Children's Miracle Network presents this contest through April 2 at the Maine Mall



# THE SURE SELL Classifieds

775-1234 FAX: 775-1615 VISA/MC ACCEPTED

## bulletin board

**TONYA HARDING BEATS THE SYSTEM!!**  
Do you think she did more than she admitted? Is her punishment too lenient or too stiff?  
**1-900-868-2426**  
\$95/Call, 18+; Results: USA Today

**BINGO**  
\$1,400 State Limit & Winner Take All

Proceeds to ST. JUDE CHILDREN'S RESEARCH HOSPITAL  
CASH CORNER BINGO HALL  
Main Free Parking  
385 Main St., Portland  
773-1453  
EVERY

WEDNESDAY 6:30 PM  
FRIDAY (afternoon) 1:00 PM  
SATURDAY 6:30 PM  
3 GAMES OF CHANCE  
SPECIAL EVERY  
WEDNESDAY & FRIDAY  
AFTERNOON (1:00pm)  
12-24 cards \$10 with 1 shotgun  
30-48 cards \$15 with 1 shotgun

**SUPER BINGO**  
Sunday, April 3  
\$35 pkg 24 cards & 2 shotguns  
\$50 pkg 36 cards & 2 shotguns

7-DAY CARIBBEAN CRUISE: Why pay list price, \$2,160? Our group \$1,363. \$100 deposit, 5/30, 207-773-3504.

AIRFARES FOR LESS to most cities. Up to 50% on no-advance tickets. For prices: 839-9954.

CREDIT REPORTS REPAIRED: Repairs, bankruptcies, late payments, etc. Guaranteed. Call 10am-9pm. C.F. Agency, 1-800-395-6665.

FLY CHEAP AS HELL! Europe - \$149. California - \$129 each way. Anytime! Caribbean/Mexican coast. \$189 round trip. AIRTECH, 1-800-575-TECH.

NEW MOM FORMING PLAYGROUP: Looking for other moms with babies or young children. If interested call Lori, 879-7465.

UPDATE DATE SPORTS: Finals, Stocks & more! (1-800)267-6600, ext. 7684. \$2.99/min. 18+. ProCall Co. (602)954-7420.

## help wanted

ASSEMBLE ITEMS AT HOME! Top pay! Easy work! (904)686-3634 ext. 1523. Open Sunday.

ASSEMBLERS: Excellent income, easy work assembling products at home. 7 days, 24-hr. service. Info 1(504)646-1700, dept. MC-5696.

## help wanted

### Production Part Time

Casco Bay Weekly is looking for part-time help to assist in the production of this fast-growing newspaper.

We are looking for a reliable team player with Macintosh Computer experience using PageMaker and FreeHand for ad production and page layout.

You should be a problem solver who follows directions to a T. A great sense of design and dedication to deadlines is a must.

If you have the skills we need and want to help produce this fine journal of news and entertainment, send your resumé to:

**Casco Bay Weekly**

551A Congress St.,  
Portland, ME 04101  
Production Manager

**FREE HAIR COLOR AND CUTTING**  
MODELS NEEDED FOR ADVANCED HAIR COLOR AND CUTTING WORKSHOPS  
CALL PANCHE SALON  
Portland Hair Color Specialist  
773-5157

ATTENTION BANDS: CRUISE SHIPS NOW hiring. Excellent pay/benefits. Also photographers, Tour guides, Casino workers, Dechands, plus more! Hawaii, Caribbean, Bahamas! Call (1-708)554-9300, ext. 0910, 24hrs.

BOOTH RENTAL, HAIR/STYLING WANTED: Salon located in Old Port. Stress-free environment. Individual creativity. Continuous education. Stylist who is creative in all aspects of the business, one who has a friendly & positive attitude. Please call for appointment. The Head Shed, 774-7955.

EARN \$6-\$8 PER HOUR: Must be available for a min. of 2 hours on Saturday. Must have proof of insurance. Deliver Maine's newest newspaper. For more information call 1-800-355-5518.

FRUSTRATED NUSKIN: Mary Kay, Herbal Life, MolyBack w/ack of success. Join hot test M.M. today. 947-1359.

