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## Casco Bay Weekly : 5 August 1993

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AUGUST 8, 1993 ■ VOL VI, NO 31 ■ GREATER PORTLAND'S WEEKLY JOURNAL OF NEWS, ARTS AND OPINION ■ FREE

# Casco Bay Weekly

WELLNESS  
REPORT

AUG 5, 1993



▼ CRACKING OPEN LOBSTER MYTHS

▼ WINES GO ORGANIC

▼ AN ANCIENT SWEETENER VS. THE FDA

▼ SHARPEN WITS THE NATURAL WAY

toki oshima

A WEALTH OF HEALTHY IDEAS AWAIT IN THE WELLNESS DIRECTORY, PAGES 38-39.

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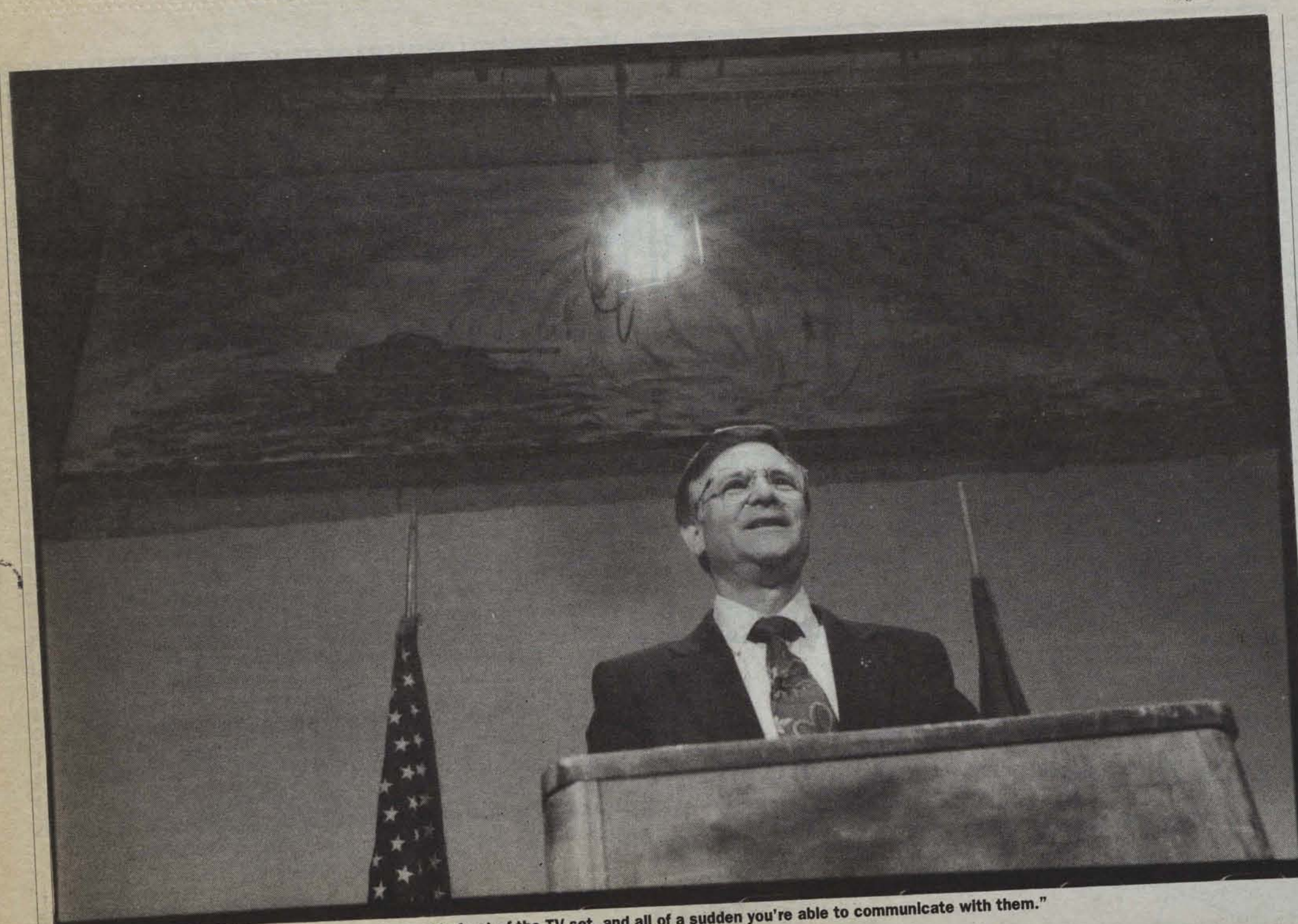
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David Glusker: "Someone is just kind of zoning out in front of the TV set, and all of a sudden you're able to communicate with them."

### A conversation with David Glusker

Dr. David L. Glusker is the teleminister of the First Radio Parish Church of America. The 67-year-old nondenominational church has no buildings and is governed by an ecumenical board of trustees on an annual budget of \$63,562. Its logo is a satellite dish and a lightning bolt. Glusker has been the church's teleminister for nine years.

