

7-5-1990

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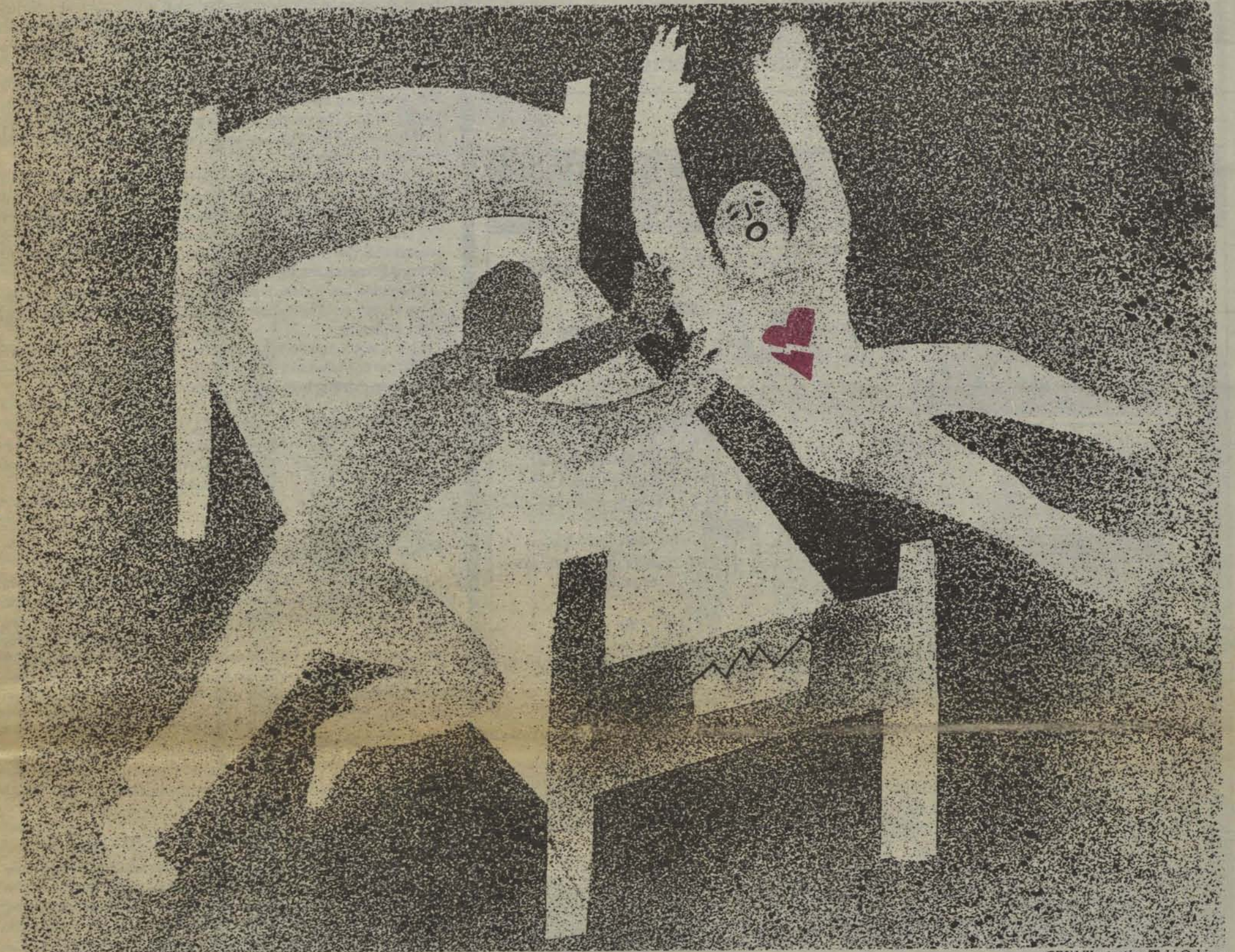


# Casco Bay WEEKLY

Greater Portland's news and arts weekly

JULY 5, 1990

FREE



CBW illustration/Toki Oshima

## Reaping profits, dumping patients

*The U.S. health care system is sick. National health insurance is the cure.*

By Stephanie Wasserman

An average of 300,000 uninsured patients are "dumped" each year from private hospitals that are no longer willing to assume the cost of caring for them.

Most of those dumped are among the 37 million U.S. residents who have no

health insurance. An estimated 53 million more have inadequate health insurance, leaving them vulnerable to long-term illness or serious injury.

Dumped patients often end up in public emergency rooms, some of them in critical condition from ailments which began as minor problems. The public

health-care system ends up spending more money treating these critical patients than it would have spent treating those people the first time around. The price paid by these long-suffering patients is even greater.

Patient dumping is just one of many alarming consequences of this country's

profit-dependent health-care system. And it is just one more reason that an increasing number of doctors and politicians are calling for a "cradle to grave" national health-insurance program similar to that run by the Canadian government.

Continued on page 6

### QUARTERLY WELL NESS REPORT

#### Cheap health care

You don't have to be flat broke to fear the expense of getting sick. Health care costs so much that it threatens everyone who doesn't have a top-notch insurance policy.

As a result, many people put off seeing a professional until their condition is unbearable.

Don't put it off. There are more than a dozen places in Greater Portland where professional health care is affordable — or even free.

See page 7

#### Health hoaxes

No one believes everything they read in the supermarket. But who would have thought Aunt Jemima would deceive us?

See page 10

#### Frustratingly fat

Each year has its best-selling diet — because last year's diet didn't work. The good news is that you can lose weight while maintaining your bank account and your sense of humor.

See page 12

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PUZZLING PUZZLE page 27

JULY 5, 1990.



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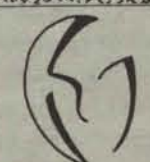
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## VIEWS

### "An existing right of way"

Bil Patric's piece on the Maine Turnpike was well researched (CBW 5.31.90). As I read the piece, several thoughts came to mind.

The Turnpike Authority is committed to traffic management options. For the past several years we have offered 549 commuter parking spaces of 16 lots and we continue to promote ride sharing, car pooling and traffic information announcements. We do not see the additional lane as being in conflict with the return of passenger rail or other mass transit options.

The widening itself will cost around \$50 million, which is considerably less than the \$100 million plus price tag of the new Million Dollar Bridge. The people who are paying for the turnpike expansion, the users of the highway, are overwhelmingly in support of the two lane improvement.

Too much credence is being given to the Mainewatch study. It is a "literature search" of ideas that have not been applied to many places. The suggestion that the addition of one lane in each direction will further alter Maine's rural character is too simplistic. Few have argued that the present turnpike has played a major role in the changing rural character of our state.

The public has had multiple forums for expressing their feelings about his project. The legislature and the Governor have approved of the widening.

This is not a cure-all for people who object to cars being such a central part of Maine and American life. This is a one lane improvement of an existing highway on an existing right of way.

*Paul Violette*  
Paul Violette  
Executive Director  
Maine Turnpike Authority

### 'Pike widening: "go for it"

I can't agree with Sarah Conley of the Sierra Club that "more turnpike will mean more cars" (CBW 5.31.90). I find it hard to believe that tourists are staying out of Maine because the turnpike is only two lanes wide. Can you picture them saying "Oh boy, we can go to Maine now, they have a three lane highway"? It's inevitable Maine will have more cars in the future, with or without the turnpike being wider. A wider 'pike means the traffic will be spread out more with less congestion. I say go for it.

*Brian Whitney*  
Brian Whitney  
New Gloucester

### Police "do not respect" community

On June 11, I was walking along Middle Street, preparing to cross the Franklin Arterial. As I drew even with the police station, which was on the opposite side of the street, some dozen or two young men, whom I took to be police officers coming off duty, were walking down the front steps and descending the ramp to the underground garage, talking among themselves. Two young women in shorts were walking by, and I couldn't help looking across and making a face when the hooting and whistling started. The women walked quickly on, apparently embarrassed. I was annoyed, but the best was yet to come.

From where I was, I could hear two of the men going into detail about the good and bad points of one of the women. Then, one of them unmistakably said, "Well, at least she's better than that fag across the street there." I was all alone on the sidewalk. As they disappeared down the ramp of the police station, I felt my ears and scalp burn.

How can the members of the Portland Police Department hope for the respect of the community they claim to protect, if they do not respect that community?

*Joseph Chonack*  
Joseph Chonack  
Portland

### "Unborn have no choice"

If abortion is a choice, then we should have a choice in November: Andrew, Emery or stay home and not vote. Remember this is a free country. No one can make you vote. In some countries you vote or the police will beat you to death.

Don't let these politicians take your free choice away. Abortion is and should be an issue because the unborn have no choice.

*Bill Harrison*  
Bill Harrison  
Portland

VIEWS are opinions. Your views are here, and sometimes ours. Please be brief when you write, and please include a phone number (which will not be published) so that we can verify your letter. Mail to: VIEWS, Casco Bay Weekly, 187 Clark St., Portland, ME 04102.

## Casco Bay Weekly

Casco Bay Weekly is an instrument of community understanding.

July 5, 1990  
Volume 3, Number 27

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Casco Bay Weekly is published by Casco Bay Weekly, Inc. Dodge D. Morgan, president.

Entire contents © 1990.

Casco Bay Weekly  
187 Clark Street  
Portland, ME 04102  
207 775 6601  
fax: 775 1615

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## NEWS & UPDATES

A review of Greater Portland's top news stories: June 25 to July 2.

**"The economic tide's going out and it's taking all the ships with it. Some ships are dingies, other ships are cabin cruisers, other ships are battleships. Maine Savings is a dingy and probably will not survive. But People's clearly is a cabin cruiser and they'll be able to weather it."**

Gerard Cassidy,  
Financial Analyst

Last week found local banks lumbering through the storm, embargoed club owner Herb Gideon banking on a plan to replant his Tree Cafe, Maine Yankee workers weathering radiation, a member of Governor McKernan's staff fretting over a sea of appliances and feisty Portland boaters being clocked for speed...

### People's Heritage loses \$20 million

People's Heritage Bank announced that their non-performing assets rose by \$20 million during the last quarter (read: The people they loaned money too are stiffing them out of \$20 million). But the bank is still likely to turn a profit this quarter or break even, according to bank officials and experts. Gerard Cassidy, a financial analyst with Tucker Anthony Inc. in Portland said that People's has less than half the amount of non-performing assets as Maine Savings Bank.

### Maine Savings to sell more branches

Maine Savings Bank, subsidiary of The OneBancorp, will sell two more of its branches. The bank is steering toward meeting a mandate by a federal agency that it "downsize," but a local expert predicts that the bank still is likely to sink. Maine Savings will sell its Bath and Camden branches. Maine Savings Bank President Roy P. Hibbian said in a prepared statement that the sale would be "in line with the objectives of our plan to downsize Maine Savings and increase its capital ratio."

But Portland financial analyst Gerard Cassidy said that the sailing is not smooth for Maine Savings. Cassidy said that Maine Savings isn't selling assets fast enough relative to the increasing amount of bad loans (known in banking circles as "non-performing assets") that people aren't paying back to the bank. And unless the bank

can reduce the bad loans it has on board, Cassidy said that the Maine Savings won't weather the storm. "All banks are affected by the downturn in the economy," said Cassidy. "But by no means are they anywhere near Maine Savings." Much of the dead weight the bank has on board results from bad commercial real estate loans. Cassidy predicted that reorganizing alone won't save the bank, but that the economy has to "cooperate," too. Maine Savings losses totalled \$144.7 million last year.

### Bank may sell Tree Cafe at auction

When things get really rocky for a bank, a federal agency called the Resolution Trust Company (RTC) takes it over and tries to steer it toward solvency. The feds try to make the non-performing assets into performing ones. That's what happened when the feds took over the American Federal Bank in Sanford, which in turn foreclosed on local music club The Tree Cafe in March for not making mortgage payments (CBW 3.22.90).

American Federal doesn't want to run the Tree, but hasn't found a buyer for it either. So the RTC plans to sell the building at public auction on July 17. Fred Cobb, the Federal official overseeing American Federal, said that the bank hopes to sell the bank for at least \$210,000, the amount that it is owed for the loan. But Cobb said that the bank may settle for a lesser amount since they are anxious to get rid of the Tree.

Herb Gideon, the embargoed owner of The Tree, said that he "doubts there will be any bidders at the auction... A bidder would need to have his head examined." Gideon said there are unresolved problems at The Tree that hurt the bank's chances of selling it. One problem is the recent revelation that part of the Tree rests on property owned by Portland School of Art, potentially an ugly court mess. Another problem, according to Gideon, is that an institution other than Sanford Bank claims to have a lien against all the property inside The Tree. Cobb maintains that Sanford has the lien on The Tree inside and out, and can sell it legitimately.

Gideon, meanwhile, is working on what he called "a very solid plan" to replant the Tree. He said investors have already committed more than half the money needed to repay the bank and "re-launch the Tree bigger and better than before." The plan "would have

come together by now, but in this economy it's been difficult." Assuming no one buys The Tree on July 17, Gideon expects his plan to crystallize this summer.

### Maine Yankee workers exposed to radiation

Maine Yankee Atomic Power in Wiscasset was recently charged by the U.S. Nuclear Regulatory Committee (NRC) with four safety violations after three workers were exposed to radiation. The violations include "failure to follow radiation protection procedures" and "failure to perform radiological surveillance," said Executive Director of the Maine Nuclear Referendum Committee Richard Moldaver. The safety program at Maine Yankee failed to protect the workers and resulted in their overexposure, he said.

"The workers received more than planned, and it had to do with the way they were positioned when doing work," said Pat Dostie, the Nuclear Inspector at Maine Yankee. He renounced the rumor that one worker received the maximum dose of radiation allowed for one year which would prohibit him from work until 1991.

The plant may face fines and a mandate from the NRC to tighten safety programs, said Moldaver.

### Big-item buyers face \$5 fee

Mainers buying major pieces of furniture such as mattresses and dinette sets or big appliances such as stoves and refrigerators now have to hand over an extra \$5-per-item "advanced disposal fee" at the store. Denise Lord of the fledgling Maine Waste Management Agency said the new fee is expected to raise \$5.5 million yearly, which will go toward state recycling programs. When it approved the comprehensive solid waste bill last year, Maine's legislature had mandated fees that were higher and that would apply to smaller components such as stereos and TVs. But following an uproar by Maine merchants, the law was amended to include only larger items and impose only a \$5 fee. But even after the compromise, Lord said that merchants are still livid: "I'm waiting for appliances to be unloaded on the Blaine House lawn." The law went into effect July 1.

### AIDS test request doubles

The number of people requesting an AIDS test at the Portland public health clinic has doubled in the last year and is expected to continue to rise, said Portland Director of Public Health Meredith Tipton. The number of people who have tested positive for the

HIV virus remains at approximately one percent and is not expected to rise, she said.

### Alcohol penalties finger wait-staff, store clerks

A new state law requires that servers share liability with store and bar owners for serving or selling alcohol illegally. Maine Director of Liquor Enforcement John Martin said bartenders, wait-staff and store clerks will be fined between \$50 and \$300 for serving or selling to a minor, to someone visibly intoxicated or to someone before or after hours. "The licensee will still be summoned to the Administrative Court, but now he will bring the alcohol server, too." In the past, the owner was held solely responsible for such violations, but 85 percent of the time it is the server who actually committed the offense, said Martin. "All we are doing is holding everyone accountable," he said.

### Speeding drivers face stricter fines

In an effort to crack down on repeat violators and identify problem drivers more efficiently, the state has revamped the entire traffic demerit system, said David Costello, spokesperson to the Secretary of State. Changes are expected to punish habitual violators while not dramatically affecting others. "For 95 percent of Mainers who drive well, they will not really notice any changes," said Costello. All Maine drivers' existing demerit points were erased when the new computerized system was instituted July 1, giving everyone a clean slate.

Repeat offenders will be issued a 120-day license suspension under the new system. Major violations, which include drag racing, eluding police, leaving an accident, passing a stopped school bus and driving more than 30 mph beyond the speed limit, will result in 30- to 90-day suspensions. In the past the violations carried a 10-point demerit, but not license suspensions.

Minor violations will carry between two and six demerits and drivers who rack up more than 12 demerits within a year will be issued a 15-day license suspension.

### Speeding boaters face radar, fines

"We're not going to hide behind piers," said Portland Harbor Master Alfred Trefry about his new speed radar gun. "But if they're going fast, we'll clock them on the radar and give them a warning." A boater who has been warned and gets clocked speeding a second time will get dragged into court and faces a \$100 fine. The fine isn't new, but Trefry said Portland's speeding law

had no teeth because he had no verification of the speeding. Last summer he handed out 1500 warnings for speeding but said that nobody seemed to slow down. The speed limit is 5 mph around the piers and docks, 10 mph in the channel. Boaters who think they can beat the system with a radar detector should think again—the radar gun is an instant-on model that is detected only too late.

Reported by Deborah Fuller  
and Andy Neuman

## WEIRD NEWS:

Florida's Department of Natural Resources have recommended banning tourist attractions where customers pay to get into the water with captive bottle-nosed dolphins because adult males sometimes become sexually aroused and make sexual overtures to humans, including physical aggression and other aspects of the mating ritual. In a recent incident, a Miami legal secretary says that soon after she entered the water, she noticed one of the dolphins rubbing against her in an unmistakably amorous way. "He liked me a lot," she recalls. Suddenly the 700-pound animal spun her in the water and swam across her back. "I'm going, 'What the hell's going on? Get him away from me!' I was really scared."

Researchers at the University of Florida are blasting simulated jet engines through barns to see how the noise affects pregnant horses. The Air Force is funding the \$100,000 project.

A committee at Louisiana State University Medical Center has voted to let researchers there continue shooting anesthetized cats in the head as part of a \$2 million Defense Department study to learn how to return brain-injured soldiers to active duty.

Pennsylvania has outlawed the widespread practice known as back-hauling in situations wherein trucks carry waste in one load and food in the next. It is the first state to pass such a law.

In Llano, Calif., 69-year-old Alcide Chaisson was charged with using a 4-foot-square mirror to reflect blinding sunlight at pilots who flew over his desert home near Crystalair Airport, including during landings and takeoffs. Chaisson told authorities the small planes buzzing over his trailer drowned out his radio.

In Atlanta, U.S. District Judge Charles Moye overturned a death sentence for a murderer because the jury that convicted him 10 years ago had asked for a Bible during deliberations.

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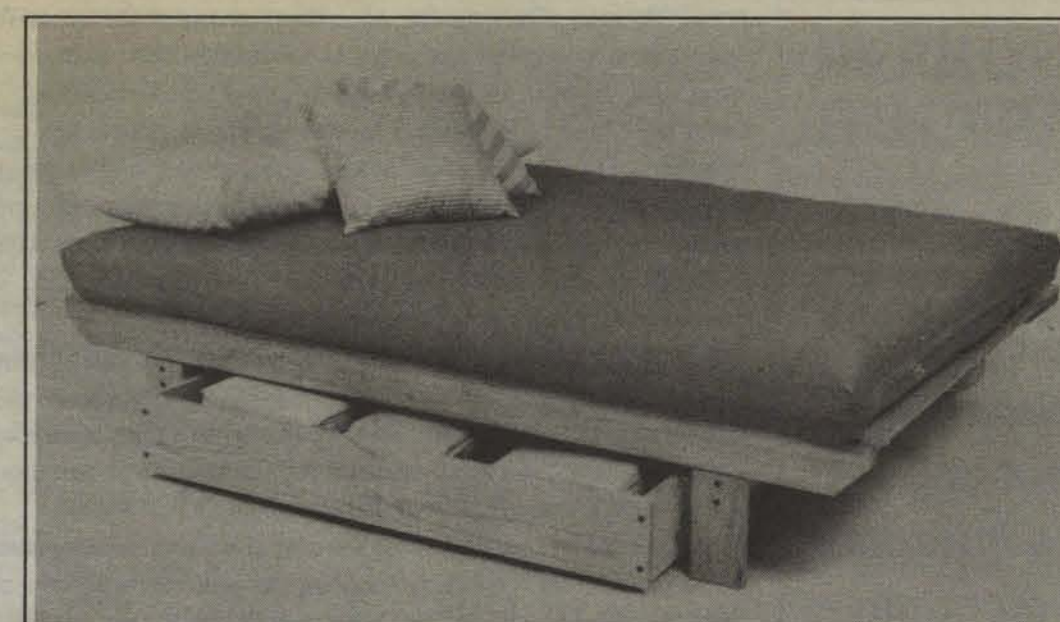
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## QUARTERLY WELLNESS REPORT

*The number of Americans without any health insurance is greater than the entire population of Canada.*

### U.S. HEALTH CARE: REAPING PROFITS, DUMPING PATIENTS

Continued from front page

As rescuers pulled one elderly woman from the rubble of the San Francisco earthquake, TV newscasters covering the event said that although they did not know the extent of the woman's injuries, she seemed in high spirits. From the stretcher she had "joked" about not having health insurance.

While this woman undoubtedly received care regardless of her ability to pay, many other Americans are not as fortunate. At last count 37 million people in the U.S. lacked health insurance—making the number of uninsured Americans greater than the entire population of Canada. Two-thirds of these people are members of families in which at least one person is a full-time employee. While the number of uninsured has risen by one million each year since 1980, an estimated 53 million others have inadequate coverage, leaving them vulnerable to catastrophic out-of-pocket health-care expenses.

For these people, the burden of paying for health care remains an overwhelming cause for anxiety—even at times of life-threatening danger. One startling figure suggests that this anxiety is not unfounded. An average of 300,000 uninsured patients are "dumped" each year from private hospitals that are no longer able or willing to assume the cost of uncompensated care. These patients often end up in public emergency rooms, some of them in critical condition from ailments of injuries they left untreated. In an era in which public hospitals are increasingly more difficult to find and cost-containment measures in all hospitals encourage the early release of even paying patients, patient dumping represents one of many alarming trends that have resulted from profit-dependent health-care system.

#### A profit a day

Measuring the success of health care in terms of bottom-line figures rather than the delivery of services has encouraged some doctors to perform expensive, often unnecessary procedures. It also has encouraged spending on health-care advertising, as well as the construction of new hospitals or wings in areas where the demand for services has already been met. At the same time, access to care for the majority of the population has decreased, adversely affecting the national health status. The National Center for Health Statistics reported that in 1985, 37 percent of all deaths in the U.S. were caused by heart disease—a condition that is widely considered to be preventable.

The trend of decreasing health-care access is particularly important to the U.S. workforce, where workers traditionally

have relied on employer-based coverage for health insurance. In 1983 alone, U.S. corporations spent more than \$89 billion on employee health benefits, making them a major cost of production. Chrysler Chairman Lee Iacocca, for example, claims that health benefits for Chrysler employees, retirees and their families comprise more than \$700 of the cost of producing a car in the U.S. Yet in Canada, where citizens enjoy the benefits of a national health-insurance program, that cost is only \$223. In

*Canadians are not only happier with their health-care system, they also appear to be healthier.*

response to rising costs, employers in the U.S. have increasingly restructured health insurance benefits to shift greater financial burden onto employees in the form of higher deductibles, greater out-of-pocket expenses, less coverage or lower wages.