GIRLS WANTED FROM ME, NH & MA, between 7-19 to compete in this year's 5th Annual 1994 Portland Pageants. Over \$20,000 in prizes & scholarships. Call today 1-800-PAGEANT. Ext. 1318 (1-800-724-3298).

MODELS NEEDED for advanced hair color and cutting workshops. Call Panché Salon, Portland's Hair Color Specialist. 772-5767.

PROFESSIONAL ENSEMBLE THEATRE: searching for an adult male with previous experience in theatre. Call 761-0566.

U.S. POSTAL & GOVERNMENT JOBS: \$23/hr. plus benefits. Now hiring. 1-800-935-0348.

## roommates

E.P.R.M. Seeking 30+, N.S. F. to share large apartment. Ocean view/deck. \$300/mo. heat included. References. 774-6519.

EAST END- F, 26+, share large, sunny apt. Hardwood floors, high ceilings. Available April/May. \$195/mo. +1/3 util. 879-1817.

EASTERN PROM APT - Quiet, responsible female needed. \$225/mo. +util. 2BR. N/pets. 772-2236.

GORHAM - New country split-foyer amongst the pines. Share bath, kitchen, W/D. All util. included. \$300/mo. N.S. Call Paul 839-3998.

JUMPED AT THE OPPORTUNITY to rent this large, sunny, 3BR. house in So. Portland. Kitchen, LR, DR, sunroom, big porch, garage, garden, W/D, 2 cats, comfortable, creative, open-minded atmosphere looking to share w/ mature, easygoing, fun, responsible individuals. \$250/mo. +1/3 util. 799-6083.

MORNING ST. - Share large, sunny apt. w/2-3 30+ others & 2 cats. N.S. \$182-\$242/mo. includes heat. 772-8784.

PROGRESSIVE ROOMMATE: Spacious, sunny in-town apt. freshly painted room. \$175/mo. +1/2 util. 774-4195.

SCARBOROUGH - Charming, country setting, lots of privacy. 2BR's, 2 baths. \$295/mo. +1/2 util. 839-6087.

SHERIDAN ST. - Quiet, mature, responsible N/S seeks same. MF to share nice 2BR. W/D hookups, hardwood floors, yard, storage. \$225/mo. +1/2 util. 761-0437.

SO. PORTLAND - MF, responsible, N.S. professional to share large, nice house. W/D, storage. \$275/mo. +util. 774-0740.

SOUTH PORTLAND - Quiet home, large room & den, hardwood floors. Ask for JC. 774-1693.

STATE/SPRING STREETS - Large quiet room w/hardwood floors, share kitchen & bath. Good location. \$250/mo. includes all. 828-5136.

USM AREA - WS to share small, comfortable, clean apartment. Your own private space. \$275/mo. includes all except phone. Call evs. 874-2320.

WASHINGTON AVE - 1 or 2, MF for spacious, nicely located, 3BR. apt. \$232/mo. +1/3 util. 871-5657 days/781-2815 evs.

WASHINGTON AVE - Male roommate wanted, pleasant neighborhood, parking, W/D. 2nd floor. \$225/mo. +1/3 util. sec. dep. 879-6088.

WESTBROOK - F, N.S. 3BR. apt. \$200/mo. includes bath, parking, storage, large yard, close to Portland. 854-2935.

WESTBROOK - Share 3BR. hardwood floors, large, sunny, kitchen, price negotiable. Call 854-4274/596-0962.

WESTBROOK - Rent an apartment as big as a house. Amenities abundant. \$650/mo. heat included. 854-2819.

WESTBROOK - Sunny, 1BR, 2nd floor, quiet neighborhood, H/W, off-street parking, storage area. \$495/mo. 854-1583.

WESTERN PROM - 3BR., spacious living room & kitchen, private entrance, parking, roof access. Call 871-7574.

WOODFORDS - Cozy, sunny studio, large yard, quiet street, parking. Available immediately. \$325/mo. H/W included. 761-0152.

USM - Female preferred. Beautifully furnished, homey atmosphere, safe, executive neighborhood. \$75/wk. \$300 security. 773-8206.

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## apts/rent

CHARMING, COZY EFFICIENCY APT. for N.S. single person. Recently remodeled bedroom, kitchen/dining area, bath. Situated in quiet, beautiful, old Victorian professional building. Corner of Deering & Main Streets. \$350/mo. includes all util. & off-street parking. 1mo security, 1yr lease. No pets. \$18,000 gross income ceiling. Call Paul 874-1140, ext. 293.