Glusker, who was raised a United Methodist, travels twice weekly from his home in Augusta to WCSH's Portland studios, where he tape his shows. Glusker's show is broadcast daily at 6:15 a.m. on Channel 6.

Your church program is billed as "the nation's oldest continuous nonsectarian broadcast of religion." What does that mean?

It means it's a national treasure that belongs to Portland, Maine. In 1926, on April 18, the first broadcast came out of WCSH radio, which was broadcast from the Congress Square Hotel.

People tend to think of preaching on television in unflattering terms.

The televangelists. Yes. And that's hurt us. One of the members of our board of trustees said when the scandals broke, "We're all tarred with the same brush." And there were an awful lot of people who supported our ministry who withdrew their support at that time because they just felt like these people *all* have millions of dollars.

But you believe television has a positive power in ministry?

Oh, yes. You wouldn't believe the response I get. We get between 20 and 50 letters a week from people. And some of the mail that I get is very, very moving.

What's the difference between preaching on television and preaching in church?

There are a number of differences. The first is the time limitation. I have three minutes and 35 seconds. All I can try to do is make a simple, single point. And I

try to make it interesting enough so that people who are not church people will stay with me. If I can, I start off with a story.

Such as?

I told a story yesterday about three turtles that went on a picnic, and they forgot the salt, and one of the turtles said, "Well, I'll go and get it, but only if you promise not to eat my lunch." And so they promised they wouldn't eat his lunch and he left.

And days turned into weeks, weeks turned into months and months turned into years, and to shorten the story for you, after 20 years, one of the turtles said to the other one, "He's not comin' back. Let's eat his lunch." And the other one said, "Well, I guess you're right." And they opened up his lunch, and he jumped out from behind a tree and said, "I knew you'd eat my lunch!"

It's a matter of trust that we're talking about, you know.

By Cheryl German; photo by John Alphonse

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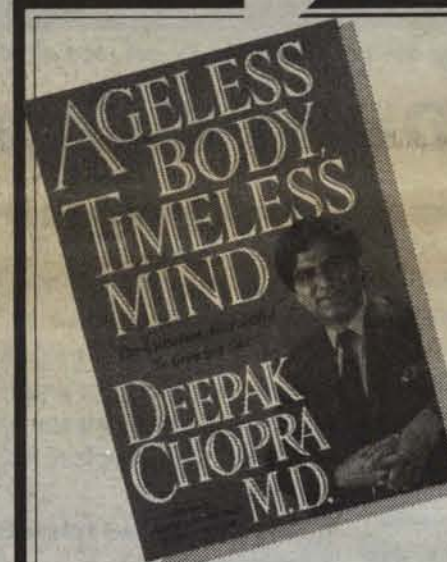
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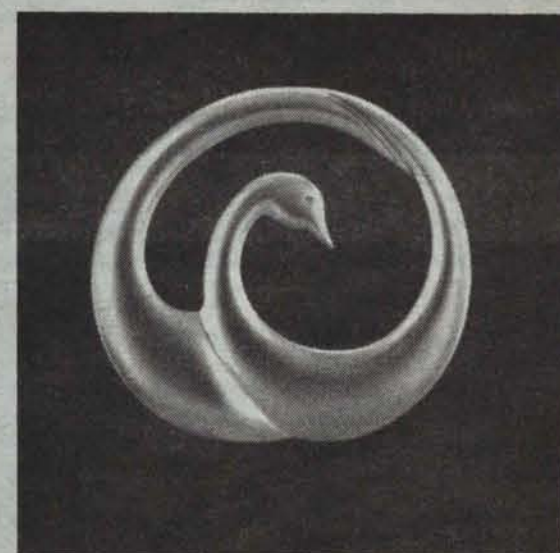
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# news & views

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## newsreal

A review of the top news stories affecting Greater Portland July 28 through August 3.

**Gorham's budget may face another repeal.** After voters overwhelmingly rejected their initial budget, the Town Council approved a new budget July 30 that cut spending by \$223,050 — with half that amount coming from the school department. Now school advocates are lobbying to restore funding for education, and one advocate, Bill Chicoine, has picked up petition papers to launch another budget repeal drive.

According to Tim McCormack, the superintendent of schools, education cuts over \$50,000 will require staff cuts. The school committee aims to get more details about McCormack's proposed cuts when he returns from vacation next week. School Committee Chairwoman Jill Knight stressed that the current cut — although it represents just 1 percent of the total school budget — will have a "negative impact" on the quality of education in Gorham. "It isn't going to be pretty," Knight said.

It's not clear if a second repeal drive will be legal. Town Clerk Brenda Caldwell said a state law bars amendments to school budgets 30 days after a municipality receives notice of state education aid. Gorham received that notice in early July.

**Portland is trying to get lead out** of homes with federal funds. The city will apply Aug. 18 to the Housing and Urban Development (HUD) department for nearly \$1.4 million to help eliminate lead-based paint in Portland houses.