The strikes by the United Mine Workers against the Pittston Coal Group and the Communication Workers of America against AT&T are just two recent responses to cut-backs in health benefits.

According to Tony Mazzochi, a secretary-treasurer of the Oil, Chemical and Atomic Workers Union (OCAW), "All major labor negotiations are dealing with health care as a primary problem."

OCAW, long at the forefront of health and safety advocacy, recently joined forces with the newly formed Physicians for a National Health Program (PNHP) to support a "cradle to grave" national health-insurance program in the U.S. OCAW could have thrown its weight behind any of several existing health-care reform proposals, but Mazzochi says the union is backing the PNHP plan because it is the only one that attempts fundamental change.

Although details of the PNHP proposal have yet to be worked out, coverage would be universal and comprehensive, and would include all in- and out-patient care with unrestricted choice of providers, clinics and hospitals. A board of experts and community representatives would determine which services would be unnecessary. All out-of-pocket expenses, including co-payments or deductibles, would be eliminated.

Advocates of the PNHP plan point north to Canada for their role model. The Canadian government offers free, comprehensive health care to all its citizens, regardless of sex, race, creed, employment status or income. And despite the fact that the U.S. spends a greater percentage of its gross national product (GNP) on health care than Canada, Canadians are not only more satisfied with their health-care system, they also appear to be healthier.

In 1986 the U.S. spent 10.9 percent of its GNP on health care; Canada spent only 8.6 percent. In 1984 the U.S. infant-mortality rate ranked 18th among 142 nations around the world. In U.S. inner cities the rate is comparable to that of many developing nations. Canada that year ranked eighth. According to a Harris poll published last February, only three percent of the Canadians surveyed said they would like a health-care system similar to the one in the U.S. Sixty-one percent of Americans, however, said they wanted a system similar to the one in Canada.

#### Winds of change

The more than 2,000 members of the PNHP represent an important progressive sector of a profession traditionally anathema to any attempt to reform in the health-care system. This progressive element may hail the beginning of a new approach to medicine as costs increase and widespread public access decreases. Pervasive changes in the system have ended the reign of the American Medical Association (AMA) as a powerful organization able to dictate the form and content of the practice of medicine in the U.S. The AMA now claims a membership comprised of 42 percent of all physicians. In the '30s, 67 percent of all physicians were members of the AMA. But the benefits conferred from an organization supporting the activities of the private practitioner are no longer relevant as doctors turn to salaried positions with the rise of health maintenance organizations (HMOs).

Moreover, the current defensive practice of medicine, which requires detailed oversight by insurance companies and local peer-review panels of all clinical practice has inundated practitioners with growing administrative burdens. In fact, the Canadian system of guaranteeing fee-for-service payments through binding fee schedules negotiated between medical societies and provincial governments appears to be an attractive means of eliminating bureaucratic interference and getting on with the practice of medicine. Fifty-six percent of the doctors who responded to a survey by two researchers from Columbia Univer-

sity and the American Foundation for the Blind said they support nationalized health care, although of these, 75 percent believed most of their colleagues would disapprove.

#### A better plan

PNHP has, for several reasons, advanced the idea of free universal coverage over a proposal by Sen. Edward Kennedy (D-MA) that would require employers to provide health insurance to all full-time workers and their dependents. According to PNHP member Cecile Rose, the Kennedy bill and other similar proposals "create two classes of care—one for the employed and one for the unemployed." Rose says such proposals will likely result in differences in quality of care. Also, employer-based insurance does not address the administrative problems that plague our current system. Rose estimates that "\$50 billion per year (in administrative costs) could be saved" by eliminating insurance companies and streamlining the payment system. Furthermore, out-of-pocket expenses can function as barriers to access. A broad range of studies suggest that, at least for hospitalization, co-payments discourage necessary care, especially among the poor.

Under the PNHP plan, hospitals would be reimbursed for operating expenses on an annual lump-sum basis and would be prohibited from making profits or restricting services. Moreover, payments for capital costs would be separated from hospital operating costs and physician fees. According to the PNHP, hospitals under the current system have strong incentive to restrict services because equipment and buildings can be purchased with surplus funds from yearly operating budgets. By isolating capital costs from operating costs, rational resource allocation would be insured through regional planning. This mechanism would likely eliminate current inequities in resources that allow 300,000 hospital beds across the nation to lie empty each day.

Finally, the PNHP program would be administered by a public agency, and funds would be channeled through a single-payer system. The 1,550 private insurance companies currently responsible for administering much of this nation's health care consume about eight percent of their revenue in administrative costs. The Canadian government, on the other hand, spends only three percent of the revenues for its national health program on overhead.

Details of the funding structure for a national health-insurance program in the U.S. have not been worked out, but PNHP has suggested a basic framework. Funds could initially come from current federal allocations for Medicaid and Medicare as well as current state and local funds for health care. Employer contributions could be obtained by taxing them an amount equal to the amount they paid the previous year for employee health benefits.

#### Education for change

While other unions have recognized the importance of addressing the problems of health care, OCAW is the only union to take a stance on a specific remedy. But OCAW is not interested in relating the problem to its membership alone. Mazzochi says he sees organized labor as a "social movement."

Proponents of a Canadian-style health-care system in the U.S. recognize many of Canada's shortcomings. The inflationary nature of fee-for-services reimbursement has put strains on the health-care budget by encouraging excessive interventions. In response, the Canadian government has limited the total monies available for physician fees. Some provinces have raised the ire of medical communities by actually limiting physician incomes—although they remain comfortably high. Other Canadian providers are frustrated with constraints on capital spending that can discourage the purchase of new high-tech equipment. Canada's system also has failed to evenly distribute health-care personnel throughout the country, with most Canadian physicians preferring to practice in metropolitan rather than rural areas. And finally, while preventive care is available in Canada, it has not been systematically encouraged.

Despite these weaknesses, advocates of the PNHP proposal believe that a comprehensive and publicly mandated national health-care system remains the only viable solution to health-care problems in the U.S. These advocates do not represent a minority voice. Seventy-three percent of the respondents in a 1984 ABC/Washington Post survey said they supported a nationalized health-care system in the U.S. While vehement opposition is expected from some, one need only remember the acerbic debates about Medicare in the '60s and HMOs in the '70s to realize that the specter of the evils of "socialized" medicine can similarly be put to rest.

*Stephanie Wasserman has researched and written about health care policy for several publications. A similar version of this story first appeared in In These Times.*

## QUARTERLY WELLNESS REPORT

### CHEAP HEALTH CARE

You don't have to be flat broke to fear the expense of getting sick. Health care costs so much that it threatens everyone who doesn't have a top-notch insurance policy. As a result, many people put off getting health care until their condition is unbearable. This gnaws at the quality of their lives. And the longer health care is postponed, the more it is likely to cost the patient in the end. As the saying goes, "a stitch in time saves nine."

A year ago, Casco Bay Weekly writer Hannah Holmes assembled this list of places that offer dental, mental and physical health services at a discount. Since so many of you have requested copies of that back issue, we decided to reprint this condensed version.

Some of the places listed below charge a flat fee that is a fraction of the market rate. Some use formulas to decide how much you can afford to pay. Is there a hidden cost to cut-rate care? In the short run, you may find yourself sitting longer in the waiting room, or in the dentist's chair waiting for a supervisor to approve the work done by a student or intern. Or you may gag on red tape. Other than that, there should be no difference in the quality of the care you'll get.



### DENTAL

**Westbrook College Dental Hygiene Clinic**  
797-8999  
716 Stevens Ave., Portland (Seasonal)  
The Westbrook College Dental Hygiene Clinic is staffed with college students. The students may take up to three hours to clean your teeth, but you'll have a blinding smile when they're done. They also give you a fluoride treatment and a toothbrush. The students are supervised by a dentist. There are no income

guidelines. The charges for 1989-90 were as follows (they may go up next year):

Cleaning and fluoride treatment: 3-12 years, \$6; 13-61 years, \$10; 62-plus, \$6. Sealants are \$4 per tooth. X-rays are 50 cents each, or \$9 for a full-mouth series. Mouthguards are \$3.

Closed April to September, and mid-December to late January. The beginning of each semester is the easiest time to get an appointment.

**City Hall Dental Clinics**  
874-8300 ext. 8447

City Hall, 389 Congress St. Also: Reiche School, 166 Brackett St. and Riverton School, 1600 Forest Ave.

There are dental chairs at each location, and dental hygienists travel to them. They do teeth cleaning, fluoride treatment, and give you a free tooth brush with instructions! No x-rays, no diagnoses.

Fees are based on household income and number of dependents. Medicaid not accepted.

**Community Dental Health Center**  
871-2284

First floor Maine Medical Center, 22 Bramhall St., Portland

Services include just about everything a regular dentist's office would do: extractions, fillings, cleanings, some bridge work and root canals. No crowns. The staff is all licensed and, reportedly, very friendly.

The amount you pay is based on your total household income and number of dependents. Medicaid accepted. The forms take about 10 minutes to fill out, and you'll be told immediately whether you'll be paying 25, 50, 75 or 100 percent of your bill. Most people end up paying 50 percent, but even the 100 percent rate will likely be lower than in a private office.

Hours are 8-4:30 Monday-Friday, by appointment only. If you are in great pain, they'll try to fit you in.



### MENTAL

**Community Counseling Centers**  
874-1030

622 Congress St., Portland. Also: 267 Falmouth Rd., Falmouth and 29 School St., Gorham.

Community counseling centers and mental health centers are for people who want to invest in their mental health and well-being, but can't afford the \$65-\$100 per hour that counseling generally costs. (They are also for people who can afford it.) Through group, family and individual counseling, the centers usually offer help with issues like alcohol and drug dependency, depres-

July 5, 1990  
7  
sion, sexual abuse, pregnancy, employment and parenting problems, and more.

The Portland center is using a "focused treatment" plan, in an attempt to shorten the waiting list. You and your counselor focus on the problem you want to address, and you concentrate on it for 12 visits.

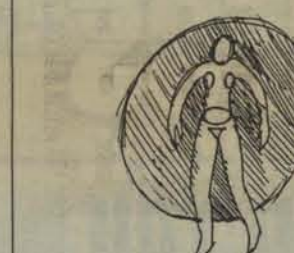
The centers charge on a sliding scale. The Portland center takes a lot into consideration, including your rent, medical, child support and other expenses. Medicaid accepted.

There is a waiting list of two months in Portland, the longer waits being for sexual abuse and home-based family counseling.

**Community Alcoholism Services**  
775-5671

82 Elm St., Portland  
Group and individual counseling for alcohol and drug abuse. Also for Adult Children of Alcoholics and co-dependency. Counseling is done by licensed substance abuse counselors and by interns. Waiting list for an intake interview is about eight to ten weeks.

Sliding fees are based on income and family size. Medicaid and insurance are accepted, but they don't pay the \$15 for the first visit. The top rate is \$100 an hour, half that for group sessions. However, services are never refused because of inability to pay.



### REPRODUCTIVE

**Family Planning**

874-1095  
500 Forest Ave., Portland 725-8264  
54 Cumberland St., Brunswick 282-6620  
49 Main St., Biddeford 324-9385  
243 Main St., Sanford  
Family Planning centers provide gynecological health services, birth control counseling and supplies. All care is given by nurse practitioners with special training in family planning.

A clinical exam (including a pap smear, pelvic exam and standard disease tests) ranges from \$10 to \$40, depending on income. Pregnancy test, \$5 to \$15. Oral contraceptives, \$3 to \$7 per cycle, diaphragms \$3 to \$8.

Portland: Monday through Wednesday 11-8, Thursday 8-5, Friday 8-11:30 a.m.

Teen walk-in hours: Portland: Saturday 9-noon. Brunswick: Monday 1-5. Reiche Health Station: Tuesday 6 p.m.-9. Munjoy Hill Health Station: Thursday 6 p.m.-9.

Continued on page 8



## To Perm or Not to Perm? VIDEO IMAGE HAIRSTYLING

- We'll show you new styles, new textures, new shapes and new exciting colors!
- View yourself in up to a dozen styles in one hour.



VIDEO IMAGING \$35

**Picture Yourself:**  
Image & Relaxation Center  
854-1365 Call for a free brochure  
12 Westbrook Common  
Westbrook, ME 04092  
Gifts certificates available!

## CASCO BAY TRADER

... Things Worth Having...

**JEWELRY** - New and Estate  
**ANTIQUES, PORCELAINS, OIL PAINTINGS**  
Exclusive dealer in Maine for  
**LEHMAN & LEE of SANTA FE** -  
Hand-made jewelry with  
hand-cut stones

**SELLING...BUYING...TRADING**  
Gold and Diamonds,  
Electronic Equipment and more  
486 CONGRESS STREET, PORTLAND  
774-8983

**DID YOU  
KNOW  
THERE  
ARE  
620  
MUSCLES  
IN YOUR  
BODY?**



YOU WILL AFTER THIS.

## STEP REEBOK

The first aerobic workout with muscle.

**JOIN NOW!** FULL  
MEMBERSHIP  
**6 MONTHS ONLY \$199**  
(REG. \$250)  
Good through 7/31/90.

NO INITIATION FEE... EVER!

**Portland Regency  
HEALTH CLUB**

20 MILK ST. - OLD PORT 871-7054

Continued from page 7

## QUARTERLY WELLNESS REPORT

### Women's Choice

874-1098  
500 Forest Ave., Portland  
Run by the same folks  
that run Family Planning,  
for women who make too  
much money to qualify for  
subsidized services. Fees are  
still about 30 percent less  
than market. Initial exam  
\$55, pills \$10 per cycle.  
Monday 9-5, Tuesday 11-8,  
Wednesday 9-8, Thursday 9-5,  
Friday 8-11:30 a.m.

### Sexually Transmitted Disease Clinic

874-8300, Ext. 8446  
Third floor of City Hall,  
389 Congress St., Portland  
A few area physicians  
take turns staffing the clinic.  
A flat fee of \$25 (Portland  
residents) and \$30 (non-  
residents) covers various  
tests, plus the medication  
for more common ailments.  
Syphilis, gonorrhea, chlamydia,  
trichomoniasis, yeast infections and  
venereal warts are covered  
under the fee. Herpes test  
cultures are \$22.50, but the  
culture isn't usually necessary  
for a diagnosis. Follow  
up visits are \$5.

Walk in only. Tuesdays  
and Thursdays 4-6 p.m.  
Fridays 11:30 a.m.-12:30  
p.m.  
HIV (the AIDS antibody)  
testing may be done separately  
in order to preserve  
anonymity and confidentiality.  
The fee of \$15 includes  
counseling before and after  
the test. For an HIV test  
appointment call 874-8446.



### KID CARE

There are dozens of  
prenatal and young-child  
services out there. The  
Maine Department of  
Human Services distributes  
a red booklet listing the  
resources available in  
Cumberland and York  
counties. Call 1-289-3311 or  
1-800-437-9300 for a free  
copy.

**Portland Child  
Health Clinics**  
874-8869  
(Portland residents age  
two weeks to 21 years.)  
Munjoy Hill, 134 Congress St.  
Monday through  
Friday 8-5.  
Reiche School, 166

Brackett, Mondays 1-5,  
Wednesdays 8-5.  
Riverton School, 1600  
Forest Ave. Mondays 8-  
noon, Thursdays 10:30-5.  
Walk-ins are 8-8:30,  
otherwise make an appointment.  
Three pediatricians  
provide services, and much  
of the care is given by nurse  
practitioners. In addition to  
physicals, check-ups and  
immunizations, they do  
various blood tests, head  
checks for lice, plus acute  
minor illness like ear and  
throat infections, rashes, etc.

If you make an appointment,  
you can fill out the  
forms and get treatment on  
the same day. Fees are on a  
sliding scale, based on  
household income and  
family size. Care is free for  
some, Medicaid recipients  
are welcome.  
Other communities  
cooperate with Community  
Health Services to provide  
well child and well baby  
clinics on a regular basis. A  
nurse from the service visits  
a community and does  
immunizations and screening  
for health problems. For  
a schedule, call your town/  
city hall or call Community  
Health Services at 775-7231  
or 1-800-643-4331.



## GENERAL CARE

**Community Health  
Services, Inc.**  
775-7231 or 1-800-643-  
4331  
98 Chestnut St., Portland  
Community Health  
Services runs a rolling road  
show of health care. They  
send visiting nurses out to  
hold community clinics, and  
into homes for people who  
can't get out. To get a  
schedule of well child  
clinics, adult health clinics  
in your area, call the  
numbers above.

The in-home nursing  
program is for people, from  
infants to elderly people,  
who couldn't live at home  
without some nursing care.  
Sliding fees for home  
care are based on income,  
family size, debt load and  
general circumstances. The  
clinics use a system of  
suggested donations.

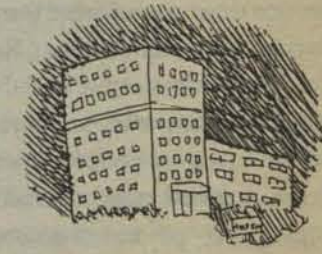
**York County  
Health Services**  
284-2556  
or 1-800-482-0971  
Industrial Park Road,  
Saco. Same services as  
above.

**Westbrook  
Well Baby Clinic**  
854-9157  
(Portland residents age  
two weeks to 21 years.)  
Last Wednesday of the  
month at the Westbrook  
Warren Congregational  
Church. By appointment.

Reiche School, 166

### South Portland Nursing Association

767-3326 (South Portland  
residents.)  
This agency provides  
home nursing care, physical  
therapy, occupational  
therapy and speech therapy  
by third party reimbursement  
(Medicare, Medicaid,  
Blue Cross, Blue Shield) and  
then on a sliding fee scale.



## HOSPITALS: THE LAST RESORT

Under Maine law, a  
hospital may not turn away  
a patient who can't afford to  
pay for care. While this  
ensures emergency health  
services to everyone, it  
leaves hospitals with big,  
unpaid bills.

The hospital may design  
a payment plan for you, or  
help you find other sources  
of health care dollars.  
For these financial  
reasons, as well as for the  
maintenance of your own  
health, hospitals really are  
the last resort.

**Maine Medical Center**  
871-0111  
22 Bramhall St., Portland  
If you do find yourself  
out of options and in need  
of medical attention, Maine  
Medical has it all.

The registration office on  
the ground floor will assess  
your financial status. There  
are only two categories: full  
price, or free. The hospital  
will set up interest-free  
payment plans.

**Maine Osteopathic**  
879-8030  
335 Brighton Ave.,  
Portland

**Mercy Hospital**  
879-3000  
144 State St., Portland  
Mercy runs a prenatal  
clinic for women who can't  
afford or don't have a  
private physician.

**Westbrook Community  
Hospital**  
854-8464  
40 Park Rd., Westbrook

**Parkview Memorial  
Hospital**  
729-1641  
Main Street, Brunswick

**Regional Memorial  
Hospital**  
729-0181  
58 Baribeau Dr.,  
Brunswick

**Southern Maine Medical  
Center**  
283-3663  
1 Mountain Rd.,  
Biddeford

# wellness directory

### acupuncture

**ACUPUNCTURE** 278 State Street  
Portland, ME  
Sheldon R.F. Ganberg 775-5020  
D. Ac., Dipl. Ac. (NCCA), Director  
Acupuncture, oriental herbal and  
dietary therapy for treatment of  
chronic & acute illnesses and injuries

### chiropractic therapy

**Chiropractic  
Natural Health Center**  
Dr. Karen Danko DC, ND  
holistic chiropractic  
naturopathy  
475 Stevens Ave  
Portland ME 772-5131

### clinics

**WOMEN'S CHOICE**  
health & family planning  
resources for women  
annual exams • pregnancy testing  
birth control • STD screening & treatment  
874-1099

### counseling

**Back Cove Counseling Center**  
Allison Basile, MEd, CAS  
specializing in eating disorders  
and dysfunctional families  
527 Ocean Ave  
Portland, ME 775-6598

**Back Cove Counseling Center**  
James Basile, MEd  
individual, marital & family therapy  
527 Ocean Ave  
Portland, ME 775-6598



**Lisa Bussey MA, CEDT**  
for eating and  
body image issues  
and women's issues  
232 St. John St  
Suite 220  
Portland ME 775-7927

**Intown Counseling Center**  
Lucy C. Chudzik  
treatment for addictions, ACOA  
issues and co-dependency  
477 Congress St  
Portland ME 761-9096

**Coastal  
Counseling  
Associates**  
substance abuse  
marital & family issues  
sexual dysfunctions  
772-5581  
adults, adolescents, children  
535 Ocean Ave  
Portland ME all insurance  
accepted

**Day One  
for  
Youth & Families**  
affected by alcohol & other drugs  
residential treatment family therapy  
839-6190 874-1045

**Donna Cacetta MS**  
individuals, couples, small groups  
issues of self-esteem  
2 Custom House Wharf  
Portland ME 772-6892

**Human  
Development  
Consultants**  
Bette Katskas Ed.D  
Diane Lemay Ed.D  
individual, group and couples  
142 High St.  
Suite 532  
Portland ME 772-6644

### counseling

**Naomi Kronlokken, MA**  
holistic counseling  
psychosynthesis  
polarity therapy  
142 High St  
Portland, ME 775-7798

**Barbara Loewenberg-Irlandy, MA**  
Certified Reality Therapist  
personal growth • depression  
grief • addictions  
day & evening appointments  
24 Victor Rd  
Portland ME 774-8149

**Kathleen McKuai MA**  
Jungian based  
Therapy for Women  
799-4927

services for changing families  
**S. Diane Paige, MA**  
divorce counseling  
828-0526

**Carrie Peterson MA, MS**  
self-esteem, relationships  
and ACOA issues  
individual, couples, groups  
50 Lawn Ave  
Portland ME 773-9625

**Sheila Sewall, RN**  
holistic counseling  
&  
psychosynthesis  
personal and spiritual integration  
775-3265

**Barbara L. Wilson BSR**  
Rehabilitation Consultant  
Starting soon: Group for Women  
survivors of incest  
48 Deering St  
Portland, ME 775-1771

### creative arts therapy

**Caroline Loupe, MA**  
Registered Dance Therapist  
Individual & Group Psychotherapy  
classes in Tai Chi Chuan  
& Authentic Movement  
871-8274

### fitness

**Stephen D. Anderson, MS**  
Personal Fitness Trainer  
Wellness Consultant  
16 Patricia Drive  
Cape Elizabeth, ME 767-5800

### INSIDE OUT

Complete personal exercise prescriptions  
to enhance your quality of life.  
**Diane Demos**  
Personal Trainer  
883-0153

**WORK HARDER**  
Jessica Lockhart  
Personal Trainer  
fitness designed especially  
to meet your needs  
783-8970

### geriatrics

**Marji Greenhut, MPS, ATR**  
Art Therapy for people dealing with  
issues of their own aging or the  
aging of family members  
Art Therapy groups on women's  
concerns also available  
833-6391

### health services

**NEED A DOCTOR?**  
Call the Maine Physician  
Referral Service  
1-800-439-2111  
A service of The Osteopathic Hospital  
of Maine

### herbal cosmetics

**DR. HAUSCHKA**  
Herbal cosmetic remedies using  
homeopathic principles. Heal  
through mobilizing the metabolic  
functions to your own skin.  
Patricia Palmero 761-0140

### massage therapy

**Christina A. Bauer**  
AMTA Certified  
professional therapeutic massage for  
the promotion of health and wellness  
Portland ME 761-1974

**Cristina Christensen RN, BS**  
Therapeutic Massage Associates  
therapeutic touch, energy work,  
acupressure (Jin Shin Do),  
facial massage  
222 St. John St workshops available  
Portland ME 774-2550

**Carol Fusco**  
massage therapy • aromatherapy  
touching the spirit, relaxing the body,  
calming the mind  
Windham, ME 892-7453

**Kimball Health Center**  
Beth Koehler  
therapeutic massage  
polarity therapy  
walk in balance with life  
Saco 284-9594



**Elizabeth London**  
massage therapist  
swedish massage • sports massage  
reduce stress and improve health  
774-6876

**Christina Lyons**  
massage therapist  
relaxation treatments for women in  
a convenient West End location  
AMTA member 775-2190

Loosen your limbs  
Strengthen your roots  
**Katherine Murray, RN**  
therapeutic massage therapy  
AMTA certified 883-1528

**Patricia Palmero, RN**  
Deep Muscle Massage Therapist  
Trigger Point, Pfrimmer,  
Swedish, German & Aroma  
Therapies  
761-0140

**Enriching Therapeutic Massage**  
Swedish • Acupressure • Escalon  
Nourishing and Relaxing  
**Pamela Richards, CMT**  
883-0315

### massage therapy

**Rebecca J. Stephens**  
massage therapist  
by appointment only  
797-8180

### nutrition

**NUTRITION COUNSELING**  
individual & family  
**Elizabeth Patten, MS, LD**  
865-1988

Experienced Nutritional Consultant and Certified  
Biochemist with a Masters in Holistic Health  
looking for association with Chiropractor  
or other Holistic Practice. I work with food  
allergies and organ imbalances using herbs,  
diet counseling and other holistic modalities.  
Pauli 892-9493.