INTOWN - Cheap rent for good tenants. Large, sunny, 2BR, hwd. flrs, 2PPL, heat, hot water, security deposit. 761-4226.

Located in the Historic Old Port District - Offering cozy 1BR apt. w/funny floor plans. Equipped with dishwashers, disposals & on-site laundry. \$425-\$450/mo. +util. Old Port Arms, 56 Exchange St. To schedule an appointment or for further info call Sharon at 774-7175.

QUEBEC ST. - Nice 2BR condo, spacious, well-lit, off-street parking. Well-maintained building. Available 5/1. \$550/mo. +util. 772-8784.

STATE STREET - Watch the Scotia Prince & city views from these 1BR & 2BR/DR apartments. Some w/balconies, ceramic baths. All have large, sunny windows, overlooking hardwood floors & great H/W with on-site laundry. Call 9-4 for weekly & Sat. showings. 773-1814.

WEST END - Elegant 4-room, 1st floor in Victorian row house. 12 ceilings, hwd. flrs, butler's pantry, brick patio, garden. \$650/mo. heated parking. 874-6940.

WESTBROOK - 3BR by park, 1st floor, off-street parking, W/D hookups, oil heat, quiet neighborhood. \$595/mo. +util. Sec. dep., references. 878-9442, leave message.

WATERFORD - Quiet, rustic summer rental on lake with basketball and tennis courts, canoes. \$800/2 weeks, \$1350/mo., \$2500/8 weeks. Call 583-4402 evs.

45+ ACRES: FIELDS & UNOPENED GRAVEL RIDGE. 35 miles to Bangor. \$59,900. Financing owner. (207) 942-0058.

PSYCHIC PREDICTIONS by DORA - Unveil the secret mystery of psychic phenomena. 35 years experience. 874-1942.

PSYCHIC READER helps in all problems. Call and talk!! 1-900-725-8000, ext. 5832. \$3.99 per min. Must be 18 yrs. ProCall Co. (602) 954-7420.

ROLLING: Permanently improves posture, flexibility. For general health, athletic performance, stress reduction, chronic pain & injury patterns. Gentle massage-like technique. 12 years experience. Julia Ireland, Certified Roller. 284-0047.

TOPCATS Nail Salon welcomes the arrival of COMPLEXIONS Skin Care Salon. Affordable prices/excellent care. 874-0929.

SMALL OFFICES in historic building, reasonable priced. Good for therapist, alternative health care provider. 772-6005.

DOWNTOWN PORTLAND OFFICE SPACE: Accessible Congress Street location. Economical 2,050sq.ft. and 2,500sq.ft. suites. Can be combined. Call David Robinson, Dirigo Mgmt. 871-1080.

OFFICE/STUDIO SPACE AVAILABLE: Share space in attractive, professional environment. 90sq.ft. - 155sq.ft. \$97-\$192/mo. +util. Conference room, fax, kitchen, elevator, parking available. Call Donna, 774-4977. 145 Newbury St., 3rd floor.

OFFICE SUITES FOR LEASE

Professional Office Building Offering:

- Excellent Downtown Location
- Some Rentals as low as \$120/mo. heated
- Some Suites w/ Ocean Views
- Secure Building

CobbleStone ASSOCIATES

(207) 772-2535

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## rooms/rent

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## art studios/rent

LARGE, LIGHT, AIRY, high ceilinged studio w/ panoramic views of Congress Street w/artist only environment. Lots of wall space, utility/darkroom. \$395/mo. includes util. ANOTHER large studio, \$295/mo. 799-7890 or 878-3497.

STUDIOS: ARTISTS ONLY BUILDING. All inclusive. Tin ceilings, artists sinks, high energy environment. Darkrooms/suites w/views. \$75-\$300/mo. 878-3497.

WORKING STUDIOS: Sunny, private, lights heat included. 400 sq. ft. 317 Cumberland Ave. 772-6527.

## real estate

FORECLOSED AND REPOSSESSED Homes and government HUD, RTC, IRS, DEA, and other government properties. Listings for your area. Call toll free! 1(800)436-6867, ext. R-1553.