Up to \$840,000 of the money would be available as grants or loans to assist low-income homeowners in cleaning up their buildings, according to Mark Adelson, the city's community development director. The remainder would go to study the effectiveness of the cleanup or to educate the public about the dangers of lead.

Lead poisoning threatens children up to age six. It can damage the brain and kidneys and produce learning and behavioral problems. Poisoning most commonly occurs when children eat paint chips or inhale paint dust created by sanding or stripping. In 1990, the Environmental Defense Fund estimated that 12 percent of the children in Portland between six months and 5 years of age have dangerously high levels of lead in their blood.

But Portland's chances of receiving funds are only "fair," Adelson said, because the competition is so stiff.

**A suit by gay rights advocates beat** the filing deadline, according to Attorney General Mike Carpenter and Secretary of State Bill Diamond. The suit aims to clarify a petition question that would ban gay rights legislation in the state. Carolyn Cosby of Concerned Maine Families — which is sponsoring the petition — had claimed the suit was not filed within five days of when the petition was certified, as required by state law. Diamond certified the petition July 21. Carpenter and Diamond said that according to state law, weekend days are not counted, so the July 28 suit is valid.

The suit — filed by activists Paula Aboud and Robin Lambert — maintains that Cosby's petition is misleading because it never mentions its intention to limit the rights of gays, lesbians and bisexuals.

Carpenter and Diamond, who both approved the question, were criticized by Cosby during a press conference kicking off the petition drive. She accused both of being too cozy with the "gay lobby." Ironically, Carpenter noted that "we're now being sued" by gay activists. "We must be doing something right if both sides are mad at us," added Diamond.

**Two men were arrested for painting swastikas** and other graffiti on buildings in Portland's Old Port. Justin Leinfelder, 20, and Nathan Probert, 21, were both charged with criminal mischief by Portland police for defacing the three buildings that house the Record Exchange, the Leather Exchange and the Stein Glass Gallery.

Leinfelder pleaded guilty in Cumberland County District Court July 29. He received a suspended six-month jail sentence and one year of probation. He was also ordered to pay restitution to the owners of the buildings he defaced and perform 300 hours of community service.

Probert is scheduled to appear in court Sept. 15. He was fired from his job with Portland's recreation department by City Manager Bob Ganley on July 21 after admitting to his supervisor that he painted the swastikas.

## Reproductive problems of Maine's eagles will be studied.

Researchers at the University of Maine have launched a three-year study to find out why bald eagles along the Maine coast are the slowest to reproduce of any eagles in North America. Scientists are especially interested in whether the eagles' problems may be linked to pollution. Previous studies have revealed that eagles in Maine's coastal habitats have some of the highest levels of mercury and polychlorinated biphenyl (PCB) contamination ever recorded.

Some environmentalists claimed the eagles' problems were evidence that Maine needs a water toxics monitoring program. Environmental advocates lobbied for such a program during the last session of the Legislature, but lawmakers refused to fund it.

"The eagles are a perfect example of why such a program would fit in," said Peter Washburn, staff scientist for the Natural Resources Council of Maine.

"We're pretty sure there's a problem with toxics. But we don't have good evidence about what pollutants are causing the problem and where they're coming from."

Only about half of Maine's bald eagle pairs produce offspring each year. Linda Welch, a biologist for the U.S. Fish and Wildlife Service, has also found 14 dead eagles in the last two years. Welch examined a dead eagle last year whose blood contained lethal levels of manmade pollutants.

## A probe of fire truck purchases

was nixed by Attorney General Mike Carpenter. The state's top law enforcement officer said he wouldn't order a formal

investigation of municipal fire truck bids because "there doesn't appear to be any violations of any criminal statutes."

But Carpenter did say some of the purchase practices look "inappropriate." So he'll forward copies of fair-bidding laws from other states to the Legislature's Legal Affairs Committee and suggest they consider adopting similar laws.

Carpenter's action was prompted by a story in the *Maine Sunday Telegram*, which reported that Portland and other communities tailored bids so that only one truck manufacturer could meet bid specifications. Some fire chiefs also accepted free trips to truck factories in Florida, according to the story.

**Maine has endured 14 ozone-alert** days so far this summer. The alerts mean that ground-level ozone pollution reached unhealthy levels by exceeding the threshold of 81 parts per billion. Ozone smog is created mainly when fossil fuels burned in cars and factories combine with warm, sunny weather. The smog can cause burning eyes, shortness of breath, chest pains and chronic lung diseases. Children, the elderly and people exercising outdoors are most at risk.

Much of the smog drifts to Maine from other states. Last summer, Maine experienced 29 ozone-alert days.

**GOP heavies will eat lobster** with Gov. John McKernan, too. Maine's chief executive recently agreed to host a lobster lunch for tourists in September. He also plans to dine on lobster at an Aug. 5 fund-raiser he organized for the Republican Governors Association.