### neuromuscular therapy

**Annie Bertland NMT**  
neuromuscular therapy  
an answer to pain  
by appointment 772-0965

**Deborah D. Cook**  
certified neuro muscular therapist  
specializing in pain relief  
head • neck • jaw  
774-0895



### psychotherapy

**Pamela L. Chubbuck, MA, CBT**  
Core Energetics • Bioenergetic Analysis  
holistic transpersonal therapist  
with 20 years experience  
dedicated to unifying  
mind • body • spirit • emotions  
846-0800

### publications

**Web of Light**  
Southern Maine's Only Paper  
on Wholistic Health and  
Personal Well-Being News  
LOOK FOR FREE COPIES  
IN YOUR LOCAL AREA  
OR CALL 625-7447  
TO FIND OUT HOW YOU CAN  
GET EACH MONTH'S COPY

**Portland Yoga Studio**  
Elaine & Francis McGillicuddy  
summer classes begin July 17th  
616 Congress  
Portland ME 797-5684

### shiatsu

**SHIATSU**  
**David S. Handwerker, RN**  
BSN, MS  
142 High St  
Suite 414  
Portland, ME 773-5581

**Louise Sims**  
Certified Shiatsu Therapist  
the balance of body, mind & spirit  
specializing in addiction recovery  
775-2701

### workshops

**Buddhist Meditation**  
Introductory Classes and  
regular meetings  
Portland area: Ginny 865-1677  
Southern NH:  
Aryaloka (603) 659-5456

**Healthy Beginnings**  
Classes for pregnancy & birth,  
breastfeeding & parenting.  
Mary Taylor 829-3362



**Robert W. Klotz, Jr.**  
Health Educator • Hypnotherapist  
Massage Therapist • Wellness Consultant  
success!  
"There is more to life  
than increasing its speed" 758-9915

**Joy of Recovery Through the  
Shamanic Experience**  
A weekend experiential workshop integrating  
modern recovery work with ancient Shamanic  
methods. August 3-5 at Rockcroft Lodge on  
beautiful Sebago Lake. For more info, call  
Acupuncture Health Care 775-9220 or  
Panther Star Nation, 883-4570.

**Introduction to  
TAI CHI CHUAN**  
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## QUARTERLY WELLNESS REPORT

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Healthy-sounding labels  
are sprouting up  
everywhere, but don't be  
fooled. The supermarkets  
aisles are brimming with...

## Health hoaxes

By Todd Oppenheimer

It's not news by now that foods or medical treatments suddenly touted as beneficial later turn out to be useless or, worse, dangerous. But so many of these regimens and elixirs are getting discredited these days that it's impossible to resist passing on the news. So, for the stimulation of your smile lines if nothing else, here are a dozen reversals, hoaxes and other assorted "health" outrages.

### Watching Weight Watchers'

Did you know that most of Weight Watchers' frozen dinners aren't nearly as good for you as 35 frozen dinners made by eight other brands such as Stouffer's, Armour or Le Menu? In a recent study by the University of California's School of Public Health, only two Weight Watchers' frozen meals (Filet of Fish au Gratin and Sweet n' Sour Chicken Tenders) rated as "highly recommended," according to their quantities of calories, fats, salt and protein.

Meanwhile, six Weight Watchers' meals were rated as only moderately recommended - they contained either skimpy levels of protein or excessive amounts of salt. The brands with the greatest number of highly recommended dinners were Dining Lites and Healthy Choice Dinners. Interestingly, only two of Stouffer's Lean Cuisines - Chicken Oriental and Filet of Fish Divan - got top ratings; 11 received no more than a moderate recommendation.

### Would Aunt Jemima deceive us?

Who would have thought Aunt Jemima would so deceive us? One would think her Homestyle Blueberry Waffles contain real blueberries - indeed, she lists "blueberry buds" in the ingredients. But with a little checking, the Center for Science in the Public Interest (CSPI) determined that the blueberry buds are made

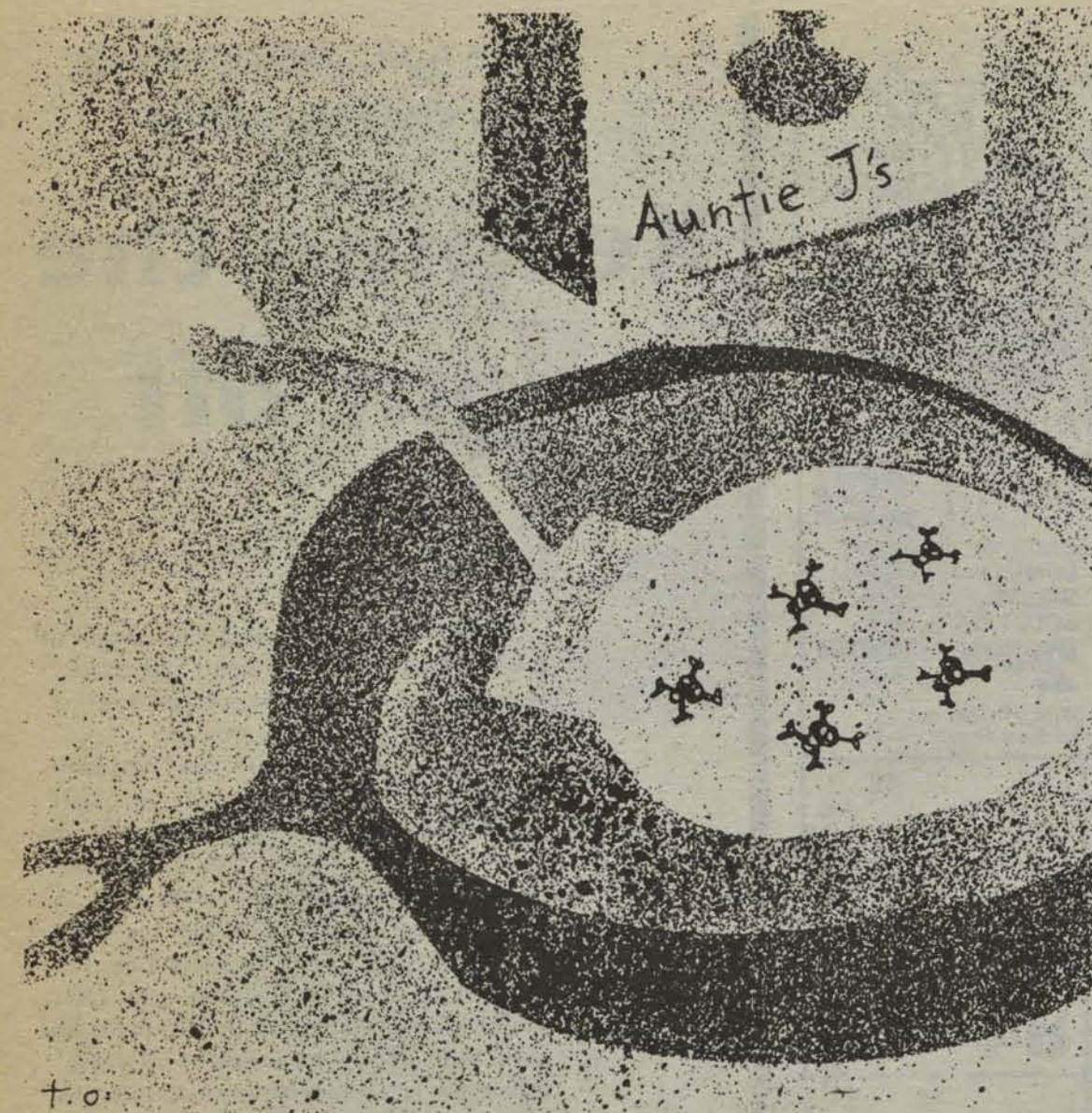
solely of sugar, dextrose, hydrogenated oils, artificial flavor, salt, citric acid, cellulose gum, "modified" soy flour, corn syrup solids, silicon dioxide, malic acid, sodium hexametaphosphate, blue dye number 2 and red dye number 40. "Some buds," the center concluded.

CSPI conducts a little study like this each month, to publicize foods that are particularly good, and particularly bad. I've been collecting the most

interesting of these studies for a while for a column like this, so you'll get a good dose of them today.

### Oscar Mayer's new poison: Lunchables

CSPI just reported that Oscar Mayer is promoting a new poison called Lunchables, a package of mini-sandwiches made of crackers, ham, balogna or beef and cheese, with a cookie for dessert. Upon examination, CSPI's lab discovered that the Lunchables have more fat than a Big Mac and some contain more salt than 15 slices of bacon. If you'd like to complain, CSPI suggests you call Oscar Mayer: 1-800-222-2323. Since you may be reluctant to try this meal, CSPI's tasters say the meat tasted like "salt-cured cardboard that had been glued together, and the cheese had the consistency of Play-Doh. The healthiest thing to eat in a box of Lunchables is the napkin."



Whoever thought Aunt Jemima would deceive us so?

CBW/Toki Oshima

### Salad Singles: salt and fat

Orval Kent, the company that invented a new packaged treat called Salad Singles, seems to think its doing a favor for the young and on-the-go by loading them down with salt and fat. The company's tuna salad gets 74 percent of its calories from fat - more than twice what the American Heart Association recommends in a meal. In fact, the tuna salad offers more than twice as much fat as protein. One salad also contains more salt than the new Recommended Daily Allowance: 500 milligrams. And the Crabmeat Salad, which consists primarily of celery and a fish called pollock, offers more mayonnaise, water and sugar than crabmeat. Remember, however, that many doctors believe that if your blood pressure is normal, generous doses of salt in your food will do you no harm. If in doubt, get your blood pressure checked.

### Light cupcakes and heavy snacks

Hostess is now offering a "light" cupcake through a brilliant sleight of hand. The new cupcakes contain less than half the fat of the old variety, and an average of 125 calories, compared with 190. The trick is the new "light" cupcakes are also smaller. Once for ounce, CSPI discovered, their fat and calorie levels are almost the same.

And a brand new hoax, Spicer's Natural Wheat Snacks for Weight Control, may not control weight as the company claims. According to the American Journal of Clinical Nutrition, the "major clinical study" the company cited as evidence of weight loss was too limited - and questionable - to prove its case.

### (And a few truly healthful foods...)

CSPI has found some truly healthful foods: Bloch & Guggenheimer's pickles (low in salt); Stouffer's "Right Course" (particularly low in fat, see first item); and Arrowhead Mills' corn chips and "Blue Corn Curls" (extremely low in both fat and salt).

### What's in that Big Mac?

Recent interest in more complete information about food ingredients has provoked some interesting skirmishes. Food manufacturers have long fought more detailed labels, arguing that it could reveal trade secrets and require endless adjusting. Interestingly, American foods sold in many overseas countries already provide much more detailed labels than the companies use here, because of stricter foreign laws. While American shoppers cannot find out, say, what percentage of sugar is contained in various breakfast cereals, CSPI found that Thailand shoppers can readily see that

Kellogg's Frosted Flakes are 31 percent sugar.

Because of growing citizen concerns about what's in our food, fast food companies such as McDonald's and others were forced in 1986 to disclose their ingredients, but most have failed to do so. CSPI recently surveyed 65 fast-food restaurants around the country, and found that only Jack-in-the-Box had lived up to its agreement. Most of the McDonald's, Burger Kings and Kentucky Fried Chicken franchises still posted none of the signs or nutrition pamphlets that had been required. And not a single Wendy's had done so.

Meanwhile, Maine has become the first state to force its food stores to post signs noting which foods may have been treated with chemicals, and which foods, if any, haven't.

### Eyeling the eye doctor

Moving on from food, it seems that an increasing number of eye operations for cataracts are unnecessary. A South Carolina eye surgeon once said up to a third of cataract operations are unnecessary; other doctors have said closer to five percent aren't needed. Yet Congress has found that the number of cataract operations has risen from 154,000 in 1979 to 1.4 million in 1988, many of which are sold to patients with slick promotions and heavy offerings of freebies.

To reduce unnecessary operations, states must now approve the operations before Medicare will pay for them. But since the reviews began, the prevalence of the operations in some states hasn't declined. In 1989, North Carolina reviewed 24,493 cases and rejected only 68. Texas reviewed 68,342 cases and denied only one. The record in other states isn't much better, particularly in California, Michigan, South Carolina and Florida.

### Needless needles

Finally, if you're planning to travel overseas this summer, don't get your shot information from the embassies. In Health magazine recently found that dozens of embassies tell travellers to get shots that their countries don't require. Some even recommended a smallpox vaccination, which can be lethal and which no country requires, since the disease was virtually eradicated a decade ago. For accurate shot information, call the U.S. Centers for Disease Control in Atlanta: 404/332-4559.

Have a good summer.

Todd Oppenheimer isn't fooled easily. He is a regular contributor to CBW's quarterly WELLNESS reports.

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## The right diet is the one you can keep eating

# Keeping the weight off

By Carolyn Reuben

Losing weight is easy. Millions of people do it all the time – again, and again, and again. Each year has its best-selling diet book – because last year's diet didn't work.

The notion of a "successful diet" is in itself problematic. A diet, as the word is commonly understood, is a plan of eating that is different from your normal pattern of food consumption. In other words, a diet has a beginning and an end – one day you're "on" the diet, the next day you're "off." If what you were eating before you went on the diet kept off the weight, you wouldn't have had to go on the diet in the first place. Most often, when people go off a diet, they return to their everyday eating patterns and gain back the weight they've lost.

Unfortunately, that isn't the end of the story. In fact, it gets worse. The human body is programmed by nature to protect itself from malnutrition. The body uses fat for energy to fuel the multitude of biochemical processes that go on within. If the body is given less food than it is used to, it goes into a protective mode, burning fat more slowly than otherwise and thus conserving energy. The rate at which you burn energy is called your "basal metabolic rate," and medical research suggests that the rate for obese people is 15 to 45 percent lower than that of thin people.

The result of chronic dieting is, therefore, chronic weight gain, with each diet leading to a further increase in weight. That's why dieting can never be a winning strategy.

The good news is that no matter how overweight you are, your extra poundage is not an immutable life sentence. You can lower your "metabolic set point," and burn off fat, by exercise.

## QUARTERLY WELLNESS REPORT

Back in 1977, Covert Bailey published "Fit or Fat?" (Houghton Mifflin), which explains in layman's terms the scientific rationale for using exercise to lose weight permanently and safely. All you need is 12 minutes per day, six days per week. Sound too rigorous? Then how about 20 minutes per day three days per week? Research suggests that such an exercise plan

will help reduce weight, as well as improve the function of your cardiovascular system.

Metabolic set point is only one factor, however, in successful weight loss. Another is human psychology. Nobody likes to be told "no." When we hear that word, we want to rebel, like toddlers when they're being chastised by their mothers. That's why all successful weight-management programs have one important element in common: *no self-denial*.

If you are the parent of a young child, you know the best way to get cooked carrots into her mouth is to insist adamantly that she *not* eat them. The more dramatic you are about it, the more likely she is to translate "can't have" to "gotta have."

Similarly – and although you may hate to admit it – the more you grit your teeth when

you order a salad instead of a hot-fudge sundae, the more likely you are to down half a gallon of ice cream at home later that night. You don't have to be ashamed of this little kid inside you. Margaret Thatcher has one. So does Gloria Steinem. So do Kirk Douglas and Henry Kissinger. It's a human trait, at least among the humans who inhabit Western civilization.

### The no self-denial method

So without further ado, let me present the Reuben Method for Successful Weight Loss Without Dieting. I was inspired by the work of Michelle Lyons, Dr. Thomas Giles, Dr. Albert Marston, Molly Groger and Dr. Kim Fuller, all of whom recognize the "rebound effect" of food taboos and the liberating magic of giving ourselves permission to be who we are before attempting to create ourselves anew.

My method consists of following 10 rules:

1. No food is forbidden – not even junk food.
2. Eat as much as you want, without restriction.
3. Before you put any food in your mouth, ask yourself, "Am I hungry?" (Even if you aren't hungry, you can still eat what you like.)
4. Sell your bathroom scale. Your goal isn't a number; it's to look and feel healthy and attractive. Your eyes (and clothes) are all you need to know whether you have reached that goal.
5. Keep a small notebook in your purse at all times and jot down notes to yourself every day as answers to the following questions occur to you:
  - a. For what problems is eating the answer?
  - b. For what problems are being over weight the solution?
  - c. If I could have anything I wanted right now, what would it be?
  - d. If I could do anything I wanted right now, what would it be?
  - e. If I were my ideal weight, how would my life change?
6. Waste food! If you stop wanting something before you finish it, throw it away immediately.
7. Notice any connection between the way you deal with food and the way you handle other areas of your life. (Do you always leave the "best" for last – and discover you often don't get around to it?)
8. Explore the possibility that food allergies are one cause of excess weight. To identify your allergies, first notice what foods you cannot imagine living without, then pay special

attention to how you feel after eating these foods. Do you feel thickheaded or headachy? Do sores develop on your lips or in your mouth? Do you experience nasal congestion or mucus in your throat? Do your muscles or joints ache? Your body will clearly point out the offending foods – if you pay attention to it. (Two aids to this kind of self-exploration are "The Type 1/Type 2 Allergy Relief Program" by Alan Scott Levin, M.D., and Merla Zellerbach, and "Dr. Mandell's 5-Day Allergy Relief System" by Dr. Marshall Mandell and Lynne Waller Scanlon.)

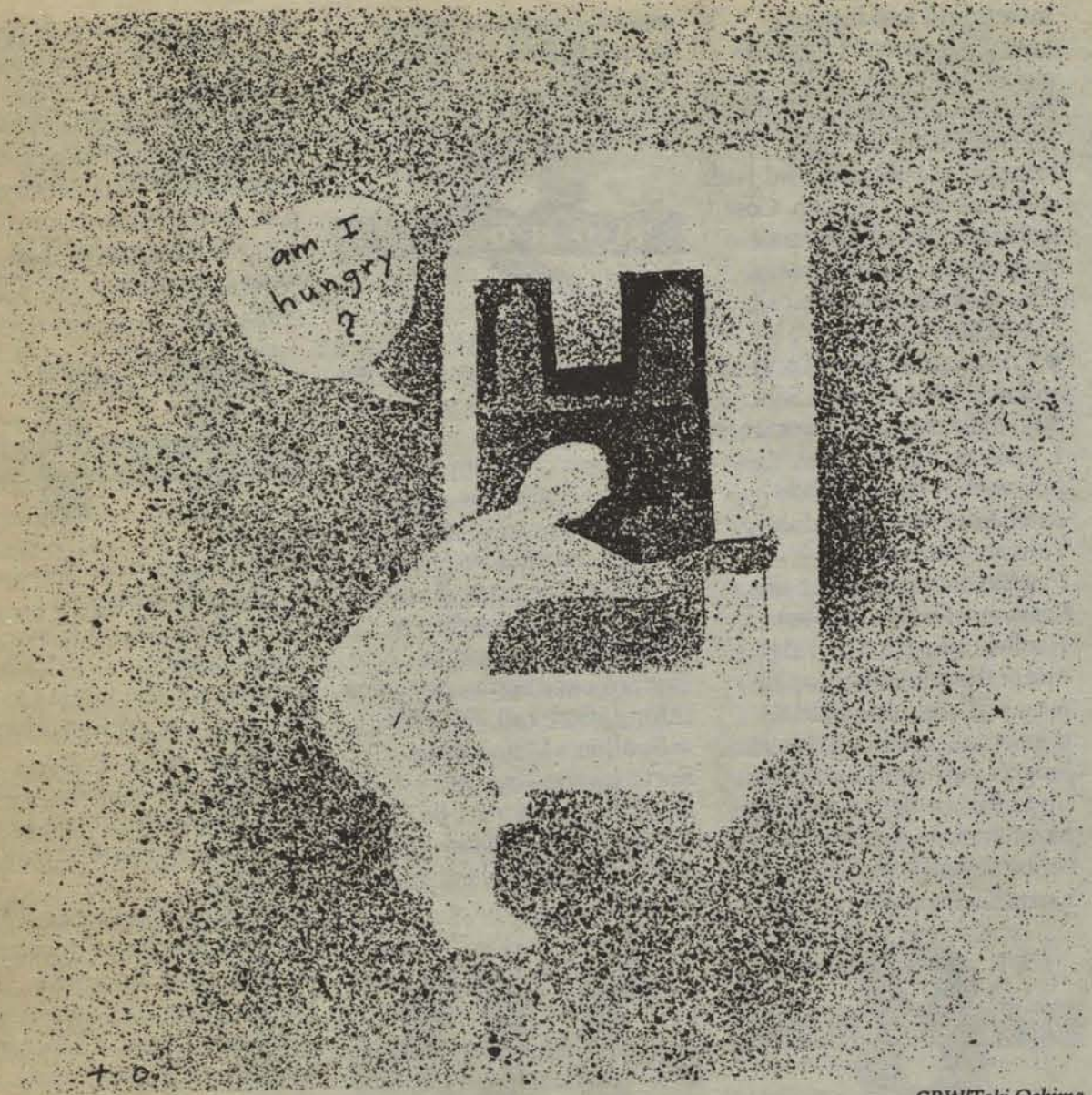
9. Stop measuring your nurturing by the bowlful! In other words, stop urging food on others and begin to respect the "appetate" (appetite thermostat) that tells them when to stop eating. This rule applies to yourself as well. If you're eating after your body is no longer hungry, remember Rule No. 5: take out your notebook and write down the reason for this excess food consumption.