REDUCED! EASTERN PROM AREA - Three 7-room units. Owner occupant opportunity. \$110,000. Will cooperate w/brokers. 1-363-6236.

SCARBOROUGH - Nice neighborhood, convenient location. Attractive inside as well as outside. 4BR, 2-bath, Payne Rd. to Puritan, to #3 Lampighter Lane. \$139,500. 883-9696.

SCARBOROUGH - Sunny, 4BR family neighborhood, convenient location. Great condition throughout. \$99,500. Must see! Call 883-6914.

WANTED: 3BR HOME with owner financing or lease option. Please call Eric. 247-5999 evs.

## condos for sale

OAKVIEW - Huge 2BR condo with hardwood floors, heat and HW included in monthly fee. Easy financing. \$32,000. Kathy Phillips, Bay Realty. 775-3838.

WEST END - Spacious 2BR condo with attached sunroom and low heating costs. Why pay rent when you can own for less? Owner financing available at \$64,900. Kathy Phillips, Bay Realty. 775-3838.

## land for sale

45+ ACRES: FIELDS & UNOPENED GRAVEL RIDGE. 35 miles to Bangor. \$59,900. Financing owner. (207) 942-0058.

## mobile homes

\$18,995 - \$950 DOWN, 180 at \$203. "1994" 70, 3BR, 1.5 baths, walk-in closets, lovely snack bar, 2-door refr., elect. range, deluxe carpeting. SS/storms, house-door, W/D plumbing, oil furnace, vaulted ceilings. APR 10.75% Open 9-7 Sunday 10-5. (1 mile from turnpike) LUV Homes, 1049 Washington St., Rt. 202, Auburn, ME.

LAST CHANCE to get a 4BR, 60x28 Fleetwood at \$39,995 and if you have your own land, no money down! (207)786-4018, Daily 9-7, Sunday 10-5. LUV Homes, (1 mile from turnpike) 1049 Washington St., Rt. 202, Auburn, ME.

MARC SAYS "If you want a home, and have had trouble getting financing, come in and see me. I've been very successful in solving financial problems and you could be in your new home next week!" (207)786-4018, LUV Homes, Rt. 202, Auburn, ME.

NEW! GIVE AWAY! \$10,500! 14x70, 2BR's, all large rooms, very good condition. Laura Byrher, ERA Home Sellers, 774-5766/pager 759-4231.

ASTROLOGY & PSYCHIC - Horoscope, Zodiac Readings by Maria. Major changes now-Spring 1994. Appointments. 775-3865.

DEEP MUSCLE MASSAGE - Karen Austen, M.A., L.M.T., Licensed Massage Therapist. Alleviate chronic backaches, headaches, neck and shoulder stiffness, sciatica, stress, improve flexibility, muscle tone, circulation, athletic performance. By appointment. 865-0672.



# The Best of Real Estate



**South Portland** - Unique owner-occupied 2-unit restored with charm and character. Wonderful backyard and neighborhood close to beaches. New windows, roof and updates... Asking \$114,467

**Adelle Aronson**  
773-1990

Mark Stimson **REALTOR**



**New Listing! North Deering** - Classy Contemporary. Proudly offering this fantastic 4 BR, 3 bath, 8 year old home in one of Portland's finest family areas! Great schools & close to all amenities... \$230,015

**Adelle Aronson**  
773-1990

Mark Stimson **REALTOR**

**NEW CONSTRUCTION**

★ **Scarborough**  
Colonial - 2 car, fireplace, new Oak Hill... \$157,000

Cape - Country porch, 4 BRs, garage... \$148,000

★ **South Portland**  
2,500 sq. ft. Colonial - 3 story, fireplace, 2 car... \$204,000

★ **Cape Elizabeth**  
80,000 sq. ft. lot... \$45,000

**Diane O'Reilly**  
773-1990 ext. 181, pager 758-5630

Mark Stimson **REALTOR**



**YARMOUTH**  
Need Help with Your Mortgage?

A wonderful opportunity to rent either first floor retail shop or two level apartment... a very unique & charming property. \$129,900.

**CONNIE BEST**  
846-6429



**Ideal Commercial - Residential Opportunity.**  
Store (office, gallery, studio) with 4 BR two-story apartment. Tin ceiling & walls, wainscot. Off street parking, backyard. (2) 100 amp service. Assumable \$60,000. By owner. 879-0964.