McKernan's guests will shell out \$5,000 apiece to play golf at Sable Oaks Golf Club in South Portland, fish in Casco Bay and grimace at tomalley in Cape Elizabeth. The day's proceeds will go to the campaign coffers of GOP gubernatorial candidates around the nation.

Slated to attend the day-long festivities are eight visiting governors and their spouses, GOP contributors, former White House Chief of Staff John Sununu and Haley Barbour, chairman of the Republican National Committee.

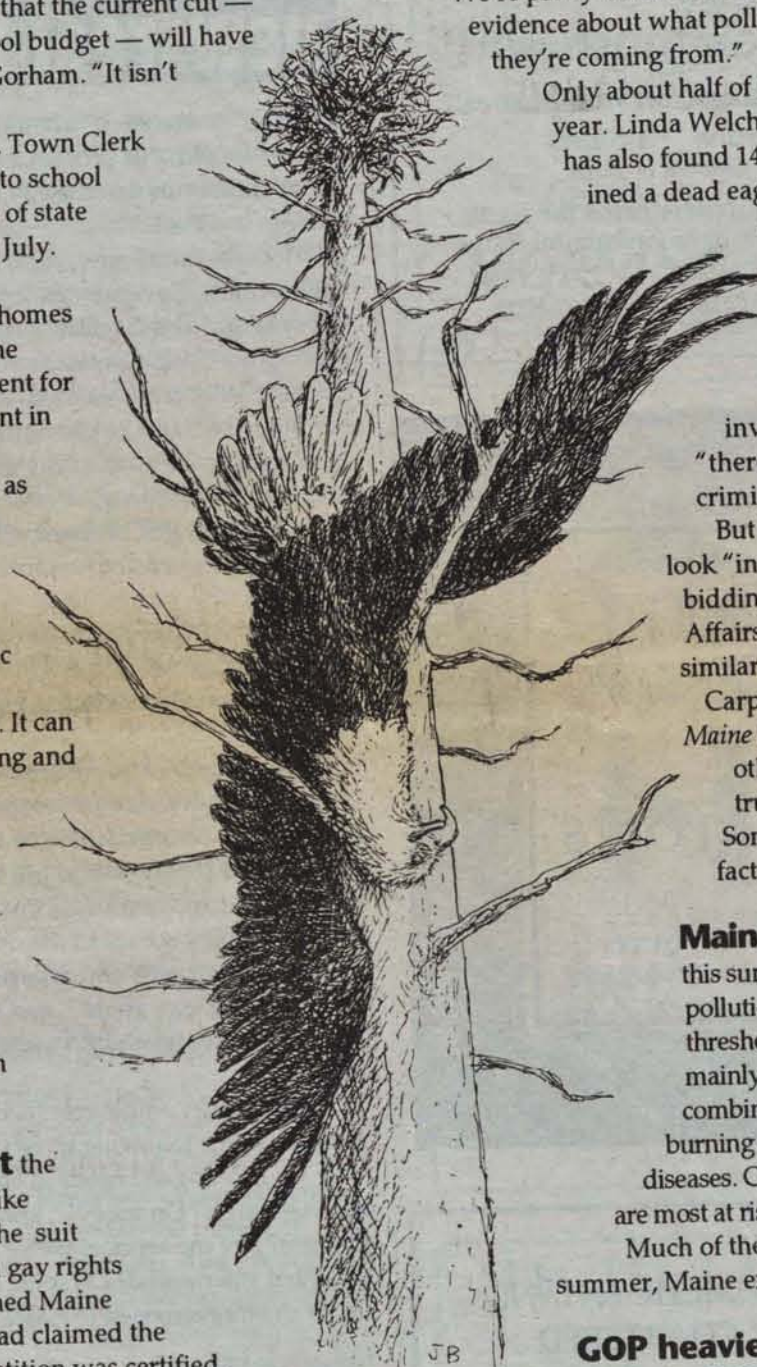
## weird news

Sarah Myers McNaughton will sport a yellow slicker and cornucopia pipe when she represents Maine next month at the Mrs. United States pageant in Las Vegas. "I'll be representing the fishing and lobstering industry in Maine," said McNaughton, a 23-year-old Hallowell mother.

All pageant contestants are required to dress in costumes depicting their states and territories. McNaughton plans to don yellow boots, a yellow trenchcoat and floppy yellow hat — all decorated with sequins. She'll also carry a small replica of a lobster trap to round out her ensemble.

"Beauty pageants are not the focus of my life," she added. "I'm doing this to open other doors to acting and modeling."

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





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## Reinventing government

Don Burns is looking forward to a task that seems pretty unpleasant—surveying people about whether the city of Portland's Parking Division is doing a good job.

Burns, a shift supervisor at the city's two garages, realizes that people might curse ticket-writing parking control officers, gripe about a fine recently waived for South Portland's city manager and even blame the Parking Division for the flight of retail stores to the mall.