10. Remember, no matter how much you weigh, what you eat or how you look, eating behavior has nothing to do with your character, your value as a human being, or whether or not you have a date this weekend.

Why does following these rules work? Because binging is directly proportional to self-denial. Eliminating self-denial will eliminate the urge to binge. When, standing by the refrigerator door, you ask yourself, "Am I hungry?" you may answer "No!" and proceed to finish off the potato salad. On the other hand, you may answer "No!" and walk back to your computer/television/knitting/screaming baby. With increased understanding of your reasons for eating, you can solve problems in more suitable ways. If you are angry, smack a pillow or express your anger to the person who deserves to hear it. If you are eating to relax, try breathing deeply, doing calisthenics or yoga exercises, taking a walk, massaging your neck or taking a bath.

Finally, ask yourself each morning, "If I were in love with me, what would I do to make my life more pleasurable?" You'll find the need to pleasure yourself with high-caloric foods is disappearing. And you'll never diet again.

Carolyn Reuben is a freelance writer who diets and writes in Los Angeles.



CBW/Toki Oshima

## Healthy Happy Hour

THE LONGEST NIGHT  
Wednesday, July 25

When you can't sleep, it's always 2 AM. Some 20-50% of the population suffers from some form of sleep disorder – insomnia, sleep apnea, or narcolepsy. If you or someone you know suffers from one of these disorders, you know the frustration they can bring. Dr. George Bokinsky, Director of MMC's Sleep Lab, explains the disorders and what help is available.

Maine Medical Center's Healthy Happy Hour begins at 5 PM in the Dana Center at MMC. Join us for sparkling waters, fruit juices, cheese and crackers, vegetable trays, and more. The parking is free, and we'll even check your cholesterol and blood pressure! (Cholesterol screening begins at 4:30 PM.) Call 871-2196 for more information.

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# CALNDAR

**5**  
THURSDAY

◆ **Songs of the Sea:** Bath-Brunswick Folk Club presents a concert of seafaring songs at 8 p.m. in Curtis Little Theater at the Chocolate Church, 804 Washington St., Bath. Performers include Bill Bonyun, Nancy Matilla, Brian Chadbourne and Roll & Go. Tickets are \$6 in advance, \$8 at the door, available at MacBeans Music in Brunswick and The Chocolate Church in Bath. For more information, call 729-3185.

**6**  
FRIDAY

◆ **High-strung madhouse:** Tonight's offering of the Bowdoin Summer Music Festival features "Dances in the Madhouse" by David Leisner. The composer performs the piece on guitar while Syoko Aki plays violin. Also featured will be Mozart's Symphony No. 41 and Ravel's Duo for Violin and Cello. The concert begins at 8 p.m. at the First Parish Church, corner of Maine Street and Bath Road, Brunswick. Tickets are \$12. For more information, call 725-3895.

◆ **Low-key folk:** British folk band Pentangle comes to Portland. Pentangle formed in the mid-60s and continues to deliver eclectic folk fare that borrows from jazz, classical and blues styles. Pentangle takes the stage at 9 p.m. at Raoul's, 865 Forest Ave., Portland. Tickets are \$10. For more information, call 773-6886.

**7**  
SATURDAY

◆ **Where The Wild Things Are:** A Night Walk for Families is Maine Audubon's idea of night life. Stargazing, calling for owls, catching

insects and looking for animal signs and tracks are among the nocturnal activities. The walk begins at the Mast Landing Sanctuary in Freeport at 6:30 p.m. and will end at about 11:00 p.m. Cost is \$10 per person; advance reservations are necessary. For more information, call 781-2330.

◆ **Trolleys revisited:** Tonight, and every Friday and Saturday night through September 1, you can ride trolleys, the fun transportation mode crushed by the car industry. Tolerate contemporary transportation to get to the Seashore Trolley Museum in Kennebunkport. The rides under the stars begin at 7 p.m. and continue until 9 p.m. For \$2, you can ride as long as you want, boarding up to five trolleys which date as far back as the turn of the century. Call 967-2800 for more information.

**8**  
SUNDAY

◆ **Five jazz players:** Southern Maine Jazz Faculty Quintet features Scott Reeves, Janet Reeves, Bill Street, Danny Hall & Les Harris. They perform jazz at 8 p.m. in Corthell Concert Hall, at the Gorham campus of USM. Admission is \$5. For more information, call 780-5265.

◆ **Five Maine poets:** Kate Barnes, Marlene Ekola Gerberick, Gary Lawless, Stephen Petroff and Colin Sargent all read from their work. The reading starts at 7 p.m. at The Theater Project, 14 School St., Brunswick. Admission is \$5. For more information, call 729-8584.

◆ **Sundays in the Port** continue. Today's the second of six consecutive festivals where Lower Exchange Street is closed to cars.

Performances are from 12-5 p.m. and include: Jack Homan, clarinet, 12-1 p.m.; Brenda Moore, folk singer, 12:30-2 p.m.; Jest Foolin', magician and clown, 1-3 p.m.; and Peter Galloway & The Proof at 2:30 p.m. Performances will be cancelled if it rains. Sunday festivals continue through Aug 5. For

more information, call In-town Portland Exchange at 772-6828.

**9**  
MONDAY

◆ **Puppets in the park:** Puppeteer Arthur Essency knows the right strings to pull with his Essency Marionettes, large classical European-style puppets. Today his puppet regime is Tommy's Park, Exchange and Middle streets, Portland. The puppet show is 12:100 p.m. and is free as part of IPE's Nontime Performance Series. For more information, call 772-6828.

◆ **Southern Maine Blues Society's** meeting and jam is at 7 p.m. at Raoul's, 865 Forest Ave., Portland. Call 773-6886 for more information.

**10**  
TUESDAY

◆ **The Walkers outside:** The Walkers, the local rock band that's made it big, play a gig in the Bandstand in Deering Oaks Park at 7:30 p.m. Free and open to the public. For more information, call 874-8793.

◆ **Women outside:** Maine Women Outdoors evening hike and planning meeting will be held at 6 p.m. at Wolfe's Neck Woods State Park in Freeport. The group is open to women 18 and older. Bring a sandwich for dinner. Rain date is July 11. The hike is free and meets at the park entrance. Membership is \$12 and includes a monthly newsletter. For more information on the hike or joining, call 547-3919.

◆ **Internal Organ:** Portland municipal organist Ray Cornils performs works by Bach, Vierne, Saint-Saëns at 8 p.m. at Portland City Hall Auditorium. Sponsored by The Friends of the Kotschmar Organ and the City of Portland. Free and open to the public.

◆ **"Me and My Girl,"** is Noel Gay's Broadway hit. The love story/musical-comedy/

dance extravaganza is performed by the Maine State Music Theater at Pickard Theater, Bowdoin College, Brunswick. Performances are from July 10-29, Tue-Sat at 8 p.m., Wed, Fri and Sun at 2 p.m. Tickets are \$10-\$20. For more information, call 725-8769.

**11**  
WEDNESDAY

◆ **Chamber made:** The Portland Symphony Orchestra's Alison Hale, flutist, and Jara Goodrich, harpist, are The Jarala Duo. Tonight they perform chamber music at 8 p.m. in Corthell Concert Hall, USM Gorham. Admission is \$5. For more information, call 780-5265.

◆ **Lincoln at face value:** "The Faces of Abraham Lincoln," an illustrated lecture by Draper Hunt, USM Professor of History. Hunt, a Lincoln scholar and author, uses portraits of Lincoln from 19th Century photographer Matthew Brady to illustrate Lincoln's career. Many of the photographs capture Lincoln in the White House during the civil war, where the tremendous strain reveals a Lincoln less poised than he is on the penny. Hunt speaks at 7 p.m. in Luther Bonney Auditorium, USM, Portland. Free and open to the public. For more information, call 780-4076.

◆ **Lazy Mercedes,** the acoustic folk duo, performs at 8:15 p.m., Western Prom Gazebo, Portland. Free and open to the public. For more information, call 874-8793.

**12**  
THURSDAY

◆ **Spying on Gorby:** Psssst.... The World Affairs Council of Maine presents "Intelligence Requirements in the Changing World," a lecture by Roy S. Godson. Godson, a consultant to the President's Foreign Intelligence Advisory Board and former consultant to the National Security Council, will discuss whether the U.S. needs as many spies and counter-spies in Russia and Eastern Europe in light of the democratic reforms there. The talk is at noon in the Phoenix Room, 10th floor, Key Bank, 1 Canal Plaza, Portland. Cookies and coffee will be available, but sneak a brown bag lunch. For more information, call 780-4551. (Ask for 007)

◆ **Send out the clown:** Glenn Dwyer, a clown and juggling joker performs for kids at 12:30 p.m. at the Bandstand in Deering Oaks Park, Portland. Free and open to the public. For more information, call 874-8793.

◆ **Classical Organ:** Hot Air Duo teams up George Bozeman on organ and J. Bryan Dyker on flute. They perform works by Bach, Buck, Karg-Elert and Alain at 8 p.m., Portland City Hall Auditorium. This is part of the Summer Organ Concert Series and is sponsored by The Friends of the Kotschmar Organ and the City of Portland. Free and open to the public.

**13**  
FRIDAY

◆ **Rocking with Plant:** Robert Plant (Mr. Led Zeppelin) performs at Cumberland County Civic Center, Portland. For more information, call 775-3825.

◆ **Rocking the Boat:** Schooner Fare joins the Portland Symphony Orchestra in a performance of sea shanties at 7:30 p.m. in Fort Williams Park, Cape Elizabeth. Tickets are \$11 general admission, \$9 for students and seniors, \$28 for a family with at least one adult. Rain site is Portland City Hall Auditorium. For more information, call 773-8191.

◆ **The Underachievers,** whose music runs the gamut from jazz to boogie-woogie to rock, perform from 12-1:30 p.m., Canal Plaza, Portland. The show is part of IPE's Nontime Performance Series. Free and open to the public. For more information, call 772-6828.

**14**  
SATURDAY

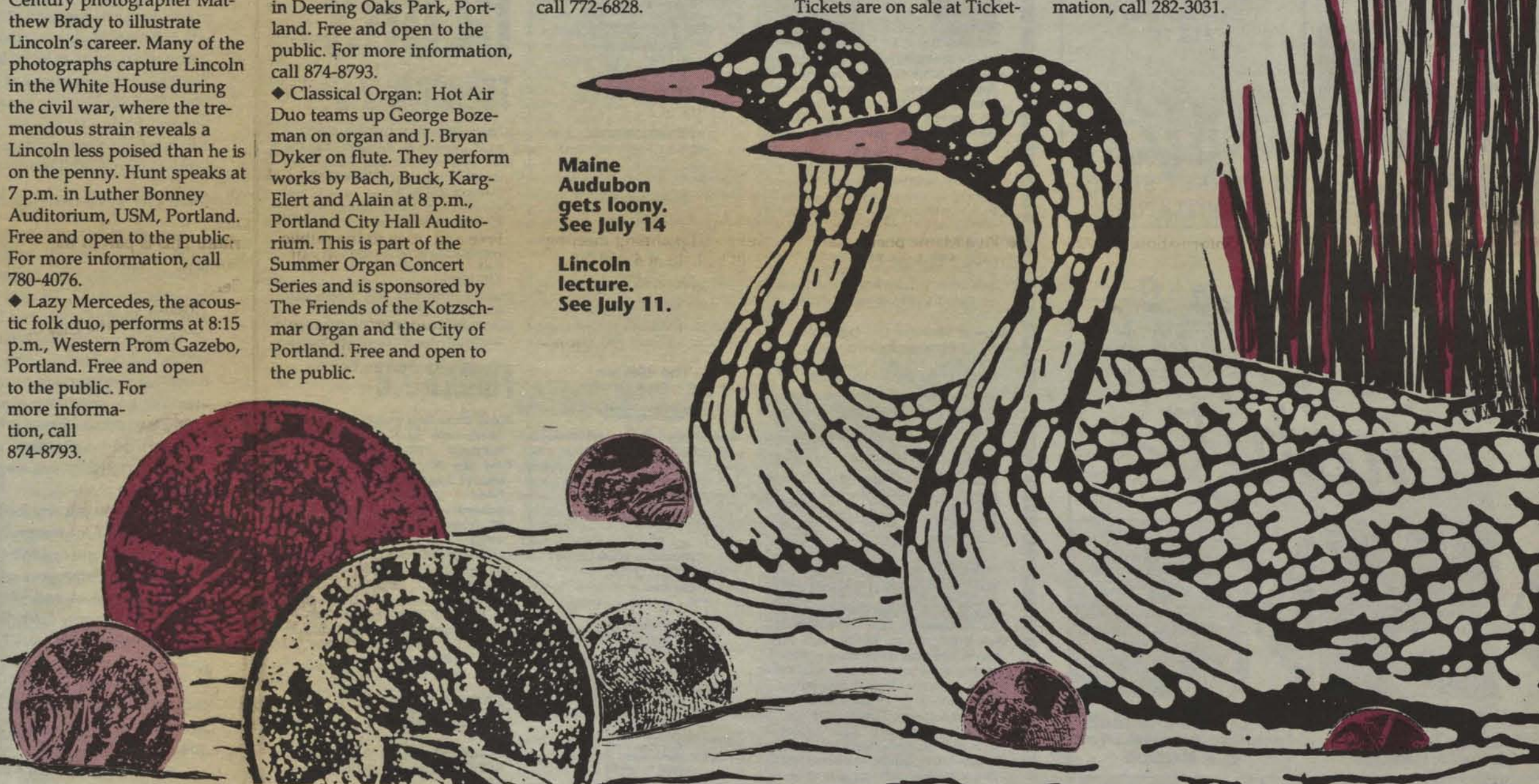
◆ **Loony:** Maine Audubon's Loon Project's Loon Festival takes place at the Maranacook Community School in Readfield. Speakers will focus on loons and lake protection. Michael Katudo will sing loony tunes and tell stories about loons. Demonstrations will include Loon woodcarvings and loon nesting platform building. There also will be films, food, and loony stuff to buy. The festival is from 10 a.m.-4 p.m. Tickets are \$5 for adults and \$1 for kids. Volunteers are needed and can get in free. For general information or information about volunteering, call Sally Stockwell, wildlife program manager, or Rhonda Morin, Loon Festival coordinator at 781-2330.

◆ **The Pretender:** Jackson Browne plays Portland City Hall Auditorium at 8 p.m. Tickets are on sale at Ticket-

ron Outlets (including the Civic Center box office) or by calling Teletron at 1-800-382-8080.

◆ **Gorham Celebration:** Gorham's day-long festival features a parade, entertainment and more. The festivities are from 10 a.m.-4 p.m. at Robie Park, Gorham. The Grand Parade marches from Narragansett School to the High School at 10 a.m. Sandy River Ramblers perform bluegrass music at 11 a.m., and in the afternoon there's a Fireman's Muster where firefighters compete with a hose knockdown, see who can get dressed and undressed the quickest and do other drills. On a dryer note, the Downeast Cloggers perform at 3:30 p.m. and Devonsquare closes the activities with a performance at 4 p.m.

◆ **Neighborhood preservation:** Guided walking tours of Saco's historic neighborhoods are being offered July 14 and 18, starting at 2 p.m. at the York Institute, 371 Main St., Saco. Free and open to the public. For more information, call 282-3031.



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Smart Body, South Portland  
Maine Medical Center, Portland  
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UPCOMING SHOWS

July 7 - **BLUES SOCIETY JAM**  
July 12 - **EDDIE KIRKLAND & The High Energy Band**  
July 13 - **AZTEC 2-STEP**  
July 14 - **DAN HICKS & THE ACOUSTIC WARRIORS**  
July 19 - **TERRANCE SIMIEN & The Mallet Playboys**

**RAOUL'S**  
ROADSIDE ATTRACTION  
865 Forest Avenue  
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## CBW LISTINGS

Listings must be received in writing by 12 noon the Friday prior to publication.  
Ann Silomer, Casco Bay Weekly, 187 Clark Street, Portland 04102

SILVER  
SCREEN

**Another 48 Hours** Another chance for Nick Nolte as another burned-out cop (does he play anything else?) and another role for Eddie Murphy as his slick sidekick. Another villain to be wasted, another authority figure to be defied, another Caddy convertible to be trashed. Same plot.

**Back To The Future III** Marty McFly and Doc Brown find themselves in the Old West of 1885. Gun fights and spoofs of Spaghetti westerns characterize the last — they promise! — installment of the time-machine trilogy.



**Betsy's Wedding** Alan Alda's latest attempt to convince us that he's Woody Allen. Hawkeye directed this movie about a father (Alda) who wants a lavish wedding for his daughter (Molly Ringwald). Betsy doesn't want it; the rest of us have no choice.

**Cinema Paradiso** Giuseppe Tornatore's Academy Award-winning movie is about growing up and how the icons created by the cinema shape what we believe in. The movie describes the life of a small Italian seacoast town and its Cinema Paradiso, where people love, hate and play. The movie is nostalgic for the time when movies were movies and when people still gathered together in a community.

**Days of Thunder** Tom Cruise plays a young driver on the stock car circuit. The movie also stars Nicole Kidman, Robert Duvall and Randy Quaid.



**Dick Tracy** Warren Beatty made the movie, and stars as the square-jawed cartoon cop — but his buddies steal the show: Madonna steams up the screen as "Breathless," Al Pacino steals the show as crime boss "Big Boy Caprice," and Dustin Hoffman's cameo appearance as "Mumbles" is so good I almost forgave him for "fisher." But just as I did, Beatty returned with his side-of-beef acting and I came to my senses.

**Die Hard II** Bruce Willis returns with more stuntmen. Oh, if only Mattie Hayes were here. She'd know what to make of this misanthropic marketing mistake.

**Ghost Dad** Bill Cosby plays a widower with three kids who learns about parenthood from a ghost.

**Gremlins II: The New Batch** This sequel to the sci-fi flick about funny looking aliens has judged better than its predecessor. The emphasis is on humor not light as television, cartoons and even "Gremlins I" become the object of ridicule.

**My Left Foot** transcends the mush that usually characterizes movies about someone overcoming a handicap. It paints a striking portrait of a man struggling with his relationships, with creativity and his own sense of worth. The movie is based on the autobiography of the Irish painter and writer Christy Brown, who had cerebral palsy and only had use of his left foot to create. Both Hugh O'Connor (as the young Christy) and Daniel Day Lewis are superlative in their roles. We identify with Christy, rather than look down on him or pity him.

**Longtime Companion** is a realistic look at how AIDS changed gay life during the 1980s. Norman Rene and Craig Lewis' film follows the lives of several gay men as AIDS rises out of the newspapers and becomes the focus of their lives — and deaths. But this is not a "Terms of Endearment" tear-jerker. Rene and Lewis have taken a touching but sober look at the impact of AIDS on individuals and on the gay community as a whole. Whether or not you can relate to the characters' sexuality, you will share their humanity as this well-written film watches their relationships grow, turn frigid, and then become warm again. Forget the rash of remakes. If you're going to see one film this summer, this is it.

WHAT'S  
WHERE:General Cinemas  
Maine Mall

Maine Mall Road, So Portland  
774-1022  
Another 48 Hours (R)  
12:30, 2:40, 4:50, 7, 9:15  
Back To The Future III (PG)  
12:30, 2:40, 4:50, 7, 9:15  
Betsy's Wedding (R)  
12:30, 2:40, 4:50, 7, 9:15  
Days of Thunder (PG-13)  
12:30, 2:40, 4:50, 7, 9:15  
Dick Tracy (PG)  
12:30, 2:40, 4:50, 7, 9:15  
Die Hard II (R)  
12:30, 2:40, 4:50, 7, 9:15  
Gremlins II (PG-13)  
12:15, 2:35, 4:55, 7:20, 9:45

Nickelodeon  
Temple and Middle, Portland

772-9751  
Adventures of Ford Fairlane  
Sneak Preview — one show only  
July 10 at 7:30  
Cinema Paradiso  
7:30, 9:40  
Ghost Dad (PG)  
1:15, 3:30, 5:45, 7:55, 10:10  
Mile & Otis (G)  
1:30, 3:45  
Tie Me Up Tie Me Down  
1:10, 4:10, 7:15, 9:30  
Total Recall (R)  
1:30, 4:30, 7:30, 9:45  
RoboCop II (R)  
1:30, 3:45, 5:55, 8:20

The Movies  
10 Exchange, Portland

772-3600  
A Salute to Rocky  
and Bullwinkle  
July 4-8  
That's What I Am  
Sat at 1 & 7; Sun at 1  
The Rocky Horror  
Picture Show (R)  
July 6 & 7  
Fri Sat at 11 p.m.  
My Left Foot  
July 7-10  
Sat & Sun at 1;  
Sun-Tues at 7 & 9  
Theatrical Movie  
Straight, no chaser  
Wed-Fri at 7 & 9;  
Sat & Sun at 1 & 7

Cinema City  
Bradley Plaza, near Exit 8

854-9116  
All times through Thursday;  
call ahead for Friday's changes  
Bird on a Wire (PG-13)  
7:15 & 9:15; Sat-Sun mats at 1:15, 3:15  
Ghost Dad (PG)  
7:15 & 9:15; Sat-Sun mats at 1:15, 3:15  
Mile & Otis (G)  
7, 9, Sat-Sun mats at 1, 3  
RoboCop II (R)  
7:15, 9:15; Sat-Sun mats at 1:15, 3:15  
7, 9, Sat-Sun mats at 1, 3

Evening Star  
Tortine Mall, Brunswick

728-5686  
Double Feature thru July 5:  
Bad Influence  
& Wild Orchid (R)  
at 7, 9

Pride's Corner Drive-In  
On Route 302 in Westbrook

797-3154  
Through Thursday; call ahead  
for Friday's changes  
Bird on a Wire (PG-13)  
Through Thurs at 8:35  
Opportunity Knocks (PG-13)  
Through Thurs at 10:10  
Pretty Woman (R)  
Starts Fri at 8:35  
Look Who's Talking (PG-13)  
Starts Fri at 10:10

**Pretty Woman** Julia Roberts and Richard Gere star in the Pygmalion-type story about a wealthy businessman who picks up a prostitute and dresses her up pretty. The movie has a few great lines, but the story is a sexist fairy tale. Roberts is good; she should be more particular about scripts. Gere plays a character he's played too many times before.



**RoboCop II** RoboCop is challenged by robot two. Most of Detroit gets caught in the crossfire. Motor City should know: the problem with shiny objects is that there's always another one coming along next year.

**Teenage Ninja Robocops and Mutant Comic-Book Dicks Go Back to the Future and Save a Pretty Woman IX** (Just checking to see if you're awake.)

**Total Recall** Arnold Schwarzenegger stars in Paul Verhoeven's big-budget sci-fi flick. Arnie plays a 21st-century man who discovers that he's not who he thought he was. But that doesn't stop him from killing everyone in sight. "Total Recall" is high on bone-cracking, flesh-flying, head-exploding violence — and low on plot. High-tech special effects and Schwarzenegger's signature one-liners almost save this movie.