**BETHEL/SUNDAY RIVER**

Excellent selection of residential and commercial properties. Motel, B&Bs, Country Store. Many possibilities.

Call (207) 824-2771

**Mahoosuc Realty, Inc.**



The first time you list a property, it's only \$28 complete with photograph! Reruns are only \$16! To list your house with Casco Bay Weekly call 775-1234.



**REAL ESTATE AGENTS!**

**SHOW OFF YOUR BEST!**

The Best of Real Estate is a weekly feature in Casco Bay Weekly. The first time you list a property, it's only \$28, complete with a photograph! Reruns are only \$16! To list your house call 775-1234.

## garage/yard sales

FREEMPT, 18 West Street, #7, 4/2-3, 8am-12n. Furniture, mens clothing, books, CDs, videos, baseball cards, oak bar, RC radio/cars, Nintendo. 865-6867.

## give away

KITTEN - Female, almost 6mos, black & white spotting. Black & white female, almost 1 yr old. Both spayed. 772-4698.

## wanted

BUYING ANTIQUES, OLD DECAYS, pictures, old toys, lamps, chest of drawers, anything old. Attics & basements our specialty. Top dollar paid. Guaranteed. 761-0193.

TUCKER'S USED FURNITURE - 235 Congress St. Buying/Selling used furniture in good condition. Bureaus, tables & chairs, dressers, couches and bedroom sets. Also some used appliances, antiques, housewares. Call 761-0193 or 878-3062.

USED CONGA DRUM - Full size with 10" 11" diameter head. Wood or fiberglass also. Call Carl at 772-6699.

## arts & crafts

MAINE EMPORIUM, CLOSING! Up to 50% off! Call for store hours. 85 York Street, Portland. 871-0112.

## music

P.A. - 700 watts, very loud, clean. Digital amplifier, 8-channel mixer. Blamp. Call Stephanie, 775-6601.

PIANO SERVICE - Professional, registered technician - Joseph's Piano Service. Joseph Bacica, RPT. PTG Member. 883-0010/(800)924-9085.

## wheels

**AUTO INSURANCE AGENCY, LTD.**  
CALL FOR QUOTE  
**761-7000**

**AUTO, MOTORCYCLE A.T.V., R.V. MOTORHOME MONTHLY PAYMENTS**  
242 ST. JOHN ST., #144  
PORTLAND

**PROGRESSIVE**  
"SPRING" FOR TWO 1976 TR-7 TRIUMPHS. To drive or parts. \$2,300 for pair. Bruce 775-6189.

"RUN YOUR WHEELS 'TIL THEY SELL!" For \$25 The Sure Sell will advertise your car until you sell it. Call 775-1234 to place your ad. Visa/MasterCard accepted.

BUICKSOMERSET LIMITED 1985-V6, loaded. Desperate! Make me an offer on this great car! 865-6027.

## wheels

**WHEELS DEAL OF THE WEEK:**  
SAAB 900 TURBO 1980 - 5 spd., 5 door, sunroof, high miles, very clean. \$975. 871-0308.

**WE'LL RUN YOUR VEHICLE 'TIL IT SELLS WITH THE WHEELS DEAL. 15 WORDS. 525 CALL 775-1234**

CHEVY 1/2 TON PICK-UP, 1983-4x4, Fisher, 4 door, 43K miles, cap, Am/Fm. \$5000/B.O. 839-6675.

CHEVY CAMARO 1987-V6, auto, 1-top, AM/FM cassette, 87K, exc. cond. \$3,900. 885-8932.

CHEVY CAMARO, 1985 - Maroon, 305-auto, 11/cruise, new brakes, rotor, tires, shocks, exhaust, sticker. Good condition. 89K. \$2,200. 761-3806.

CHEVY CAVALIER 1987-2 door, auto, Am/Fm. Original owner, clean, great in snow. \$2,800/B.O. 767-6182.

CHEVY CUSTOM DELUXE VAN, 1982 - Two-tone, good condition, needs TLC. \$2,300. Call Darrell, 767-4705.

CORSAIR 1989-20 trailer, 5, antenna, awning, used approx. 5 times, like new. Asking \$8000. 883-6640.