Yet Burns welcomes the survey and the purpose behind it—City Manager Bob Ganley's quest to have city employees scrutinize the services they provide and consider whether the city should continue to provide those services.

"We're a relatively new department, and it was never clear to me what our

**newsreal** purpose, goals and objectives are," Burns said. "Though we're three years old, this process is essential. It's serendipitous that the city manager ran into this book."

The book Burns referred to is "Reinventing Government" by David Osborne and Ted Gaebler. After recently reading the book, Ganley decided that Portland's government needed to re-examine itself, and he distributed about 150 copies of the book to city employees to spark their thinking.

Ganley said that the book rekindled ideas that he wanted to explore several years ago. "About 1989 I began to be concerned about what successful city government was going to look like in the 1990s," Ganley explained. "But that got derailed because we became more immediately concerned with the recession, [the 1991] revaluation and spending cuts. It always bothered me that we never got back to the original game plan."

Now Ganley is back to the drawing board, and he wants city departments "to go to their very roots... and see what the community wants and needs from them."

He wants city employees to ask themselves the following questions: "Are we meeting the needs of clients and customers? Do we even know who they are? Are the services we've provided still needed? Do some city departments even need to exist?"

### Not navel-gazing

Ganley insisted that his program is not a navel-gazing exercise for city employees, nor another study in how they can be more efficient. He wants employees to suggest what they would do differently if they were creating their departments from scratch.

"This is not aimed at how to best pick up rubbish," he said, "but... should the city even pick up rubbish? Is our role to directly provide a service or to act as a catalyst to make sure someone provides the service?"

"Sometimes I'm not sure government knows what it's doing or what it's clearly trying to accomplish," he added. "My main focus is to get employees thinking as if we were a department store competing with other stores."

To launch the self-examination, Ganley met with department heads and described his plan, had other employees view a videotape of that meeting and made "Reinventing Government"

mandatory reading for management-level employees.

Then he instructed departments to survey their customers, study their operations and find out how similar departments conduct business in 10 other New England cities.

He also told employees not to worry about examining themselves out of a job.

"I'm not necessarily looking to eliminate positions. We have already done that. I'm comfortable that we did enough streamlining," Ganley said.

But "Reinventing Government" might still make some employees nervous. The book touts the advantages of privatizing government services. And it's been highly praised by Massachusetts Gov. Bill Weld, who's being sued by a state employees' union for turning over some state functions to private contractors.

Ganley stressed that he doesn't agree entirely with the book. "I'm not a proponent of a lot of stuff in it," he said. "What I told employees is that the best way to deal with privatization is to prove your worth and make sure you're competitive, because the impulse to privatize is based on the assumption that government is inefficient."

### Mixed reaction

Ganley's program has met with a mixed reaction from city employees. For instance, some union leaders doubt that the city manager's plan will produce any substantive changes.

On the other hand, Don Burns is excited about the study, even if it leads to the elimination of his job. Burns claimed that some of his co-workers are also "legitimately enthused" about examining their jobs. But few probably share his belief that the city should let a private company run its garages.

"I see us moving out of the direct operation of garages," he explained, "with maybe the city supervising the accounting and maintenance of the facilities." And Burns said he wouldn't complain if he lost his job in the process.

"Hey, I had a job before I worked for the city," he said. "My primary task is to serve the will of the people and look after the people whose money I'm spending." If his ideas ever came to fruition, Burns said he would hope to land a job with the private company that operated city garages, or he might even bid to run the garages himself.

Denis Morse, president of the firefighters' union, and Pat Welch, president of the City Employees Benevolent Association, don't believe that Ganley's plan will lead to lost jobs.

"Obviously you have concerns whenever anyone talks about restructuring," Morse said. "It's usually a guise for eliminating manpower. But we've cut staffing to the bone and I think the city and taxpayers know it."

Welch agreed, saying that he believes Ganley's thrust is to find "better ways to serve our customers, and I don't have any problems with that."

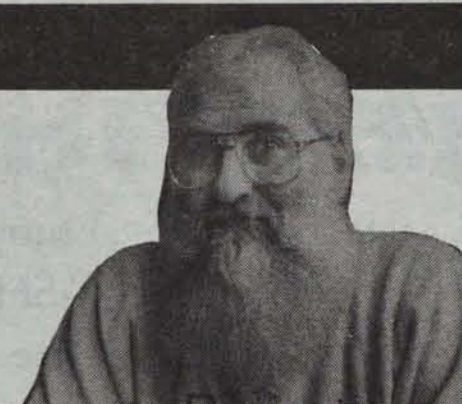
Morse noted, however, that he didn't think any amount of self-examination would find an "easier way to put out a fire on the fifth floor of a building."

Still, he agreed that public employees might benefit from reevaluating their roles. "I don't think being open-minded and creative is anything to fear," he said.