## CLUBS

## THURSDAY 7.5

**K. Barry Saunders Quartet** (jazz) cafe no. 20 Danforth St., Portland. 772-9114.  
**Moo Goo and the Guy Pans** (rock) John Martin's Manor, 700 Main St., S. Portland. 775-5642  
**Cornerstone** (rock) Brunswick, 34 W. Grand, Old Orchard Beach. 934-4873.  
**Broadcaster** (rock) Spring Point Cafe, 175 Pickett St., S. Portland. 767-4627.  
**Savoy Truffle** (rock, R&B) Moose Alley, 46 Market St., Portland. 774-5246  
Live music Thursdays at Horsefeathers, 193 Middle St., Portland. 773-3501.

## FRIDAY 7.6

**Steve Blum Duo with Lenny Hatch**, (jazz) cafe no. 20 Danforth St., Portland. 772-9114.  
**Tear the Sky** (rock) Old Port Tavern, 11 Moulton St., Portland. 774-0444.  
**Cornerstone** (rock) Brunswick, 34 W. Grand, Old Orchard Beach. 934-4873.  
**From Good Homes with Knots and Crosses** (rock) Dry Dock, 84 Commercial St., Portland. 774-3550.  
**Savoy Truffle** (rock, R&B) Moose Alley, 46 Market St., Portland. 774-5246  
**Split 50** (rock) Spring Point Cafe, 175 Pickett St., S. Portland. 767-4627.  
**Scott Oakley** (jazz) Little Willie's, 36 Market St., Portland. 773-4500.

## SATURDAY 7.7

**Jonathan Richman** (rock) Raoul's, 865 Forest Ave., Portland. 773-6886.  
**Steve Blum Trio with Lenny Hatch**, (jazz) cafe no. 20 Danforth St., Portland. 772-9114.  
**Tear the Sky** (rock) Old Port Tavern, 11 Moulton St., Portland. 774-0444.  
**The Boys** (rock) John Martin's Manor, 700 Main St., S. Portland. 775-5642.  
**Cornerstone** (rock) Brunswick, 34 W. Grand, Old Orchard Beach. 934-4873.  
**From Good Homes** (rock) Moose Alley, 46 Market St., Portland. 774-5246.  
**Split 50 with The Automatics** (rock) Dry Dock, 84 Commercial St., Portland. 774-3550.  
**The Lipsitters** (rock) Spring Point Cafe, 175 Pickett St., S. Portland. 767-4627.  
**Scott Oakley** (jazz) Little Willie's, 36 Market St., Portland. 773-4500.

## SUNDAY 7.8

**Jeremy Fedderman** of Split 50 (acoustic) Squire Morgan's, Milk Street, Portland.

**Papa Loves Mumbo** (Caribbean pop) Raoul's, 865 Forest Ave., Portland. 773-6886.  
**Blues Kitchen** (blues) 4 pm, Gritty McDuff's, 396 Fore St., Portland. 772-2739.

**Lisa Winestead and David Cross** (comedy) T-birds, 126 North Boyd St., Portland. 773-8040.

**David Pope** (classical guitar) 10 am-3 pm, cafe no. 20 Danforth St., Portland. 772-8114.

**Gunner** (rock) Old Port Tavern, 11 Moulton St., Portland. 774-0444.  
**Acoustic Blues Jam** (blues) 7 pm, Uncle Billy's, 60 Ocean St., S. Portland. 767-7119.

**Open Mike Night** Geno's, 13 Brown St., Portland. 772-7891.

## MONDAY 7.9

**Robert Gray Band** (blues) Club Casino, Hampton Beach, N.H. Tickets are \$19.50. For more information, call 603-926-4300.

**Southern Maine Blues Society** (meeting and jam) 7 pm, Raoul's, 865 Forest Ave., Portland. 773-6886.

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

## TUESDAY 7.10

**Danny Gavras** (blues) Gritty McDuff's, 396 Fore St., Portland. 772-2739.

**Steven Petroff** (poetry), cafe no. 20 Danforth St., Portland. 772-8114.

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

## WEDNESDAY 7.11

**Red Light Revue** (r&b) Raoul's, 865 Forest Ave., Portland. 773-6886.

**Physical Graffiti** (Led Zeppelin clone band), T-birds, 126 North Boyd St., Portland. 773-8040.

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

## THURSDAY 7.12

**Barrence Whitfield and the Savages** (world beat) Zootz, 31 Forest Ave., Portland. 773-8187.

**Peter Murphy** (rock) Club Casino, Hampton Beach, N.H. Tickets are \$19.50. For more information, call 603-926-4300.

**Eddie Kirland & The High Energy Band** (blues) Raoul's, 865 Forest Ave., Portland. 773-6886.

**Big Chief & the Continentals** (r&b) T-birds, 126 North Boyd St., Portland. 773-8040.

**Split 50 with the Automatics** (rock) Moose Alley, 46 Market St., Portland. 774-5246.

## FRIDAY 7.13

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

**Descents** (rock) Brunswick, 34 W. Grand, Old Orchard Beach. 934-4873.

**Aztec Two Step** (acoustic/pop) Raoul's, 865 Forest Ave., Portland. 773-6886.

**America and Starship** (rock) Club Casino, Hampton Beach, N.H. Tickets are \$21.50. For more information, call 603-926-4300.

## SATURDAY 7.14

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

**Descents** (rock) Brunswick, 34 W. Grand, Old Orchard Beach. 934-4873.

**Joan Rivers** (comedy) Club Casino, Hampton Beach, N.H. Tickets are \$22.50. For more information, call 603-926-4300.

**Dan Hicks and The Acoustic Warriors** (acoustic/country) Raoul's, 865 Forest Ave., Portland. 773-6886.

## DANCING

**Zootz**, 31 Forest, Portland. Fri: Post Modern — all ages; Sat: latest dance music; Sun: request night; Tue: Hip House — all ages; Wed: World-beat Night. 773-8187.

**The Moon**, 425 Fore St., Portland. Open nightly, 8 pm on... Fri-Sat until 3 am. No cover. 871-0663.

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

**Bounty**, 200 Riverside St., Portland. Fridays, 18+. Open Fri-Sat until 3 am. Opens Sun-Thu at 8 pm. 772-8033.

CON  
CERTS

## THURSDAY 7.5

**Songs of the Sea** (folk) Bath-Brunswick Folk Club presents a concert of seafaring songs at 8 pm in Curtis Little Theater at the Chocolate Church, 804 Washington St., Bath. Performers include Bill Bonnyun, Nancy Mattila, Brian Chadbourne and Roll & Go. Tickets are \$6 in advance, \$8 at the door, available at MacBeans Music in Brunswick and The Chocolate Church in Bath. For more information, call 729-3165.

## FRIDAY 7.6

**Cheryl Wheeler** (folk) 8 pm, First Parish Church, 425 Congress St., Portland. For more information, call 773-6205.

**Bowdoin Summer Music Festival** (classical) Program includes "Dances in the Madhouse" by David Leisner and performed by the composer on guitar and Syoko Aki on violin; Mozart's Symphony No. 41; and Ravel's Duo for Violin and Cello. Concert is at 8 pm at the First Parish Church, corner of Maine Street and Bath Road, Brunswick. Tickets are \$12. For more information, call 725-3895.

**Saco River Festival** (classical) Pianist Frank Glazer performs works by J.S. Bach, Schubert, Chopin and Brahms at 8 pm, Cornish Elementary School Auditorium, Cornish. Tickets are \$8, \$4.50 for students. For more information, call 625-4667.

**Frank Glazer**, pianist, performs works by Bach, Schubert, Chopin and Brahms at 8 pm at the Cornish Elementary School Auditorium. Tickets are \$8 regular and \$4.50 for students. This is the first concert of the Saco River Association's 15th season. Season tickets for all five concerts in the season are \$30.

## SATURDAY 7.7

**Mahatini & the Mahotella Queens** (Afro-pop) 8 pm, Portland Performing Arts Center, 25A Forest Ave., Portland. Tickets are \$13, available at PPAC box office, Amadeus Music and Gallery Music in Portland. For more information, call 774-0465.

**Ten Years After, Nazareth and Blackfoot** (rock) 7:30 pm, Seashore Performing Arts Center at Old Orchard Beach. Tickets are \$10/\$11, available at Ticketron, Civic Center Box Office and SeaPAC box office. For more information, call 934-1731.

## SUNDAY 7.8

**Southern Maine Jazz Faculty Quintet** (jazz) Scott Reeves, Janet Reeves, Bill Street, Danny Hall & Les Harris perform standard work from the jazz repertoire at 8 pm in Corbell Concert Hall, USM Gorham. Admission is \$5. For more information, call 780-5265.

**Big Chief & The Continentals** (r&b) Casco Bay Lines Music Cruises, every Sunday, 5-8 pm. Boat leaves from Long Wharf, Commercial Street, Portland. Tickets are \$10, \$9 for seniors, \$5 for kids. For more information, call 774-7871.

**Bowdoin Summer Music Festival Student Concert** (classical) 7:30 pm, Kresge Auditorium, Bowdoin College, Brunswick. Free and open to the public. For more information, call 725-3895.

## MONDAY 7.9

**Music for Flute, Oboe and Horn** (classical) Southern Maine Music Academy Music wind faculty perform at 8 pm in Corbell Concert Hall, USM Gorham. Admission is \$5. For more information, call 780-5265.

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**OUTSIDE DECK**  
Features Full Service Bar with Specialty Drinks, Raw Bar and Fresh Steamed Seafoods!

**LIVE MUSIC THIS WEEKEND**  
Friday, July 6  
From New Jersey Making Their Maine Debut  
**FROM GOOD HOMES**  
with special guest **KNOTS & CROSSES**

Saturday, July 7  
**SPLIT 50**  
with **THE AUTOMATICS**

**On the Waterfront In the Old Port 84 Commercial St. Portland, Maine 774-3550**

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**HAPPY HOUR 4-7**  
New Summer Cover \$3.00

**SUNDAY JULY 8**  
**HEADLINER COMEDY**  
Headliner — **LIZZ WINSTEAD**  
Also Appearing — **DAVID CROSS**  
Doors open at 7

**SATURDAY JULY 7**  
**50'S & 60'S ROCK ON**  
New Summer Cover \$3.00  
Doors open at 7

**WEDNESDAY JULY 11**  
**WILD 'N' WACKY WEDNESDAY**  
**PHYSICAL GRAFFITI**  
LED ZEPPELIN CLONE BAND  
Count Down on Drinks ALL Night Long

**UPCOMING EVENTS**  
Thurs. July 12 - **BIG CHIEF & THE CONTINENTALS**  
Mon. July 16 - **CONCRETE BLONDE**  
126 North Boyd St., Portland, ME • 773-8040

## CONCERTS

Continued from page 17

## TUESDAY 7.10

**Organ Recital**, (classical) with Peter Sykes, 12:10 pm on at the First Parish Church, 9 Cleveland Street, Brunswick. Mr. Sykes will perform works by Nils Gade, Josef Rheinberger and Felix Mendelssohn. The forty-minute program is open to the public. Donations will be graciously accepted at the door. For more information call 729-7331.

**The Walkers** (new folk) 7:30 pm, Bandstand, Deering Oaks Park, Portland. Free and open to the public. 874-8793.

**Bowdoin Summer Music Festival Student Concert** (classical) 7:30 pm, Kresge Auditorium, Bowdoin College, Brunswick. Free and open to the public. For more information, call 725-3895.

**Summer Organ Concert Series** (classical) Portland municipal organist Ray Cornis performs works by Bach, Vieme, Saint-Saens at 8 pm, Portland City Hall Auditorium. Sponsored by The Friends of the Kotschmar Organ and the City of Portland. Free and open to the public.

## WEDNESDAY 7.11

**Music for Flute and Harp** (classical) Alison Hale, flute, and Jara Goodrich, harp, perform at 8 pm in Corbitt Concert Hall, USM Gorham. Admission is \$5. For more information, call 780-5265.

**Trio Camerata** (American chamber music) Music for piano, flute, oboe and English horn performed at the Bates College Summer Concert Series 8 pm, Olin Arts Center Concert Hall, Bates College, Lewiston. Tickets are \$8/\$5. For more information, call 786-6135.

**Lazy Mercades** (folk) 8:15 pm, Western Prom Gazebo, Portland. Free and open to the public. 874-8793.

**Devonshire** (folk/acoustic) 7 pm, Mill Creek Park, South Portland. Free and open to the public. For more information, call 799-7996.

**Doug Lewis and Deb Sawyer** (folk) 12:10-1:30 pm, Congress Square, Portland. The show is part of IPE's Noon-time Performance Series. Free and open to the public. For more information, call 772-6828.

## THURSDAY 7.12

**Chandler's Band Concert** 7:30 pm at the Gazebo in Fort Allen Park, Eastern Prom, Portland. Free and open to the public. 874-8793.

**Summer Organ Concert Series** (classical) Hot Air Duo, George Bozeman on organ and J. Bryan Dyker on flute perform works by Bach, Buck, Karg-Elert and Alain at 8 pm, Portland City Hall Auditorium. Sponsored by The Friends of the Kotschmar Organ and the City of Portland. Free and open to the public.

**Tonto's Big Idea** (rock) 12:10-1:30 pm, Monument Square, Portland. The show is part of IPE's Noon-time Performance Series. Free and open to the public. For more information, call 772-6828.

## FRIDAY 7.13

**Robert Plant** (Mr. Led Zeppelin) Cumberland County Civic Center, Portland. For more information, call 775-3825.

**From Sea to Shining Sea** (pops) Schooner Fare joins the Portland Symphony Orchestra in a performance of sea shanties at 7:30 pm in Fort Williams Park, Cape Elizabeth. Tickets are \$11 general admission, \$9 for students and seniors, \$28 for a family with at least one adult. Rain site is Portland City Hall Auditorium. For more information, call 773-8191.

**Bowdoin Summer Music Festival** (classical) Program includes the world premiere of "Windswept Peaks" by Chou Wen-chung, performed by the Aeolian Chamber Players; Brahms' Quintet for Violin and Strings; Martin's Sonata No. 2 for Cello and Piano; and a clarinet duo, which will be announced at a later date. Concert is 8 pm at the First Parish Church, corner of Maine Street and Bath Road, Brunswick. Tickets are \$12 (season tickets are \$50). For more information, call 725-3895.

**Northeast Winds** (Irish ballads) 8 pm, Heffernan Center Auditorium, Saint Joseph's College, Standish. Free and open to the public. For more information, call 892-6766 ext. 456.

**The Underachievers** (Boogie woogie, swing) 12:10-1:30 pm, Canal Plaza, Portland. The show is part of IPE's Noon-time Performance Series. Free and open to the public. For more information, call 772-6828.

## STAGE

## SATURDAY 7.14

**Jackson Browne** (acoustic) 8 pm, Portland City Hall Auditorium. Tickets are on sale at Ticketron Outlets (including the Civic Center box office) or by calling Teletron 1-800-382-8080.

**Fleetwood Mac** (rock) 7:30 pm, Seashore Performing Arts Center at Old Orchard Beach. Tickets are \$17/\$9/\$15, available at Ticketron, Civic Center Box Office and SeaPAC box office. For more information, call 934-1731.

**Karla Bonoff** (acoustic) 8 pm, Frost Parish Church, Brunswick. Concert is a benefit for the Mid Coast Chapter of the American Red Cross. Tickets are \$10 in advance, \$12 at the door, available at Amadeus Music in Portland, MacBeans Music and Fleet Bank in Brunswick and the American Red Cross in Portland and Brunswick. For more information, call 729-6779.

## UPCOMING

**Summer Chamber Music Workshop** Portland String Quartet heads up a six-day workshop for non-professional adult string players. Three hours of coaching per day, master classes, ensemble performances and criticism July 15-20 at Westbrook College, Stevens Ave., Portland. Residency and non-residency options available. For more information, call the Division of Continuing Education at 797-7261.

**Bonnie Raitt** and **Jeff Healy** Band (acoustic/blues) Aug 11, 7:30 pm at the Cumberland County Civic Center, Portland. Tickets are available at the box office and at all Ticketron locations. Reserved seating \$18.50/\$16.50. For more information, call 775-3481.

## Art unearthed

It began in 1970 when Jim Pierce's doctor suggested he take up golf as therapy for bursitis. Pierce chose gardening instead, but the nationally recognized artist and former head of the art department at the University of Kentucky didn't plant tomatoes. Rather, he transformed a roadside expanse of land on the edges of the Kennebec River in Clinton, Maine into a neo-archaeological site and earth art museum.

Pierce chronicled his efforts June 28 at a slide show and lecture at Maine Audubon Society, Falmouth, Maine, called "Earthworks: A Garden of History." The garden sprouts from Pierce's fascination with 18th century English landscape gardens, which rejected the symmetrical style of gardens of the past and were carefully planned to look unplanned.

Since starting the project in the early 70s, Pierce has witnessed tremendous change in the area; the construction of Scott papermill, water towers and the paving of the road. His slide show he called "The ideal tour" of the area, began at dawn of the summer solstice and ended at the raking light of sunset. Sunset is the best time to view the garden, Pierce said, who treasures the garden's independence from technology. Like Eighteenth Century gardeners, Pierce's efforts might also be viewed as a journey back to things less refined and more natural.

Most of the works are foliage pieces, constructed of mounds of dirt covered over with vegetation. Pierce is said to be an expert at prehistoric earth mounds. "Janus," referring to the Roman God of portals and beginnings, is the first work the sun sees as it rises in the garden's east-west orientation. The sculpture is a pyramidal mound of grass with a hole bored through, representing an eye. The sun shines through the terra-cotta opening toward the other pieces on the site, but presents a blind eye toward Scott papermill. From the base of the mound extend four "noses," as Pierce calls them, representing the two-faced characteristic of the god, Janus.

"Earthwoman" is a curvaceous rendering of a nude woman located just beyond the "Janus." The earthmound is oriented so that as the sun slowly rises above the "Janus," it shines directly between her buttocks.

Beyond "Earthwoman" is the "Sun Tree Man," a serpentine creature whose circular head with hollowed-out center represents the sun, and whose belly, when sat in, said Pierce, "turns boys into men." The "Sun Tree Man" is directed at the hollow "Kiva." Representing female genitalia, the "Kiva" is a circular, walled piece made of concrete covered with vegetation. The piece encourages the viewer to sit inside it and take a rest.

Like the idea for the garden itself, the earthworks in Pierce's garden have been directly influenced by artworks of the past. "Earthwoman" is a direct influence of one of the oldest existing works of art, a palm-sized sculpture from 25,000 B.C., the "Venus of Willendorf," while the "Sun Tree Man's" figure was directly influenced by the forms of Paul Klee, one of Pierce's most admired artists. Pierce is as much of an art historian as he is an artist. The lay of the land in Clinton is much like Yorkshire, England, said Pierce. Anything naturally occurring, said Pierce, even the smallest cluster of trees, is of supreme importance to the garden.

The garden, like all gardens, has roots to the Garden of Eden. The trees phallically suggest Adam, while a rock formation called "Serpent" and the "Earthwoman" work together to tell the biblical tale of Adam and Eve.

I did not have the opportunity to tour the actual site. Pierce admits the garden has fallen into a state of disrepair due to lack of maintenance, but the trip to Clinton should make for a fascinating and relaxing day away from Portland and a temporary means of returning to nature. Call Maine Audubon at 781-2330 for directions.

Leslie Morrison

Series. Free and open to the public. For more information, call 772-6828.

**Light up the Sky** Moss Hart's comedy about the chaotic opening night is performed by The Theater at Monmouth. The performance is July 11 at 8 pm. Tickets are \$15, \$13 for senior citizens and \$10 for students. For information and reservations, call 939-9999.

**The Merchant of Venice** Shakespeare's play will be set in pre-fascist Italy, 1928. The performance is July 12 at 8 pm. Tickets are \$15 regular, \$13 for seniors and \$10 for students. For more information, call 939-9999.

**The Cherry Orchard** Anton Chekhov's comic story about Russian aristocrats soon to lose everything to those damn Bolsheviks. The play opens July 13 at the Theater at Monmouth, Monmouth. Performances run in repertory through Aug 31. For more information or reservations, call 933-9999.

**The Humble Farmer** Maine humorist Robert Skoglund performs July 14, 8 pm in the Chaiet, Saint Joseph's College, Standish. Free and open to the public. For more information, call 892-6766 ext. 456.

**Midsummer Night's Dream** Shakespeare's comedy about confused lovers through July 14 at the Theater Project, 14 School St., Brunswick. Performances are Thu at 7 pm, Fri at 8 pm and Sat at 4 and 8 pm. For ticket information, call 729-8584.

**A Toast to Broadway** The Bayside Players present a dinner theater production of a musical revue of songs from 10 Broadway musicals through Aug 25 at The Portland Club, 156 State St., Portland. Performances are Fridays (happy hour at 6:30, dinner at 7:30, curtain at 8:30) and Sunday (brunch at 12 noon, curtain at 2 pm). Tickets are \$29/\$24/\$20. For more information, call 773-0218.

**Acting Workshop** with Broadway acting coach Philip Gushee, who uses the "Meisner Technique." Workshops are open to anyone interested in acting, experienced or otherwise Aug 6-18 at Westbrook College, Stevens Ave., Portland. Call the Division of Continuing Education at 797-7261.

## ART OPENING

**Union of Maine Visual Artists Show** Members' exhibition through July 28 at the Ogunquit Art Center, 9 Hoyts Lane (just off Route 1), Ogunquit. Exhibit includes painting, sculpture, photography and mixed-media. Opening reception July 7, 5-8 pm. Hours: daily 10 am-5 pm. 646-5933.

**ICOM Contemporary Art** in Brunswick will be showing new paintings by Port Clyde artist Robert Hamilton during July. A public reception for Mr. Hamilton will open the exhibition on July 7 from 4-6 pm. Robert Hamilton is a former professor of painting at the Rhode Island School of Design. ICOM is located at 19 Mason St. in Brunswick; gallery hours are 1-5 pm Mon-Fri. For more information contact Duane Pulaski at 725-8157 days or 442-8128 even.

**Maine Coast Artists**, Russell Ave., Rockport. Invitational exhibition on display through July 22. The exhibition features works by Robert Broner, Paul Heroux, Susan Leites, Carl Palazzolo and Katherine Porter. The artists will join a panel discussion on their work on July 17 at 7:30 pm. Sun-Sat 10 am-5 pm. 236-2875

## AROUND TOWN

**Portland Museum of Art** Seven Congress Square, Portland. Hours: Tue-Sat, 10-5; Sun, 12-5; Free on Thursday evenings, 5-9. "French Impressionism and Beyond: The Scott M. Black Collection" (through July 29); "Urban Visions: Images by Ashcan School Painters" (through Aug 26); "Americans at Home and Abroad: Watercolors and Prints by Childre Hassam, Maurice Prendergast, James McNeill Whistler and John Singer Sargent" (through July 8); "Perspectives: Harriet Matthews," exhibit of large steel sculptures (through July 8); "Frank Stella: The Circuits Prints," mixed-media prints (through Aug 5). 775-6148.

**AREA Gallery**, Campus Center, Bedford Street, USM Portland. "Off Shore," photographs by Maggie Foskett through Aug 10. Hours: Mon-Sat 12-5 pm, Sun 12-5 pm. 780-4090.