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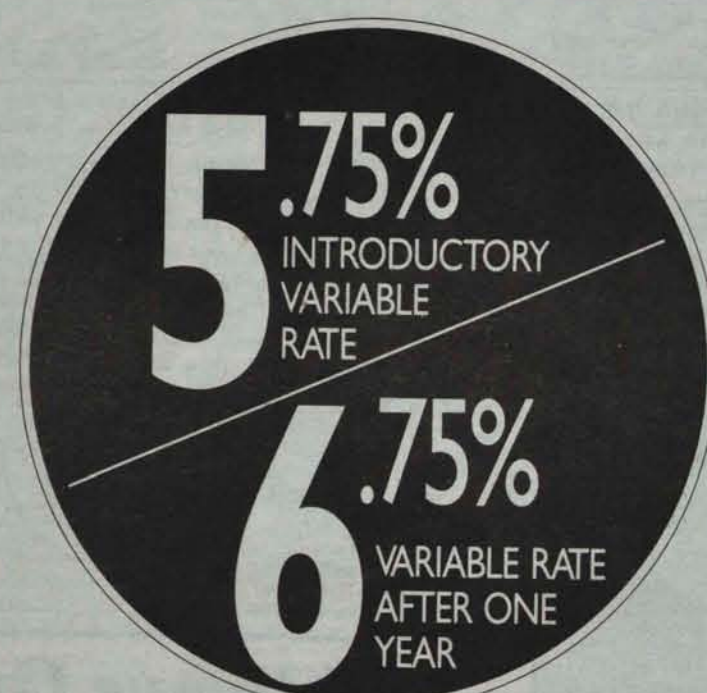
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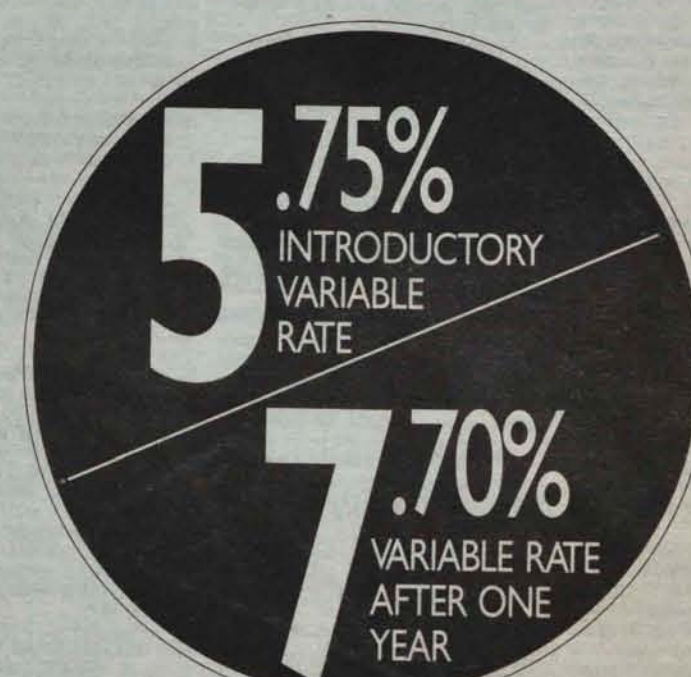




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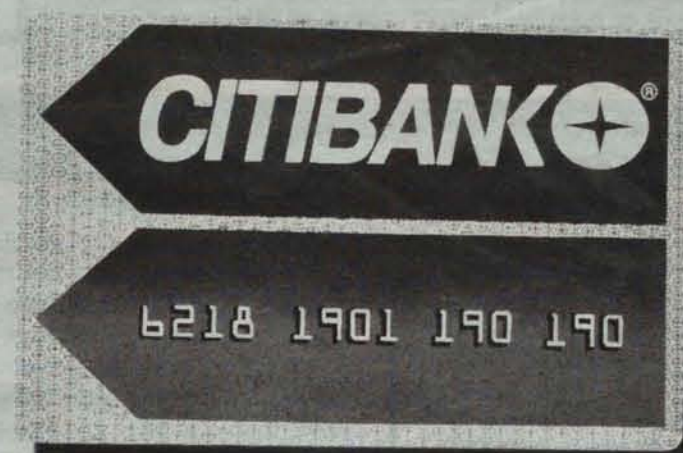


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