Bob Young

## politics & other mistakes

■ By Al Diamon



### Infotainment scam

Five areas legislators missed the showers and fog in Maine last week because they were busy doing the people's work in sunny San Diego. The five were part of the John Martin Brigade attending the National Conference of State Legislatures, where they had an opportunity to play sports with lobbyists, drink with lobbyists, party with lobbyists and sleep late, all at taxpayer expense.

Martin, the decaying speaker of the Maine House, took about two dozen legislators and half a dozen House staff members with him to the conference. That way somebody was sure to be clearheaded enough to attend breakfast seminars on stuff like breakthroughs in waste water treatment, and there'd be a minion available to take notes on any roundtable discussions on privatization that were inadvertently scheduled during happy hour.

Martin may have had another reason for wanting such a large contingent on hand. As a past president of the National Conference, he was scheduled to be honored with a reception and dinner at the fabulous Hotel Del Coronado in Coronado, Calif., on Wednesday, July 28. The speaker wanted a sizable turnout of folks from his home state to see him glorified, since that idea has, within Maine's borders, lately lost some of its luster.

Regardless of the lure of the lobbyists, it's doubtful any legislator from the Pine Tree State missed this event.

Maine's legislative budget for out-of-state travel is \$97,850 this year, less than half what it was before the budget crisis hit. The Martin love fest in San Diego will eat up 15 percent to 20 percent of that money.

In return for their cash, the citizens of Maine will be getting plenty of new ideas, fresh thinking and San Diego Padres souvenirs. The conference was organized around the theme, "Charting America's Future: Innovation, Investment and Initiative." Health and Human Services Secretary Donna Shalala and Federal Environmental Protection Agency chief Carol Browner were scheduled to speak, which, no doubt, required the full attention of at least half the state's delegation. Best of all, Martin himself moderated a panel on telecommunications and education, which was sure to keep everyone's mind off the free drinks up in the National Association of Sleazebags hospitality suite.

Local legislators who immersed themselves in this learning experience include Reps. Anne Rand and Annette Hoglund of Portland, Bill O'Gara of Westbrook, Anne Larivee of Gorham and Charlene Rydell of Brunswick. By coincidence, all five supported Martin back in March when some lawmakers, angered by the ballot tampering scandal, attempted to force him from the speakership.

It might be worthwhile asking these tired, but tanned, travelers what they learned. Other than that it pays to be nice to John Martin.

### I'm waiting for the man

An odd political alliance is developing between Democratic state Sen. Bonnie Titcomb of Casco and Democratic Senate President Dennis "Duke" Dutremble of Biddeford. Although both belong to the same party, there are several reasons why they shouldn't get along too well: Titcomb is liberal, pro-choice and may run for governor next year; Dutremble is conservative (for a Democrat), pro-life and may run for governor next year.

So it was something of a surprise last week when Titcomb announced she was putting off her decision on seeking the Blaine House until Dutremble made up his mind. "Duke may be leaning very strongly toward running," said Titcomb. "If that is the case... I feel very comfortable supporting Duke... If he does not run, there would be relatively little question in my mind that I would run."

Titcomb has had several talks with Dutremble recently, and said she's "optimistic" he'll get in the race. As for their political differences, Titcomb brushes them aside. She said she's more concerned about the next governor's leadership qualities and ability to forge consensus than specific issues. She pointed to Dutremble's role in reaching a budget compromise during the last legislative session as proof he possesses those attributes.

Titcomb also made it clear that her own gubernatorial ambitions are only on hold. "I certainly can see a place on the horizon [when I'd run for governor]," she said. But it's Duke's turn first. "I think that this time, right now, is his."

### Bits and pieces

If Attorney General Michael Carpenter runs for governor next year, his current job will be up for grabs. The first candidate to replace Carpenter has already emerged in the person of Democratic state Rep. Andrew Ketterer of Madison, who's been quietly testing the waters. Ketterer is currently in his second term in Augusta and serves on the Judiciary Committee.

Oram Lawry III holds a place in Maine political trivia history. Lawry was the Republican right's unsuccessful candidate against John McKernan when Jock first ran for Congress in 1982. Lawry, now a Rockland city councilor, surfaced again recently in statewide news. According to published reports, Lawry failed to pay a \$7,400 divorce settlement and was sentenced to 30 days in jail for contempt of court. But he won't quit his council seat, so some councilors are trying to pass an ordinance that would force him to resign.

Your camp counselor is campaigning for Congress? Don't keep it a summertime secret. Send your hot tips to this column, care of Casco Bay Weekly, 551A Congress St., Portland, ME 04101. If the lifeguard announces for the Legislature, call 775-6601.

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# CRACKING OPEN MYTHS ABOUT THE KILLER LOBSTER

▼ By Cheryl German  
▼ Illustrations by Toki Oshima

It's summer in Maine again, which means one thing: dozens of variations on the same conversation at picnic tables from Kittery to Eastport. In essence, it goes like this:

"Lobsters. I love 'em," says one. "Yeah, but with all that fat and cholesterol, you might as well stand in front of a moving train," says another. Few foods seem subject to so much misguided speculation and myth as lobster. Among them: They're incredibly high in cholesterol. They're full of toxins. And that green stuff? It'll make you sick.