Continued on page 20

# sundays in the Old Port

A SIX WEEK SERIES OF FUN, FROLIC & ENTERTAINMENT

## From Noon - 5 pm in The Old Port

### Sunday, July 8

### Schedule of Activities

12:00 - 1:00  
**Jack Honan - Clarinet**

12:30 - 2:00  
**Brenda Moore - Folk: acoustic & vocal**

1:00 - 3:00  
**Jest Foolin' - Jester, juggler, clown**

2:30  
**PETER GALLWAY & THE PROOF**  
Original Contemporary Music on Lower Exchange

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UPCOMING ENTERTAINMENT  
Sundays Noon - 5 pm in The Old Port

Sunday, July 15

**WICKED GOOD BAND** Wicked Funny Music  
also **Doug Lewis & Deb Sawyer, Jack Honan, Balloon Zoo**

Sunday, July 22

**BIG CHIEF & THE CONTINENTALS**  
Rhythm & Blues  
also **Anni Clark, Essency Marionettes, "Charlie Who" (Alan Tacheny)**

Sunday, July 29

**BELLAMY JAZZ BAND** Dixieland Jazz  
also **Mexicali Rose, Martin Steingesser, Jack Honan**

Sunday, August 5

**ROCKIN' VIBRATION** Reggae  
also **Curt Bessette, Hurdy Gurdy Monkey & Me**

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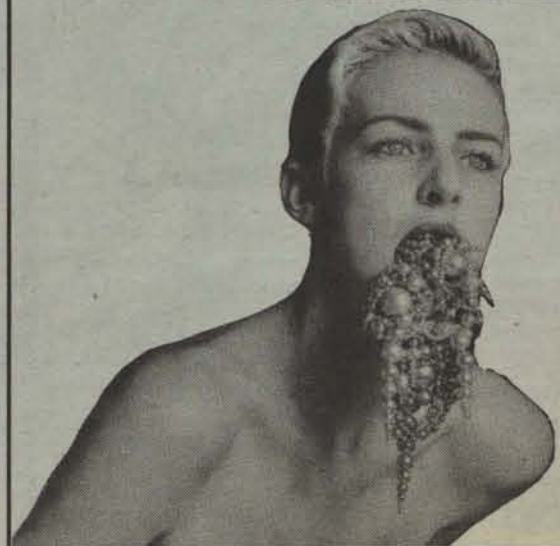
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828-2000

Continued from page 19

## MORE ART

Alberta's Cafe, 21 Pleasant St., Portland. "Abstract Drawings" by James Morrow through Aug 1.

The Baker's Dozen Group Show at the Seamen's Club and the Baker's Table Restaurant in the Old Port, Portland. Artists included in the show are: Ruth Bowman, painter; David Busch, photographer; Joyce Dolley, painter; Frank Gilpatrick, photographer; Jill Goldman, photographer; Suzanne Knecht, painter; Peter Munro, photographer; Bonny Nason, painter and printmaker; Paul Plant, painter; Wesley Freeze Jr., painter and draftsman; Lauren Zusi, painter; Louise Friedl, painter and draftsman; Susan Berry, printmaker and draftsman. Exhibit continues through July 15. For more information, call 775-1514 or write A.A.V., 10 Pine St., Portland, 04102.

Barndoff Galleries, 26 Free St., Portland. Paintings by Joe Nicoletti and Stuart Ross July 6-Aug 4. Also a selection of 19th and early 20th century American paintings. Hours: Mon-Fri 10 am-5 pm, 772-5011.

The Baxter Gallery, Portland School of Art, 619 Congress St., Portland. "Alumni Exhibition" through Aug 17. Hours: Mon-Fri 10 am-5 pm, 775-3052.

Bayview Gallery, 75 Market St., Portland. Florals in watercolor by Nancy Glassman and Susan Van Campen through July 28. Hours: Mon-Sat 10 am-6 pm, 773-3007.

Congress Square Gallery, (new location) 42 Exchange St., Portland. Still life and landscape painting by George Van Hook through July 20. Hours: Tue-Sat 10 am-5 pm, 774-3369.

Danforth Street Gallery, 34 Danforth St., Portland. "Crossover," multi-media installation combining print, photography, poetry and painting through July 7. Hours: Tue-Sat 11 am-5 pm, 775-6245.

Dean Valentgas Gallery, 60 Hampshire St., Portland. Paintings, sculpture and prints by Charles Hewitt through July 15. Hours: Thu 12-8 pm, Fri-Sat 12-5 pm, Sun 12-4 pm and by appointment, 772-2042.

Dimora, 26 Exchange St., Portland. Mixed-media collages by Andres Vazquez through July 15. Hours: Mon-Wed 10 am-6 pm, Thu-Sat 10 am-8 pm, Sun 10 am-5 pm, 775-7049.

Evans Gallery, 7 Pleasant St., Portland. "Mediterranean Color," photographs by Jeffrey Bacon through July 14. Hours: Tue-Fri 10 am-6 pm, Sat 11 am-5 pm, 879-0042.

Good Egg Cafe, 705 Congress St., Portland. "No Evictions," works by Elisabeth Jabbar through July 15.

Maine Pottery Market, 376 Fore St., Portland. Decorative and functional stoneware emphasizing simplicity in design by Robyn Langhorst through July 10. Hours: Daily, 9 am-9 pm, 774-1633.

Payson Gallery of Art, Westbrook College, 716 Stevens Ave., Portland. The Permanent Collection and Selected Loans through Sep 9. Hours: Tue-Fri 10 am-4 pm (Thu until 9), Sat-Sun 1-5 pm, 797-9546.

The Photo Gallery, Portland School of Art, 619 Congress St., Portland. Recent Photographs: Color Prints by Donna Lee Rollins and Photographic Constructions by Kris Bezanson through July 13. Hours: Mon-Fri 9 am-5 pm, 775-3052.

Portland Public Library, Five Monument Square, Portland. "Public Libraries - A Maine Portrait," Cibachrome photographs of Maine public libraries by John K. Jones of Portland. Maine libraries date back to 1751, 61 are on the National Register of Historic Places or are in historic districts, 22 are "Carnegie Libraries," and 25 are situated on islands. The exhibit is accompanied by historical and architectural notes. The exhibit continues through Aug 17. Hours: Mon, Wed and Fri 9 am-6 pm, Tue and Thu 12-9 pm, Sat 9 am-5 pm, 871-1700.

Right Banque Cafe, 225 Federal St., Portland. Prints by Elisabeth Jabbar through Aug 1.

Stella Gallery Contemporary Glass, 20 Milk St., Portland. Glass works by Barry Entner through July 15. Hours: Mon-Sat 11 am-5:30 pm; closed Sun. 772-9072.

Wellin Gardiner Fine Arts, 4 1/2 Milk St., Portland. Fine 17th, 18th and 19th century decorative prints with an emphasis on architectural, botanical, marine & sporting subjects. Hours: Tue-Fri 10 am-5:30 pm, Sat 10 am-5 pm, 774-1044.

West Side Restaurant, 58 Pine St., Portland. Recent paintings by Terry McKelvey through July 29, 773-8223.

## OUT OF TOWN

The Chocolate Church Art Gallery, 904 Washington St., Bath. Invitational Photography Show July 13-Aug 4. Opening reception July 20, 5-7 pm. Hours: Tue-Fri 10 am-4 pm, Sat 12-4 pm, 442-8455.

Bates College, Olin Arts Center, Lewiston. "Dahlov Ipcar: The Seventies & Eighties," "Recent Donations," works by Matisse, Braque, Gauguin, Cezanne and Picasso, and "Children's Book Illustrations," featuring the work of several of Maine's best artists and writers. Both exhibits continue through Aug 26. Hours: Tue-Sat 10 am-4 pm, Sun 1-5 pm, 786-6158.

Bowdoin College Museum of Art, Brunswick. "Thomas Cornell Paintings: The Birth of Nature" (through July 8); "Islamic Miniatures from the Permanent Collection," Arab and Persian Miniatures and paintings from Mughal India (through Aug 19). Hours: Tue-Sat 10 am-5 pm, Sun 2-5 pm, 725-3275.

City of the Leons Art Gallery, Rt. 302, South Casco. "Critters," works by Maine artists of Maine wildlife through July 20. Artists include Chris Nielson, Marjorie Moore, Serri Beckman and Dahlov Ipcar. Hours: 9:30 am-9 pm, 655-5060.

Elements Gallery, 56 Maine St., Brunswick. New work by six gallery artists: painted and quilted wall art by Natasha Kempers-Cullen; handmade sculptures in jewelry environments by Georgeann and Condon Kuhl; raku clay sculpture and pottery by Chris Newcomb; figurative sculpture by Monty Smith; and original folk art by Robert Stebbelen. Exhibit continues through Aug 2. Hours: Mon-Sat 10 am-5 pm. For more information, call 729-1108.

Hobe Sound Galleries North, 58 Maine St., Brunswick. New works from gallery artists through July 14. Hours: Tue-Sat 10 am-5 pm, 725-4191.

Old Orchard Beach Art Center, 5 Portland Ave., Old Orchard Beach. Paintings by Lane Thurlow through July, 839-6319.

Renascence Gallery, 296 Maine Ave., Farmingdale. The Unique Images of Dan Merriam through July 11. Hours: Mon-Fri 9:30 am-5:30 pm, Sat 9:30 am-5 pm, 582-8255.

Thomas Memorial Library, 6 Scott Dr., Cape Elizabeth. Abstract paintings and drawings by Lauri Twichell through July 6, 799-1720.

York Institute Museum, 371 Main St., Saco. "Objectivity: Selections for the Permanent Collection" through mid-Sep. "Paints for Paintings" through mid-Oct. Hours: Mon, Wed and Fri 1-4 pm, Thu 1-8 pm (also Sat 1-4 during July-Aug), 282-3031.



## OTHER

Frank Stella: The Circuits Prints. Gallery talks on the exhibit will be given July 11 at 12:30 pm, July 12 at 5:15 pm and July 18 at 12:30 pm at the Portland Museum of Art, Congress Square, Portland. Gallery talks are free with museum admission. For more information, call 775-6148.

Skowhegan School of Painting and Sculpture. Summer Lecture Series. Guest artist Ito Scanga speaks July 6, 8 pm. To conform date and time, call 474-8345.

Video Artists The Danforth Street Gallery, a non-profit gallery, will be having a video art show Aug 11-31. The show will represent a potpourri of visions of art through video. Top three participants will receive a unique opportunity for apprenticeship with local film producers. Deadline for submitting 10-minute video is July 28. Send video, \$10 entry fee for non-members, \$5 for members, and SASE to Danforth Street Gallery, 34 Danforth St., Portland 04101. For more information, call 775-6245.

Artist in Residence Program. Deadline for applications to new grants for areas considered underserved by the Maine Arts Commission is Sep 28. To be eligible, artists' residencies

must take place between Jan 1 and June 30 and must occur in one of the following 12 counties: Aroostook, Hancock, Knox, Franklin, Oxford, Penobscot, Piscataquis, Sagadahoc, Somerset, Waldo, Washington and York. Information, applications and guidelines are available by calling the Maine Arts Commission, 289-2724. Applicants must talk to Artist in Residence Program Associates, Nancy Salmon or Sharon Townsend, before applying. Bowdoin College Museum of Art is offering burs of its collections through Aug 17. The docent-guided tours are Tue and Thu at 2 pm, Wed and Fri at 12:30 pm. Reservations are not necessary. Meet in the rotunda of the Walker Art Building. For more information, call 725-3275.

## SENSE

Antique Gas and Steam Engine Show. Yarmouth Historical Society is presenting the regional engine show July 7, 4:30 pm at Bennett Field, Rowe School, just off U.S. Route 1 in Yarmouth. Admission is \$1. For more information, call 846-6259.

Poetry at The Theater Project. Five poets read from their work July 8, 7 pm at The Theater Project, 14 School St., Brunswick. Kate Barnes, Marlene Ekola Gerberick, Gary Lawless, Stephen Petroff and Colin Sargent read from their work. Admission is \$5. For more information, call 729-8584.

Architecture at York Institute. Gallery talk on the architecture of the building designed by John Calvin Stevens in 1926 will be given July 7 and 11 at 2 pm at the York Institute, 371 Main St., Saco. Free and open to the public. For more information, call 282-3031.

Maine DOS User Group meets the first Wednesday of the month at 7 pm at Southern Maine Technical College, Machine Tool Technology Bldg Auditorium, South Portland. Membership rates are \$25 per year; free for a full-time student. For more information, call 775-7276.

MegaBooks Raffle. More than 100 books by Maine writers are being raffled as the grand prize in this benefit for the Maine Writers and Publishers Alliance. Raffle tickets are available July through Sep for \$3 each or two for \$5 and may be purchased at bookstores throughout the state, through the MWPA newsletter at the MWPA, 19 Mason St., Brunswick. The grand prize includes Sarah Orne Jewett's "The Country of the Pointed Firs," "Maine" by Elliot Porter, Edgar Allen Beam's new book "Maine Art Now" and autographed books by Carolyn LeDoux, Stephen King and Denis Chute. For more information, call 792-6333.

Southwest Planetarium Astronomy Shows. Fri-Sun at 7 pm; Laser Shows. Fri-Sun at 8:30 pm. Admission is \$3 for adults, \$2 for students and children (no children under 5). For more information, call 780-4249.

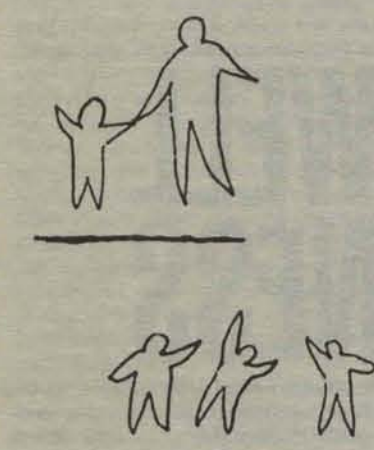
Navigation by Stars Workshop to learn celestial navigation by Gregory Walsh and Cameron Bright of Ocean Navigator magazine July 12, 7 pm at the Maine Maritime Museum, 243 Washington St., Bath. Cost is \$10, \$5 for museum members. For more information, call 443-1316.

"Intelligence Requirements in the Changing World," lecture by Roy S. Godson, high noon on July 12 in the Phoenix Room, Key Bank, 1 Canal Plaza. Mr. Godson, a consultant to the President's Foreign Intelligence Advisory Board and a past consultant to the National Security Council, will speak on intelligence requirements in the post-cold war world. Tickets are free to WAC members and \$5 to everyone else. BYO lunch; cookies and coffee will be served gratis. For more information call 780-4551.

Birthing and Art Pam Todier, author of "The Birthing Marathon" on the process of giving birth, will be around July 11, 6:30-8 pm and Edgar Allen Beam, author of "Maine Art Now" on July 13, 6:30-8 pm at Harbour Books, Lower Falls Landing, Yarmouth. For more information, call 846-6306.

Saco's Historic Neighborhoods. Guided walking tours of Saco's historic neighborhoods are being offered July 14 and 18, starting at 2 pm at the York Institute, 371 Main St., Saco. Free and open to the public. For more information, call 282-3031.

## FOR KIDS



Where The Wild Things Are: A Night Walk for Families Family outing hosted by the Maine Audubon Society July 7, 6:30-11:30 pm at the Mast Landing Sanctuary in Freeport. Stargazing, calling for owls, and looking for animal signs and tracks are among the planned activities. Cost is \$10 per person; advance reservations are necessary. For more information, call 781-2330.

Mummichogs and Marsh Muck. Chance for kids to explore the plants and animals of the marsh using all five senses in discovery-oriented, fun-filled activities Tue and Fri, 9:30-11 am. Cost is \$2 for Maine Audubon Society members, \$3 for non-members. Maine Audubon Society's Scarborough Marsh Nature Center is located on Route 9 in Scarborough. For more information on any of the above, call 883-5100.

Summer Programs in the Arts. Schoolhouse Arts Center in Sebago Lake are offering two sessions of Maine Rain Reading Club July 5, 12 pm. Free and open to the public. Classes meet Tue and Thu, 9 am-1:30 pm. Classes in acting, drawing, dance, voice and more. For more information, call Debbie Doherty at 675-3457.

Once Upon a Raisin. Fill-in-the-blanks stories contest for kids in Kindergarten through sixth grade held in conjunction with the California Raisin Reading Club July 5, 12 pm. Free and open to the public. For more information, call 797-2915.

Art Afterschool. Summer art workshops for kids ages eight to 12 begin July 11, 10:30 am-3:30 pm and continue on consecutive Wednesdays through Aug 15 at the Portland Museum of Art, Congress Square, Portland. Series explores a variety of printmaking techniques in conjunction with the Frank Stella exhibit. Cost is \$60 for members, \$75 for non-members. For more information, call 775-6148.

North American Soccer Camp. South Portland Parks and Recreation is hosting a one-week camp Aug 20-24, 1-4 pm for kids ages 6 and older. NASC is also offering a Munchkin program for 4 and 5 year-olds. A Goals Program will be set up if at least 10 campers are interested. Cost is \$87 per child with family discounts available. (Munchkin program is \$35.) All campers receive a t-shirt and a hand-stitched ball. For more information, call 799-7996.

The Children's Resource Center is offering two art workshops for children led by guest artist Judy Faust. "Creating Dinosaurs with Found Objects" for kids ages 9-14 meets July 10-Aug 14, Tuesdays, 10:30 am-12 pm, \$72 plus \$2 admission to the Children's Museum's Dinamation exhibit; "Texture Adventure" for kids ages 5-8 meets July 11-Aug 11, Wednesdays, 10:30 am-12 pm, \$48, all materials included. Space is limited. For more information, call 773-3045.

Art Camp Art Affect School of Standish is conducting day program of 5-8 events including clay work, painting, drawings and sculpture for children ages 5 and up. For more information, call 642-2637.

Fresh Paint Art workshop classes for kids ages 2-12 in Brunswick. Six-week sessions include both daytime and evening classes. Space is limited. For more information, call 725-4983.

Return of the Giants. All-new dinosaur show feature ten moving Dinamation creations set in their natural habitat through Sep 3. Presented by the Children's Museum of Maine, the exhibit can be seen at the former Lee Dodge sales location, 191 Riverside St., just off Exit 8, Portland. Hours are Sun-Thu 10 am-5 pm, Fri until 8 pm. Admission is \$3.50 per person; children under 2 are admitted free. Admission is \$2.50 for members of The Children's Museum. For more information, call 797-KITE.

Flicks For Kids every Saturday, 10:30 am at the Portland Public Library, Five Monument Square, Portland. Free and open to the public. For more information, call 771-1700.

Disney Movies for Kids. South Portland Public Library offers movies on Mondays at 1:30 and 5 pm: "Peter Pan" July 9; "Sammy, The Way Out Sea" July 16; "The Little Mermaid" July 23; "Mary Poppins" July 30. 50 cent donation. South Portland Public Library is located at 482 Broadway, South Portland. For more information, call 799-2204.

Essency Marionettes perform July 9, 12-1:30 pm in Tommy's Park, Exchange and Middle streets, Portland. The show is part of IPE's Nontime Performance Series. Free and open to the public. For more information, call 772-6828.

The Young People's Drama/Song/Dance Summer Camp will offer two performance-oriented sessions designed to provide opportunities for self-esteem and empowerment through the use of creative arts. Session One is slated for July 9 and Session Two begins on August 6. Each session includes two weeks of comprehensive training, and will be held at the Cheryl Grosh Theater-Dance Studio located at 180 Sawyer St. in South Portland. Classes run from 9 am to 3:30 pm and the cost is \$100 per week.

The Children's Resource Center Summer Workshops for children ages 6-12: "Create A Cityscape" July 10-11; "Mobile Making" July 17; Tie Dye, "bring a plain white t-shirt July 18; "Wild & Crazy Shades" July 24; "Tie Dye," bring a plain white t-shirt July 25; "Create A Cityscape" July 31-Aug 1; "Tie Dye," bring a plain white t-shirt Aug 8; "Wild & Crazy Shades" Aug 14; "Tie Dye," bring a plain white t-shirt Aug 15. All workshops are 2-3:30 pm at The Children's Resource Center, Thompson's Point, Building 14, Portland. Cost is \$3. For reservations, call 773-3045.

Puppet Club for kids at the Riverton Branch Library, a free five-week event starting July 11. Instructor Phyllis Forward will teach children in grades K-6 to make puppets in a variety of materials and themes. The club will meet on Wednesdays from 1-2 pm. Sign up at the library on 1600 Forest Ave or call 797-2915.

Living History. Norland Living History Center present a humorous enactment of the 19th century July 11, 10:30 am at the Portland Public Library, Five Monument Square, Portland. Free and open to the public. For more information, call 871-1700.

Glenn Dwyer performs a show for kids July 12, 12:30 pm at the Bandstand in Deering Oaks Park, Portland. Free and open to the public. For more information, call 874-8793.

Sibling Class for Big Brothers and Sisters. To Be Two-hour activity session to help prepare children ages two and a half to 10 years old for the arrival of a new sibling. Class will be held July 13, 3-5 pm in the Women's Health Conference Room, Osteopathic Hospital, Brighton Ave., Portland. Cost is \$10. Sponsored by the Osteopathic Hospital and the Childbirth Education Association. To register, call 781-2694.

Maskmaking Workshop. July 13 from 1-2 pm at the Riverton Branch Library. Free event for children in grades 4-6. Sponsored in conjunction with the California Raisins Reading Club, workshop leader Elizabeth Conley will help children make masks of a main story character from a variety of decorative materials. Sign up at the Riverton Branch Library, 1600 Forest Ave 9 am-6pm Wed, 12-3 pm Thurs, 9 am-5pm Fri or call 787-2915.

Concerned parents of Gifted Children are sponsoring a free lecture by Shirley Rand, Board member of the Hologrowth Center for Highly Gifted Children, a support network for the parents of gifted children. The lecture is July 10, 7 pm. For more information, call 642-3302.



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Continued on page 22



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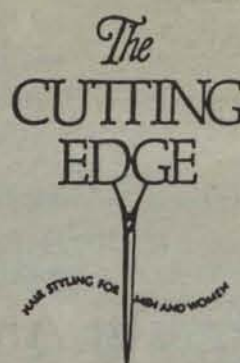
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Continued from page 21

## HELP

**Divorce Perspectives** meets every Wednesday at 7:30 pm at Woodlark Congregational Church, 202 Woodlark St., Portland. Divorce Perspectives helps people who are in the process of divorce, considering a divorce or separation from a relationship cope with the transition. July 11 meeting is on co-parenting. For more information, call 774-HELP.

**Single, Widowed, Separated or Divorced** People over 35 are invited to attend a new support group in Portland and surrounding areas. The group welcomes any and all new ideas. For more information, call Larry at 854-9935, Ruth at 892-4407 or Kit at 856-1174.

**Infant Parenting Classes** are being offered by Portland Public Health for Portland residents. Meet other parents, share ideas, and discuss joys and frustrations of parenting. Learn how to raise happy, healthy children. For more information, call 874-8300 ext. 8784.