For years, the common wisdom said that lobster was loaded with cholesterol. But, in truth, the big bug on the Maine license plate isn't a heart-stopper at all. "Cholesterol is one of the myths," says Dana Neuts, manager of Harbor Fish on Portland's Custom House Wharf.

Research confirms Neuts' defense of the lobster. While the craggy crustaceans do have cholesterol, they're actually lower in fat, calories and cholesterol than skinless chicken.

Consider: The average 3.5-ounce portion of lobster has 1 gram of fat, 81 milligrams of cholesterol and 80 calories. The same portion of skinless white chicken meat has 4.5 grams of fat, 85 milligrams of cholesterol and 170 calories. This comparison comes from "Food Values of Portions Commonly Used," a standard medical reference.

To put the numbers in perspective, Maine Medical Center recommends that a person consume less than 300 milligrams of cholesterol a day. Only 30 percent of total calories should come from fat. For the average person, this works out to about 67 grams of fat per day.

Happily, lobster meat is especially low in saturated fats, says Mary Buteyn, a clinical dietician at Maine Medical Center. That's good news, since saturated fats are considered the leading culprit in heart disease.

Lobster has another advantage if you're concerned about your heart: omega-3 fatty acids. These acids, found in fish oil, are thought to play a role in lowering the risk of heart attack.

Thanks to this belief, fish oil has become something of a fad of late. But because the benefits haven't been clearly proved, the American Heart Association (AHA) doesn't recommend fish-oil supplements. But the AHA does recommend regular consumption of fish, including shellfish.

The current advice is to eat two servings of fish or shellfish a week. Does that include lobster?

Sure, says Buteyn.

## Lobster without butter or PCBs

Of course, there's a catch. It's spelled B-U-T-T-E-R.

"Excuse me, are those your arteries hardening right now? Is that the creaking sound I hear?" jokes Annie



Hebert, a manager at Pine Point Fisherman's Co-op in Scarborough, responding to a customer who asked for both mayonnaise and butter with her lobster. Such a combination may be a bit extreme, but plenty of customers ask for a second two-ounce butter cup, she says.

When you figure four ounces of butter has 96 grams of fat, 264 milligrams of cholesterol and 864 calories, that's quite a dose of undesirables in one sitting. Watch out for that oncoming train.

But lobster and butter don't necessarily go together like love and marriage or a horse and carriage. "People think of lobster and butter, but people who pay attention to what they're eating know they can use a margarine substitute," says Neuts.

Others swear off oily additives altogether. Stephen Brettell and Don Girard, healthy-looking bicyclists peddling where lobster boats dock at Camp Ellis in Saco, like to eat the succulent critter just plain, with its own juices.

"And beer," says Brettell.

"Beer, of course," Girard agrees.

Beyond the cholesterol rap, lobsters have certain other image problems. People think of them as scummy, bottom-feeders rooting through dead and decaying fish. But they aren't quite the scavengers they're reputed to be,

they're less susceptible to paralytic shellfish poisoning, or red tide. "On balance," Bayer concludes, "lobster is actually pretty good food."

## Burning questions

So, what parts of a lobster are edible? "I don't know of anything in a lobster you can't eat," Bayer says. "I've eaten most of the innards of a lobster with no problem."

Bayer admits, however, that there are parts of the lobster that you might not want to eat. Like the eyes, or the stomach. "The stomach wouldn't taste very good and it's kinda chewy," he says, noting he that hasn't actually eaten one.

The lobster's edibility even extends to the shell, which Bayer says you could crunch down if you were so inclined. (He hasn't tried this either.) But Bayer notes entrepreneurs have expressed an interest in developing a softer-shelled lobster with an easily edible exterior.

Such a lobster would presumably be like one that's recently shed, which mature lobsters do annually. The shedding process is fairly straightforward: The lobsters arch their backs, split a seam and pull themselves out of their old shells.

Lobsters that have recently shed — called, naturally enough, "shedders" — tend to hide themselves in the rocks for a few days until their new shells begin to harden.

"If you take a lobster as soon as it sheds, or within an hour, and cook it, the shell is the consistency of chicken skin. They're very nice," Bayer says. Shedders brought up in the traps after they've come out of hiding tend to have less meat and don't travel very well, so they are usually cheaper than hard-shell lobsters.

And about the green stuff... The green stuff in the middle is a digestive organ — called the tomalley, midgut gland or hepatopancreas — and it's a combination of stomach, intestine and liver, Bayer explains. The American Heritage Dictionary adds what novice lobster eaters often hear but rarely believe: The tomalley is "esteemed as a culinary delicacy," it notes.

Chemical contaminants the lobster was exposed to would tend to accumulate in the tomalley. That doesn't worry Bayer. But Krouse says, "I don't think the ingestion of an excessive amount of tomalley would be advisable. That's just my opinion. It's not based on any factual information."