**OCF Support Group.** For more information, call 774-8919.

**H.O.P.E.** Self-help support groups with facilitators meet weekly to help heal the emotional pain associated with serious diseases. Meetings are at Unity Church, 16 Columbia Rd., Portland, Tuesdays 2-4 pm, 5-7:30 pm and Thursdays 10 am-12 noon. There are also support groups for the family and friends of the ill which meet Thursdays 7-9 pm. For more information, call 1-800-339-HOPE.

**Wings Support Group** Tuesdays, 7-9 pm at 139 Ocean St. South Portland and Thursday, 7-9 pm at 11 Day St., Westbrook. For more information, call 773-8550.

**Outright** Portland alliance of gay, lesbian, bisexual and questioning youth offers support and information for young people ages 22 and under in a safe environment. Write: OUTRIGHT, P.O. Box 5028, Station A, Portland, 04101 or call 774-HELP.

**Parents Anonymous** is a self-help group for parents who want to develop better parenting skills and are seeking support and advice from other parents. Weekly meetings are on Tuesdays at 6 pm or Wednesdays at 2 pm in Portland. Child care is provided. Meetings are free. For more information, call 871-7411.

## WELLNESS

**Aqua Aerobics** USM Lifetime is offering a new aquatic exercise program starting July 9 at 6:45 am at the Riverton School Pool. Classes are held Mon, Wed and Fri. Great for non-swimmers. For more information, call 780-4170.

**Making Your Own Oils, Vinegars, Teas and Salves** Workshop includes herb walk July 14, 10 am-4 pm at Crystal Spring Farm, Biddeford. Cost is \$50. For more information, call 499-7040.

**Non-Dependence Day** American Lung Association of Maine is encouraging Maineans to celebrate their Freedom from Smoking July 5. For more information, call 1-800-462-LUNG.

**Meditation Retreat** Friends of the Western Buddhist Order is offering a week-long meditation retreat July 9-16 at Aryaloka, Newmarket, N.H. Retreat is intended for both people with no experience of meditation or Buddhism and for those with a regular practice. It is an opportunity to meditate with others. For more information, call 603-659-5456.

## Mike Quinn's sports quotes of the week:

►Pat Summit, the highly successful University of Tennessee women's basketball coach who is expecting her first child, a boy, quipped: "I figure I have at least one advantage over men's coaches. If my son grows up to be a basketball player, my feelings won't be hurt if he doesn't want to play for me."

►George Foreman, the former heavyweight champion who has fought largely undistinguished opponents since he ended a 10-year absence from the ring to regain the crown, unleashed this uppercot: "Peoplesay George Foreman only fights guys on a respirator. But that's a lie. They have to beight days off the respirator."

►Don Criqui, NBC sportscaster recently commented on the American League's homerun leader Tigers' Cecil Fielder, who played in Japan last season: "Fielder may be the only Japanese import ever to be cheered in Detroit."

►There's a lot to be said for mediocrity. Consider the wise words of Syn Thrift, former Yankees and Pirates general manager: "I like to call the American League East the Fortune 500—because they are spending a fortune and playing 500."

Mike Quinn

## SPORT

**Casco Bay Sportfishing Classic** Non-profit sportfishing tournament benefits the Atlantic Sportfishing Association and Maine Marine conservation efforts Aug 4-5 at Spring Point Marina in South Portland. For more information or entry forms, contact Cal Robinson at Saco Bay Tackle Company at 284-4453 or Paul Jensen at Port Harbor Marine at 767-3254.

**Soccer Players** are needed for an over-30 (in mind or body) soccer team to play a challenge series during the summer with teams from the Bath/Brunswick area. Games are played on Sunday afternoons. For more information, call Kevin Mead at 767-1385.



## OUTSIDE

**The Maine Outdoor Adventure Club** will meet July 11 at 7 pm at the People's Building, 155 Brackett St. There will be a slide show presentation on backpacking in Yosemite National Park. Upcoming trips and workshops: July 7, Hike Mt. Chocoma (797-8214); July 20-22, Wilderness Canoe/Camping Trip on Umbagog Lake (846-3036).

**Maine Women Outdoors** Evening hike and planning meeting will be held July 10, 6 pm at Wollo's Neck Woods State Park in Freeport. The group is open to women 18 and older. Bring a sandwich for dinner. Rain date is July 11. Hike is free. Meet at the park entrance. Membership is \$12 and includes a monthly newsletter. For more information on the hike or joining, call 547-3919.

**Maine Audubon's Loon Project** Loon Festival July 14, 10 am-4 pm at Maranacook Community School in Readfield. Annual loon count takes place on lakes all over the southern half of Maine July 21, 7-7:30 am. For more information, call Sally Stockwell, wildlife program manager, and Rhonda Morin, Loon Festival/Count coordinator at 781-2330.

**Scarborough Marsh Nature Center** Summer programs: Canoe Tours daily 1-11:30 am, Tue and Thu 6-7:30 pm (\$6/\$5 for members, \$7/\$6 for non-members); Salt Marsh Adventure, walk explores unique ecology of the salt marsh, Mon 9:30-11 am, Thu 2-3:30 pm (\$2 for members, \$3 for non-members); Dawn Birding, look and listen for owls, glossy ibis, herons, ducks, willets and swallows, Wed 7-8:30 am (\$2 for members, \$3 for non-members). Maine Audubon Society's Scarborough Marsh Nature Center is located on Route 9 in Scarborough. For more information on any of the above, call 883-5100.

**Casco Bay Bicycle Club** Upcoming rides: Sizzling Tuesdays in North Windham, 30 miles, Tuesdays, 5:30 pm, meet at Sizzler Steak House, North Windham (Gary Davis, 892-8257); 2nd Annual Kangua Madness Ride, 50 miles, July 7, 8 am, meet at Gorham Shop 'N' Save (Gary Davis, 892-8257); Strawberry Sensation, 35 miles, ride through Kennebunk, Lyman and eat freshly picked strawberries, July 8, 10 am (Pat Aceto, 499-2048); Maine Bike Rally July 13-15 in Darniscotta (774-1118); Biddeford Beaches, 30 miles, July 28, 9 am, meet at UNE Health Center, Biddeford (Brian Doyle, 934-7353).

**Appalachian Mountain Club** Outdoor workshops held at their Pinkham Notch Camp in New Hampshire. Workshops include: "Canoeing Lake Umbagog" July 6-8; "Freshwater Ecology Seminar" July 8-13; "Beginner Backpacking and Camping" July 13-15; "Plants of the Presidentials: A Naturalist Adventure" July 12-14. For information or reservations for any of the above workshops, call 603-466-2727.

**Get Your Paddle Wet** Bring your kayak for evening paddles Thursday evenings at 6 pm through Labor Day at East End Beach in Portland. For more information, call Jeff Wescott at 772-5357.

**Pizza Ride** 10-20 mile ride along the ocean and marshes of Cape Elizabeth and Scarborough with the Casco Bay Bicycle Club Thursdays at 6 pm at Par's Pizza, Route One, near Oak Hill in Scarborough. For more information, call 799-1085.

**Wollo's Neck Woods State Park** Summer Nature Program Nature programs are offered daily through Aug 16 and on weekends through Labor Day. The programs include a walk, short talks and other activities. Each Wednesday a program for children (and adults) "Fun in Nature" is being offered. Other programs are given on a rotating basis, including "Osprey Watch," "The Shore Tour" and "Wildflower Walk." All tours begin at 2 pm by the big sign in the second parking lot. Wollo's Neck Woods State Park is located in Freeport. For more information on program schedule, call 865-4465.

**Guided Saltwater Canoe Trips** Two-hour trips through Kennebunkport harbor led by a registered Maine guide and naturalist. Scenic islands, wildlife, lobster boats and lighthouse. Beginner through advanced. For more information, call Canoe Cape Porpoise at 282-9555.

**Maine Audubon Society Field Trips** Whale watches at Jeffrey's Ledge are scheduled for July 21, Aug 25 and Sep 22, 9:30 am-4 pm; and Puffin watching trips are scheduled for July 7 and 14 from Boothbay Harbor. Reservations are required for these trips. For more information, call the field trip office at 781-2330 or write Maine Audubon Society, 118 U.S. Rte 1, Falmouth, ME 04105.

## ETC

**Freeport in Bloom Garden Tour** The annual tour features eight private and public country gardens July 7, 10 am-4 pm, rain or shine. Tickets for the tour are \$12 and may be purchased at the Freeport Historical Society, 45 Main St., Freeport, or at the gardens on the day of the event. For more information, call 865-3170.

**Sundays in the Port** Afternoon festival on Lower Exchange Street July 8, 12-5 pm. Sunday festivals continue through Aug 5. Performances include Jack Honan, clarinet, 12-1 pm; folk singer Brenda Moore, 12:30-2 pm; Jest Foolin, magician and clown, 1-3 pm; and Peter Galloway & The Proof at 2-30 pm. Performances will be cancelled in the case of rain. For more information, call Intown Portland Exchange at 772-6828.

**Ride an Antique Trolley** Fri and Sat 10 am-5 pm at the Seashore Trolley Museum in Kennebunkport. Rides cost \$2 and the last ride leaves at 4:30 pm. The museum will be open until Sep 1. For more information call 967-2700.

**Enriched Golden Age Club** invited people over 60 to Wednesday luncheons and programs. The schedule of programs is as follows: July 11, music with Beau and Dave; July 18, Casco Bay Cloggers; July 25, guest meteorologist. Cost is \$1.50. Luncheons are held at 297 Cumberland Ave., Portland. For reservations, call 774-6974.

**"Fair Harbor" Annual Summer Fair** on July 11 at the Cape Elizabeth United Methodist Church on Rt. 77. A lobster roll luncheon will be served at 11:30 with take out orders accepted and delivered locally. The fair will also feature hand crafts, baked goods, attic treasures and garden shop. For more information call 799-0033.

**Portland Rotary Crafts Festival** More than 130 craftspeople show their stuff July 14, 10 am-5 pm in Monument Square, Portland. For more information, call 773-7157.

**Celebrate Gorham** day-long festival of entertainment, parade and more July 14, 10 am-4 pm at Robie Park, Gorham. Grand Parade from Narragansett School to the High School from 10 am. Bluegrass music performed by the Sandy River Ramblers at 11 am, afternoon Firefighter's Muster and a performance by Devonshire Cloggers at 3:30 pm. Devonshire closes the activities with a performance at 4 pm.

**Clean and Sober Dance** July 14, 8 pm-1 am at Temple Beth-El, 400 Deering Ave., Portland. For more information, call 775-2034.

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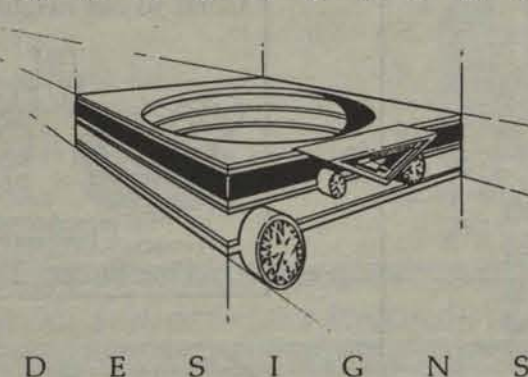
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## I Bet You Didn't Know

by Frank Gaziano

Did you know Micholob, Micholob Dry, Micholob Light and Micholob Classic Dark represent over 80% of all super-premium beers sold in America? Did you know there was once a major-league bowl game in which the 2 opposing coaches were brothers... It was the 1971 Gator Bowl... Georgia, coached by Vince Dooley, faced North Carolina, coached by Vince's brother Bill... Georgia won, 7-3. Our thanks to all lovers of our new Micholob brands. Here's a surprising fact... Although there are many bowl games these days, it took football people an amazingly long time to stage more than one game... The first Rose Bowl game was played in 1902 but, oddly enough, it was



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then 33 years, in 1935, until the next major bowls—the Orange and Sugar Bowls—were started. Did you know, Thomas Jefferson was also interested in brewing and made beer at Monticello. He culled all of the books he could find on the subject and added them to his extensive library. Here's an amazing record... There once was a man in the National Football League who played EVERY game for his team for 20 YEARS—and was never injured, despite playing regularly as a defensive end... The man who set that record was Jim Marshall who played with Minnesota and Cleveland in the NFL from 1960 till 1980 and never missed a game in all that time! Beer is a good part of the good life!

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242 St. John St., Union Sta. Portland 874-6444

• Tio Juan's CONCORD, NH • Margarita's ORONO, ME  
New MARGARITAS open in Augusta at the Coastline Inn; take ME Tpke. exit 15, east on Western Ave.

# classified

deadline: noon Monday use the coupon or call Melissa Johnson at 775-6601

## person to person

## PERSONAL OF THE WEEK

Winner receives two free movie tickets compliments of the Maine Mall Cinema!

**DWM- CHUBBY CHERUB** seeks foxy strawberry blonde; (No, not you Amy Carter!) for a groovy time. Prefer Granola type with militant lesbian gene pool. Must enjoy dine, wine, and Prine. Let's get together and touch P.P., Ask Tiger! CBW Box 982

If you have placed an ad in the Casco Bay Weekly personals, your ad is automatically entered in the PERSONAL OF THE WEEK contest. We are looking for ads that are creative, witty and fun. Winners will receive their tickets in the mail.

**ATTRACTIVE BIM LOOKING** for G/straight/BI males to go places. Like New Age, Dance, Music, Jung and Art. Will meet all who respond with letter and phone number. CBW Box 974 TPL 22211.

**PLAY MEGABUCKS?** Then take a gamble here. Executive, 33, is seeking to share the winnings. Looking for professional Female, 21-33. Ambitious, health-conscious who likes outdoor activities as well as social entertaining. CBW Box 975 TPL 22212

**SWF LIKES TO BE** daring, is very adventurous and fun. Athletic, attractive and professional. Seeks SWM 25-35 to have a great time with and who enjoys sports. Windsurfing, biking, hiking and getting a little crazy. CBW Box 976 TPL 22213

**HAPPY COUPLE SEeks** another couple to share intimate times. We are clean, healthy, chem-free and discreet. Let's get together and share the natural high of intimacy. All letters answered, discretion assured. CBW Box 977.

**SF, 31, HOPELESSLY** addicted to good literature, theatre, interesting conversations, rock-n-roll (music, not bars) and Dr. Who reruns. More than slightly off-centre, but a nice person and assuredly not a flake. Seeking basically decent, reasonably intelligent single guy who hopefully shares a few of the same interests (does not necessarily), has a sense of humour and is neither overly keen nor overly cautious about commitments for friendship, hopefully more. PO Box 9715-980, Portland, ME, 04104.

**WELL, I'M JUST** at my wits end! How does a WM, 30's, attractive, great sense of humor, nurturing, varied interests, meet an attractive, fun woman, 18-30, with out going through the awkward, yucky bar scene? I haven't got a clue. Any suggestions? CBW Box 978 TPL 22214

**20 BIMW LOOKING** for same athletic, goodlooking 18-25ish guy. Am I the only one in Maine or what? Take a chance and write (now)! Let's make this summer sizzle! CBW Box 979 TPL 22215

**ATTN BIF'S, HELP** my fantasy and yours become reality. I'm a SWM, 22, tall, dark, muscular and attractive, who seeks 2 BIF's for fun and friendship. The only requirements are a healthy body and an open mind. If this sounds like something you'll enjoy, send your name, age, phone number, and description of yourself to CBW Box 980

**DEAR PUNKER,** you are the greatest knucklehead and the best husband a woman could have! Swam.

**LOOKING FOR PEOPLE** bored with the bar scene, sick of supermarket line romances, and tired of long nights in front of the television. If you want to meet new people for a little while longer, start the summer off right. Take out a Person-to-Person ad in CBW and take advantage of our special offer right now! When you run an ad in the Person-to-Person section for 2 weeks, you get a third week...FREE!! Just fill out the coupon in the section and send it in, with payment, to: Casco Bay Weekly, 187 Clark Street, Portland, ME 04102. Indicate that you know about this special summertime deal and that third week is yours...FREE!!

**JIMMY C. OOH,** thanks for responding, the plot thickens... Sorry about the doak and dagger, but I'm not ready to blow my cover. But, amuse and tease me a little, I hope to see you out in the Old Port this weekend. And you're right, the ball is in my court, I guess I'll dabble for a little while longer. P.S. A further clue: I've seen you perform and have "rubbed" elbows with you on several "social" occasions. SS CBW 987

**NATURALLY! ATTRACTIVE** SWM artist seeking attractive women friends (all colors) to visit nudist camps, saunas with. Intimacy is not expected. Prefer vegetarian artists, dancers, models. Photo appreciated. CBW Box 981

**GWM WANTS TO** meet GWM or straight male for intimate relationship, 20-45, I'm 48. CBW Box 982 TPL 22205

**THE 90'S ARE HERE,** and zovirax is my (SWM, 28) reoccurring memory from the 90's. If you are a WF 22-32, in shape, like to: dine, dance, occasionally debauch and have similar memories, then we should be in contact. Let's exchange letters or calls for comparison of life's interest and a stress free date could be ours. CBW Box 988 TPL 22208

**DWM- CHUBBY CHERUB** seeks foxy strawberry blonde; (No, not you Amy Carter!) for a groovy time. Prefer Granola type with militant lesbian gene pool. Must enjoy dine, wine, and Prine. Let's get together and touch P.P., Ask Tiger! CBW Box 982

**TWO ENERGETIC** young women looking to meet two SWM's over dinner. Are you creative, energetic, fun-loving, intelligent, honest and spontaneous? We are! And we'd like to meet you. We're 25, responsible and a little crazy. Nice guys only need apply. CBW 970

**NORTHERN MAINE SWM** 37. Honest, sincere, professional type gentleman. Enjoys dining, dancing, music, the arts, RVing, bicycle, quiet walks along the beach. Nonsmoker, seeks lady 21-45 to share life's good times and possibly winter in the South P.O. Box 124, Portage, ME 04768

**LOST: ONE COOKIE** Delivering. Boating Machine. Last seen headed North (LL Bean, perhaps?) spreading chocolate chip cheer from an Old Town Canoe. If found, please return to Grity's in an upright position.

**OH, SLAVEDRIVER** of temp workers, how does it feel to work with out the constant hum of confused and underpaid people? Do you gaze frustratedly through those yuppie GO glasses at the world while birds have their way with your coat? Tell me, now that you're not in the neighborhood, must I frequent sleazy beer bars to run across you again? Don't be a stranger, someone needs to be subjected to your post-modern, punk-country, new wave New York underground, only heard of by the Village Voice Editorial staff music. CBW Box 983.

**DWM ADVENTUROUS** male seeks female who's attractive. I'm lonely and looking for serious relationships or just fun. I'm an attractive, hardworking father and healthy. I'm experienced but youthful. CBW 987

## TALKING PERSONAL

With Casco Bay Weekly's Talking Personals you can not only read the personals, you can also listen to them and leave a message of your own!

Talking Personals are a quick and easy way to find out more about the person placing the ad, to share more about yourself, or just to see who's out there.

Whenever you place a Person-to-Person ad in Casco Bay Weekly, you will be assigned a Talking Personal number (TPN), free! You can leave an outgoing message so that others can hear and leave messages of their own for you!

To listen to the Talking Personals in this issue, just follow these simple instructions:

1. Dial 1-900-896-2824 from any touchtone phone. Each call costs 95¢ per minute, billed to your phone.
2. When the machine answers, dial access code 22.
3. The machine will ask for a specific number. Enter the "TPN" number listed at the end of the ad you wish to respond to.
4. Listen to the recorded message, and leave your response if you wish.

All calls are screened. Obscene messages will be deleted. \*Person-to-Person advertisers may choose not to leave an outgoing message.

## BUY 2, GET 1 FREE

That's right, buy 2 weeks in the Person-to-Person section and get 1 week FREE! Just use the handy coupon in this section to write your ad and send it, along with payment, to:

Casco Bay Weekly  
187 Clark Street  
Portland, Maine 04102

## HOT SUMMER FUN

## dating services

Are you responding

to a CBW Box #?

Clearly mark the

CBW Box # on the

outside corner of

the envelope and

send your reply

to

Casco Bay Weekly

187 Clark St.,

Portland ME 04102

## The Venus Project

Astrological Match-Making  
For Singles Who Want A Lasting Relationship



The reasonable one-time fee maintains your membership until you have the relationship you want

Call Today for a Free Brochure  
800-446-2979

8 Pheasant Lane • Lexington, MA 02173

## Judy Vore's Compatibles

"The Dating Service That Cares"  
You've seen me on Donahue and U.S.A. Today. As the oldest dating service in N.E., we have introduced thousands of singles with caring concern and affordable rates. Why not you?

We're not just another dating service. We're Compatibles. Call for a free consultation. 767-1366 Portland 783-1500 Auburn



Always imitated but never equaled.

## DATE•BY•PHONE

Nation's Largest & Newest Dating Service

## 24 Hour Service



- ♀ 1-900-226-2003
- ♂ 1-900-988-3135
- ♂ 1-900-988-3139
- ♀ 1-900-226-2007
- ♂ 1-900-988-3136
- ♀ 1-900-226-2004
- ♀ 1-900-226-2006
- ♂ 1-900-988-3137
- ♀ 1-900-226-2005
- ♂ 1-900-988-3138

FREE!FREE!FREE!FREE!FREE!FREE!FREE!  
Leave Your Name & Message Call 1-800-388-8274

\$5 per min. (3 min. program)



Gay Matching!  
ComQuest 800-633-6969

Meet someone new and interesting this summer in the Person-to-Person ads. Take advantage of our summer special For more information, call Melissa Johnson at 775-6601



## body &amp; soul

**CREATIVE EMERGENTS!** Dynamic new way to release creative energy hidden within. Develop self expression and problem solving abilities. Realize your dreams. Individual and group sessions available. See Nickerson 829-0411.

**SUPPORT GROUP** for men and women: Exchange fatigue and thought additions for energy and self-esteem, through use of relaxation, meditation, and psychic direction! Weekly meetings. Call Carole Curran, Director 871-0032.

**JOY OF RECOVERY** Through the Shamanic Experience, a weekend experiential workshop integrating modern recovery work with ancient shamanic methods. August 3-5th at Rockcraft Lodge on beautiful Sebago Lake. For more information, call Acupuncture Health Care at 775-5020 or Panther Star Nation at 883-0000.

**COUNSELING FOR EATING** and body image issues. Individual and group therapy available. Call Lisa Bussey, MA CEDT 775-7827.

**WOMEN:** Does being in love mean being in pain? Learn how to change dysfunctional relationship patterns. Therapy group now forming based on "Women Who Love Too Much." For more information call 871-9256.

**REIKI HEALING** Let this Japanese energy balancing technique relieve your stress and pain, leaving you mentally clear, renewed, revitalized and feeling GREAT! Call Kristin Eric, 2nd degree Practitioner at 773-1346.

**METAPHYSICAL READINGS** from a spiritual perspective offer insight and practical application regarding your current energy field, life lessons, personal symbols, and challenges. Call Regina at 729-0241.

**DO YOU HAVE MS?** Have an interest in holistic health? "Maybe Someday" has openings in their innovative program for persons with MS. (Including 1 accessible apt available immediately) Contact Bonnie Vierthaler at Maybe Someday 773-3275.

**Barbara Fudala RN** Therapeutic Massage

**Josephine Mori**  
Tarot Readings  
by appointment only

772-0483

**Chiropractic Natural Health Center**  
Dr. Karen Danko, D.C., N.D.

wholistic chiropractic, naturopathy  
475 Stevens Ave Portland ME 04103  
772-5131

addictions • death-dying • healing • spiritual  
success • personal and business  
**Carole B. Curran, MS, CSW-IP**  
counselor, hypnotist, psychic  
by appointment 871-0032  
personal development classes  
relaxation, healing, meditation, psychic

**INTOWN COUNSELING CENTER**  
Treatment for Addictions, ACOA Issues, and Co-dependency  
Individuals, Groups and Couples  
**Lucy C. Chudzik**  
207-761-9096  
Licensed Substance Abuse Counselor  
477 Congress Street • Portland, ME 04101

**Wholistic Health Management Counseling**  
**Dudley J. Davis, M.S.**

Personal growth, change, and developmental counseling to: individuals, couples and groups.

anxiety/stress • eating disorders  
weight management  
body (self) image • substance abuse • marriage  
496 Congress St  
Portland, ME 04101 761-0058

**HOMOSEXUAL AND** unhappy? There may be hope for you. There is a therapy group in process based on a nationally successful program to help those who want to change. No one turned away on account of inability to pay. Call 767-7136 and leave name and number.

**BODY MASSAGE** Enrich your life through the benefits of massage. Nourish yourself by improving circulation, detoxification, increasing body awareness and relaxing your body/mind. Call Pamela Richards MEd. at 883-0315.

**UTNE READER, EAST** West Journal, Vegetarian Times, Mother Jones, Quaker Magazine, The Quaker Quarterly, Maine Times, Consumer Reports, CQ, Employment Review, Maine Organic Farmer, Sesame Street, Scientific American, American Artist, Village Voice, Boston Phoenix and more...Now available at Maybe Someday, 195 Congress St. 773-3275.

**YOUR LIFE.** Over 17 pages of your natal astrological profile plus advice on one question from Julian using meditation or New Age Philosophy. Send name and address and date, time, and place of birth with \$18 to New Age Advisor PO Box 10418 Portland ME 04104.

**REALITY THERAPY**  
certified therapist  
personal growth • grief  
depression • addictions  
774-8149  
Barbara Lovenberg-Ireland, M.A.

**Barbara Fudala RN**  
Therapeutic Massage

**Sveedish • Polarity**  
Deep Tissue Massage  
1 Mitchell Rd  
So. Portland 799-3346

**Eric Krantz**  
L.C.S.W.  
counselor

Individuals • groups  
couples • family

treatment for relationships,  
codependency, ACOA  
issues, all types of  
addictions and depression

**INSURANCE**  
**REIMBURSABLE**

**wanted**

**PROFESSIONAL FEMALE**, mature and reliable, seeks condohouse/sitting situation, or free/low rent in apt building in exchange for clerical/light work. References avail. P.O. Box 2293, So. Portland, 04106.

**BIBLIOPHILIC LANDLORD WANTED!**  
Dedicated bookseller needs to rent storage or retail space. Please contact Jack at J. Glatter Books, 799-7283.

## biz services

**COLLEGE STUDENT** with truck available to do odd jobs and moving. Very handy and can fix most everything. Excellent references, call any time, day or night, 774-2159, leave message.

**LOTUS SPREADSHEET** design/build. Charge hourly, but will estimate the work first. Also, can produce professional-looking documents, per page basis. Resumes produced/revised for one-time charge. Call 871-7782. Leave message.

**STORAGE FACILITY.** Near Dunstan Corner. Safe, dry, secure storage. Lowest rates. Call between 9am and 12noon. Call Dan 883-6835.

**SMALL BUSINESS OWNERS** Marketing is the process of creating an environment in which the prospect sees the value of doing business with your company. Do you ever wonder if your marketing is really working for you? If you wonder, you should talk with a marketing professional who specializes in small businesses. For a free initial consultation, call Edgemoor Enterprises at 871-8864.

**SOUND TRONICS ENTERPRISES**  
communications company  
P.O. Box 1424  
Scarborough, ME 758-5844

**GETTING MARRIED?**  
NEED A PHOTOGRAPHER,  
but don't want to spend half your honeymoon money on one?  
**Rick Crockett Photography**  
774-4732  
THE AFFORDABLE CHOICE FOR ALL OCCASIONS

**music lessons**

**VOICE INSTRUCTION:** classical, opera, Broadway musicals. Bel Canto Method. Master of Music 799-9056.

**GUITAR LESSONS**  
all levels • all styles  
theory • improvisation  
soloing • songwriting  
772-0208  
JEFF WEINBERGER

**Portland's #1 music teaching facility**  
**GUITAR & DRUM WORKSHOP**  
if you want to really sing and get all the tonal and vocal techniques, Andrea is excellent... check us out

**learning**

**PSST! CHILDREN'S** Resource Center, Thompson Point, Portland has certified art teacher/artist Judy Faust. "Dinosaurs from Found Objects." Includes sketching, c.m.'s dinosaur exhibits assembling, painting, exhibiting. Ages 8-14, July 10-14. "Texture Adventure." ages 5-8, enhances sensory and design skills. July 11-Aug 1. Register ASAP. Call 773-3045.

**POTTERY LESSONS** beginning and advanced. Hand-building and throwing. Studio 132 Portland. 772-4334.

## BACK BAY ASSOCIATES

**Patti White**  
Word Processing • Spreadsheets • Resumes  
Bookkeeping • Typing  
WordPerfect • Lotus 1-2-3 • Laser Printer  
241 Sherwood Street Portland, ME 773-0669

**HATE TO WRITE LETTERS?**  
Let us write lyrical, lucid, and letter-perfect personal and business letters for you! Speeches, ceremonies, and messages to mark special occasions, too!  
**LETTER BY LETTER**  
773-4772 1-800-827-8010

**RECEIVABLE PROBLEMS?**  
Coastal Collections  
30%  
no set-up charge  
797-3012

**FREE FREE FREE**  
Junk car and truck removal  
Any condition  
car carrier available  
CALL 774-0268

**GAYLE PETTY KANE**  
PORTRAIT PHOTOGRAPHER  
773 5221

**WHY ISN'T YOUR AD HERE?**  
775-6601  
call today!

**childcare**

**PROFESSIONAL MANNY** needs 2 or 3 days work weekly. Lots of references and reliable car. Prefer toddlers and up. Call 829-0156.

**SUMMER MORNING** Are at Casco Bay Montessori School for children ages 3 to 7 years. Openings available throughout summer. Hours are from 9-12 am and drop off is welcomed with prior call at 799-2400. Call or stop by for information at 440 Ocean Street, South Portland. Also inquire about September Afternoon and Aftercare programs for preschool thru 2nd Graders.

**bulletin board**  
**DER-RING-DES-NIEBLEUNG:** Now that we've seen it, let's talk about it. Your place or ours? Ziggy & friend 871-1095.

**GOING TO SAN FRANCISCO?** I'm moving there in early August and am looking for a female traveling companion to share driving my car. If interested, call Candice 934-2847 evenings.

**HEADING FOR EUROPE THIS SUMMER?** Hitch a ride on a commercial jet for no more than \$160 with AIRHITCH 212-864-2000.

**WANT TO REACH 40,000** of Greater Portland's most interesting readers? Advertise your business or service in Casco Bay Weekly's growing Classifieds section.

**wheels**  
86 AUDI 4000 CS Quattro 4WD All power. AM/FM cassette. Great car! 7500 773-8830

## for rent

## apts

**204-206 SPRING ST.** spacious modern 1BR apts available immediately. \$425 and \$500 per month + utils. Unique style, hardwood floors, on-street parking. Lease, references, security deposit required. Call 787-0223 or Linda Carme at 787-0223.

**SOUTH PORTLAND:** New 2BR house. Clean, spacious, wall-to-wall carpeting, laundry hook-up, deck, garage. Convenient location, nice neighborhood. Sorry, no pets. \$895/month plus utilities. 799-0265, leave message.

**OLD PORT ARMS**  
56 Exchange Street  
Portland, Maine  
Quaint, spacious, one-bedroom apartments available in a variety of styles, including loft with ocean view, two-level with fireplace. Our uniquely located in the heart of the Old Port. Rents range from \$450 to \$825/month plus utilities. For an appointment call Spectrum Inc. weekdays mornings at 797-0223.

**for rent studios**  
**MUSIC REHEARSAL** rooms/recording studios. Portland, ground floor, 24 hour easy access. 774-3366.

**ARTIST'S STUDIO** 5 OPENINGS!!  
Come check us out. We have 5 studios open on or before July 1. \$135-\$300 per month, all inclusive, no hidden costs. 24 hour heat, lights and accessibility. In a building completely dedicated to the artists' needs. CALL SOON They go fast! 799-4759

**seasonal rental**

**MONHEGAN ISLAND** - home with 4 bedrooms overlooking the harbor. Enjoy the quiet and beauty of this unique Maine Island. Available because of cancellations for weeks of: July 8-15; July 15-22; and August 12-19. All you need to bring are sheets and food, everything else provided. \$650/week. Call evenings 773-3564 or leave messages on machine during day. Robin Lambert

**for sale real estate**

**CUMBERLAND-NEW** Country Cape, 3200 sq. ft., 4BR, 2 1/2 baths, whirlpool, oak kitchen, oak/wide pine floors, cedar deck and sunroom, fireplace/living room. Daylight basement 5.1 acres. Call 829-4188.

**WEST END SPACIOUS** Victorian home. New systems, paneled dining room, 4 bedrooms. Yard, parking. \$230,000. Call 772-7909.

## employment

**LADIES-WE HAVE** full and part-time positions available in the fashion industry. Contempo Fashions offers: start your own business with no cash investment. Earn \$20 or more per hour. Work your own hours. Earn trips and other prizes. Full training provided. Now offering 30 day trial positions. To hear more about this opportunity, call Linda Carme at 787-0223 anytime.

**PART-TIME** coordinator for PAUSICA (Portlanders Against U.S. Intervention in Central America). 15-20 hours per week. \$7/hour. Politically active, dynamic individual needed to coordinate grass-roots organization, staff office and assist with development of fundraising efforts and media relations. Person should be knowledgeable of Central American issues, organized, independent, and have good interpersonal skills. Political organizing experience preferred. Send resume by July 20 to Search Committee, P.O. Box 5247, Portland, ME 04101.

**ADVERTISING SALES & MANAGEMENT**  
Casco Bay Weekly has a new opportunity for an Advertising Sales Manager dedicated to Greater Portland.

We are looking for a gregarious problem-solver who will thrive personally and professionally in our creative, chaotic atmosphere. You must be a team player who can balance bottom-line performance with a passion for social and ecological justice. Your mission will be to pioneer and maintain new accounts, to conceptualize cost-effective promotional campaigns and to inspire four talented salespeople.

This two-year-old newspaper is poised for phenomenal growth during the 1990s. Casco Bay Weekly will expand its community mission by providing its readers with concise, comprehensive news - and by serving its advertisers with zeal.

This management position pays a base salary in the \$20s, plus substantial commissions on departmental performance; an aggressive motivator will earn \$30k, plus health coverage and benefits.

If you are serious about advertising sales and you are ready to make a commitment to this community, send a resume and cover letter to:

**Casco Bay WEEKLY**  
187 Clark Street, Portland, ME 04102  
Attn: Monte Paulsen, Publisher

**FEATURES WRITER & EDITOR**  
Casco Bay Weekly has an opening for an Arts Editor with a passion for entertainment, recreation and the arts.

We seek an eclectic visionary to expand our cultural coverage. You must be a perfectionistic journalist who can accommodate diverse viewpoints and a chaotic work environment. Your mission will be to write brilliant dispatches from the frontlines of culture; to orchestrate a maniacal tribe of freelancers in the production of the calendar, listings and arts briefs; and to be this paper's ambassador to the Greater Portland arts community.

This two-year-old newspaper is poised for phenomenal growth during the 1990s. Casco Bay Weekly will continue to expand its community mission by providing its readers with concise news reporting, in-depth cultural coverage and comprehensive listings.

This editorial position pays a minimum starting salary of \$16k, plus health coverage and benefits. Increases will be based on company growth; bonuses on performance.

If you are an experienced writer who is as committed to the arts as you are to social and ecological justice, send a resume, writing samples and cover letter to:

**Casco Bay WEEKLY**  
187 Clark Street, Portland, ME 04102  
Attn: Monte Paulsen, Editor

## NEWSPAPER PRODUCTION ARTIST

Casco Bay Weekly has a new opportunity for a Production Artist.

We are looking for a creative problem-solver with experience in graphic design. You must have excellent interpersonal skills and be able to work independently. You should be fluent in Pagemaker and Freehand for the Macintosh. Your mission will be to help produce an accurate and visually-striking newspaper on tight deadlines in a chaotic work environment.

This full-time, salaried position requires some weekend work. Pay starts at \$15k a year, plus health coverage and benefits. Salary may be adjusted according to experience and skill level. Increases will be based on company growth; bonuses on performance.

If you are a team player who is as passionate about graphics as you are about social and ecological justice, send a resume and samples of your work to:

**Casco Bay WEEKLY**  
187 Clark Street, Portland, ME 04102  
Attn: Elissa Conger, Production manager

## roommates

**GARDENER/WRITER**, 42, politically left, wants attic room in house/shed where people don't slam doors. Pet peeves: New Age stuff and Fundamentalism. Pet loves: singing, folk guitar, cats, pnochie, not-and -load of - beer! Dostoyevsky, earthworms, and sitting in silence to get spiritually centered. 780-4886

**M/F ROOMMATE**, liberal, 25+, to share 3BR apt in E. Prom area. Sunny, hardwood floors, parking. \$195/month + utils. We also have a cat. Call 879-0519 after 5pm.

**HOUSEMATE** M/F, country living 7 miles from city center. Quiet parent-oriented, n/s. A professional/technically-oriented situation, with respect and humor a plus!

**SO. PORTLAND/Willard Beach** area, seeking n/s female. Great house, back deck and yard 5 min. to beach, w/d, no pets. \$250 + 1/3 util. Avail. August 1. Call 767-834.

**USM AREA** roommate M/F NS \$225/month + security + 1/3 util. 871-8604

**PERSON TO SHARE** 8 room, 3BR country home near Coos Bay. Beach in Kennebunkport with 2 working docks. 35 minutes from downtown Portland. Chem-free, \$500/month inc. all util. Pets negotiable. 967-2787.

**RESPONSIBLE FEMALE** wanted to share fairly large apt near E. Prom area. Includes all 774-1398 after 4:30.

**GM SEEKS SAME** to share apt. 3BR hardwood floors, 1/2 p.d.w, w/d, cable, off street parking. \$325/month + 1/2 util. Call afternoon, 772-1927.

**M WANTS M roommate** I have 2BR apt, 15 min from Portland, \$300/month inc. heat and everything. 892-7122

**M/F TO SHARE** sunny, large, 2BR West End apt with GM. Fireplace, washer/dryer, hardwood floors, walk-in closets, storage. \$395 includes all 871-8636.

**BIZARRE AND** biodegradable bumper stickers. For complete listing send SASE to: Box 201 Cape Cottage ME 04107

**MOVING: GOTTA GET** rid of some stuff! Adirondack chair \$40, 12 x 6 1/2 gray rug remnant \$30, small bookshelf \$30, coffee table \$20, antique sewing machine stand/table \$75. Call eves 874-0280.

**READY TO FLY!** Red Hawk Ultralight, enclosed cockpit, push button start, full aerolions and flaps. On wheels, with floats. \$6500 or b/c. Catamaran with new rampoline and rollerreefing jib. \$900. 799-4305

**garage sales**

**2 FAMILY MOVING** sale. Saturday July 7, 9-4 pm. 345 Middle Rd, Falmouth. Rain date July 8.

**PHASE 3 IS HERE.** The "End All" Free (unintended) market is happening Sat/Sun July 7/8. 88 Brackett St. (between Gray and Danforth St.) starting 10am. Records, books, household and kitchen wares, the outrageous and "must haves." I'm splitting, all must go.

**DO YOU**

• REPAIR CARS  
• CLEAN HOUSES  
• NEED ROOMMATES  
• CATER PARTIES  
• TEACH MUSIC  
• RENT HOMES  
• TAKE PICTURES

Choose Casco Bay Weekly as a vehicle for delivering the message about your business to the Portland area's most active readers. Our readers want quality service and professionals they can trust. Help them find you in the CBW Classifieds. Questions? Contact Melissa Johnson at 775-6601

## REAL PUZZLE

by Don Rubin

## Sign language

In baseball, the third base coach generally relays his instructions to the batters and base runners through a system of sign language. A variety of physical gestures are commonly used, each of which represent a different instruction (bunt, hit away, etc.). Of course, to prevent the opposition from stealing these signs a "key" is frequently employed. This gesture - tugging one's belt, for instance - precedes the actual sign by some prearranged number of gestures. The batters simply ignore the bogus signal that follows.

The following series of signals to one batter resulted in his bunting once, hitting away twice, and "taking" three pitches (although not necessarily in that order).

We'd like you to identify the key, for starters. Then give us the signals for "bunt," "hit away" and "take the pitch."

Can you solve the Real Puzzle? If your winning entry is drawn, there is a \$20 gift certificate from Alberta's for the first prize winner. Second prize receives a \$15 gift certificate from Lola's Kitchen. Contestants are ineligible to win more than one prize in a four-week span. Only one entry is allowed per person per week. Drawings are done at random.

All entries for this week's puzzle must be received by Wed., July 11. The solution to this week's puzzle will appear in the July 12 issue of Casco Bay Weekly. Send your best guess to:

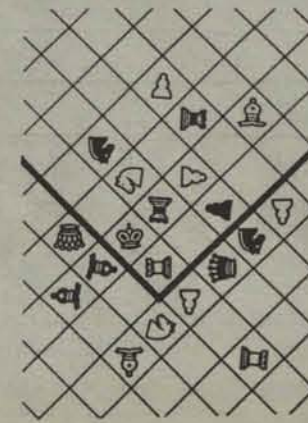
**Real Puzzle #27**  
Casco Bay Weekly  
187 Clark Street  
Portland, Maine 04102



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## Here's the solution to Real Puzzle #25

The corner of the board is shown at right.  
First prize goes to Jackie Dwyer of Portland. Second prize goes to John Rich of Bar Mill. Congratulations!



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## FOR DISPLAY CLASSIFIED (BORDER AD) RATES, CALL MELISSA JOHNSON AT 775-6601

Message: \_\_\_\_\_

Name \_\_\_\_\_ Category \_\_\_\_\_

Address \_\_\_\_\_ Total Number of Weeks \_\_\_\_\_

City, Zip \_\_\_\_\_ Basic Rate \_\_\_\_\_

Phone (days) \_\_\_\_\_ (eves) \_\_\_\_\_ + Extra Words at \$ Each \_\_\_\_\_

Complete payment must accompany all advertising. NO REFUNDS. There is a \$10 charge for all returned checks.

Bring or mail ads with payment to:  
Casco Bay Weekly  
Classified Dept.  
187 Clark Street  
Portland, ME 04102  
Monday-Friday 9 to 5  
or call 775-6601

CBW Box \$5.00/wk

Talking Personal Line  
Check One ☐ YES ☐ NO

COST PER WEEK  
Multiply cost by number of weeks ad will run

TOTAL DUE

☐ Check or Money Order enclosed ☐ VISA ☐ MasterCard

Card # \_\_\_\_\_ Exp. date \_\_\_\_\_

No Charge

## RATES &amp; FINE PRINT

**RATES**  
All charges are per week.

	Individual	Business
Up to 30 words	\$ 7.00	\$ 9.00
31-45 words	9.00	11.00
46-60 words	11.00	13.00
Each additional word	.15	.20

**DEADLINES**  
Monday noon for Thursday's newspaper.

**POLICY**  
CBW will not print ads that seek to buy or sell sexual services for money or goods, or ads with purely sexual content. CBW will not print full names, street addresses, or phone numbers in the PERSON TO PERSON section. PERSON TO PERSON advertisers must either provide a Post Office Box number in their ad or use the CBW Box Service. All information concerning PERSON TO PERSON advertisers is kept strictly confidential. CBW reserves the right to categorize, refuse or edit ads due to inappropriate content, etc.

**WHAT IS A WORD?**  
A word is considered a word when it has a space on both sides. A phone number is one word. Punctuation is free.

**ERRORS**  
CBW shall not be liable for any typographical errors, omissions, or changes in the ad which do no affect the value or content of the ad or substantially change the meaning.

**REFUNDS**  
Classified ads are not refundable. Credit will be issued when a viable error has been determined.





## Bikes for people who love the outdoors.



Peter Halligan, 36, has been with L.L. Bean for 11 years.

"Bikes are important to me. I really like to ride. When I talk to a customer, I like to share that feeling. I want to get them excited about bikes, about where they can go and how they can use them."

Buying a bike is a big decision. With so many styles of bikes—from junior to tandem, touring to mountain and the new cross bikes—we know the choice can be confusing. That's why we ask you a lot of questions. About how and where you like to ride. Whether you're a year-round cyclist or a summer tourist.

"I don't like to rush people. In fact, I urge customers to take time and really think before they decide. Because a bike is something you could easily have for 10 or more years. That can be an eternity if you've got the wrong bike with the wrong fit."

At L.L.Bean, we help you find new ways to enjoy biking by offering you a generous selection of quality bike accessories and clothing. And regular in-store clinics like off-road touring and simple road repair.

"Choosing a bike isn't easy. But it's worth everything you put into it. Because when a bike feels right, you never want to get off."

A few of the many bikes we carry.



Raleigh Assault



L.L.Bean Approach ATB



Cannondale 9500



Santana Visa



Jackie Peppe, 46, is a certified mechanic in our bike department.

"Bikes are a real elegant form of transportation, especially now that the technology of fit has come a long way from just sliding the seat up and down an inch or two. Bikes these days come in all different shapes and sizes—just like people."

Jackie, or one of our other certified bicycle mechanics, will measure you and make all the adjustments to make your bike truly fit you. Then she'll send you on a test ride so you get the feel for how a good fitting bike works with you, the rider.

"A bike shouldn't be uncomfortable. It shouldn't cause you any pain or discomfort. But fit is more than nuts and bolts. You have to like the vision you have of yourself on the bike. You have to feel good on your bike, or you're not going to ride it."

Making sure your bike continues to work right is important, too. That's why our bike mechanics are on duty every day from 8 a.m. to midnight. That's 16 hours a day. So the next time you hit a pot hole and bend a rim, there's someone here at L.L.Bean to help you get back on the road.

"We must fit dozens of bikes a week. That's a lot of bikes. But it's still rewarding every time I know a bike works for its rider the way it was meant to."

**L.L.Bean®**

Our store offers durable, practical products and knowledgeable, friendly service for people who love the outdoors. We're open 24 hours, every day.

Route 1, Freeport, Maine

Introducing a New Sandwich

It's a "Hummus dinger"

Hummus, sprouts, tomato & Bermuda onion on your choice of bread

**THE NEW BON VIVANT**

SOUPS • SANDWICHES • SALADS

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Portland, Maine 04101  
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