And then there's the big question, the one that seems to consume first-time lobster eaters: Do lobsters feel pain when dropped in boiling water?

No, says Bayer. They can't process pain because their insect-like nervous system has no brain.

"They've got some good responses that are adapted to survival," agrees Bayer, but adds, "they don't have any cognitive ability as far as I know."

Cheryl German is a free-lance writer based in Alfred.



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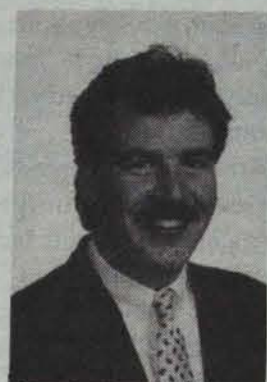
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## GRAPES WITH-OUT WRATH

Organic wines are good for you, and good for the Earth

By Hillary Lane and Bob Quam

You're selecting a dinner wine at your local liquor store. But when you reach for your old standby in the Chardonnay bin, you notice a new, official-looking label affixed to it: "Organically Grown Wine, No Sulfites Added, California Organic Food Act of 1990." You've heard of organically grown produce. But an organically grown wine? Is it better healthwise? Is it more Earth-friendly? Are sulfites bad for you?

If you're thinking of turning to the government for answers, think again. The Bureau of Alcohol, Tobacco and Firearms (BATF) regulates wine labeling. The Federal Trade Commission governs organic food advertising. The Food and Drug Administration decides what foods can be labeled organic. The U.S. Department of Agriculture determines what ingredients go into organic foods. And each state has its own organic certification board.

Get the picture? As a result, the federal Natural Organic Standards Board (NOSB) is currently sorting out vintner debates and government terminology to finally set nationwide standards later this year for organically grown foods and wine. After all, France, with 250 organic wineries, has had government support and organic growing standards for 30 years.

But in the United States, there is still confusion about how to define "organic" wines. Without a clear definition, organic winemakers are frustrated in their attempts to label their wines such that they comply with ever-changing BATF requirements. As a result, the California Certified Organic Farmers (CCOF) asked Veronique Raskin, president of the San Francisco-based Organic Wine Company, and Brian Fitzpatrick, owner of California's Fitzpatrick Winery, to form the Organic Grapes into Wine Alliance (OGWA) in 1989 to study and propose worldwide standards for organic grape growing and wine processing, modeled on French standards.

OGWA has proposed three categories for defining organic wines:

1. Wines made from grapes grown without pesticides, synthetic fungicides or herbicides, but that are processed using conventional additives, such as sulfites, egg whites and gelatin made from beef bones, can't be considered strictly organic. (BATF requires such wine, to be labeled "wine made out of grapes grown organically.") Wines made by the bigger California wineries, such as Fetzer Vineyards, fall into this category.

2. Wines made from organically grown grapes, but processed with "minimum" additives, including

sulfites, may be labeled either "organic wine" or "wine made out of grapes grown organically," depending on NOSB's impending recommendations.

3. Pure organic wines, also made from organically grown grapes, processed with no added sulfites, may be labeled "organic wines." Only a few wineries, including Frey Vineyards, the largest and oldest California organic winery, makes wines that fall into this category.

### Natural predators

Gallo, Calloway and other industry biggies produce wines that don't fall into any of the above categories — although they're growing some of their grapes organically, they will use pesticides if they feel they are warranted. But more and more, other growers are moving into the organic arena. CCOF reports that, in 1989, only 592 acres of California vineyards met their standards. Now, 60 growers have 3,000 acres certified and 70 more growers are seeking certification for 10,000 additional acres. About five million — or one percent — of the 500 million gallons of wine sold in the United States each year are made from organically grown grapes.

Fetzer Vineyards is the largest organic vineyard in the United States. Roughly 500 acres are pending certification or are already certified by CCOF. "Our goal is to produce 100 percent organically grown wine by the year 2010," says George Rose, a Fetzer spokesperson.

Organic growing relies on using ground covers, hay, manure, soap sprays and natural predators to kill pesky insects and weeds, rather than the six to eight chemical substances sprayed on non-organic grapes. "You'd

see a great change if all farmers had to live in their own vineyards," notes Tony Norskog, owner and winemaker at the Nevada County Wine Guild in the Sierra Foothills. Norskog plants berry bushes around the edges of his vines because the bushes harbor a tiny wasp that is the natural predator to the grapevine-damaging leafhopper.

The trend toward organic grape growing, or viticulture, is partly a result of heavy government regulation of pesticides, rising chemical prices and consumers pressing for more Earth-friendly products. It's more labor-intensive at first — you can't just take the easy route and spray — but in two or three years, vintners realize other advantages: "Grapes grown organically are environmentally friendly — they're not hurting farmers, bees or trees," maintains OGWA's Raskin. "Going organic just for the agricultural aspects is a step in the right direction."

Fetzer's Rose says that through organic farming methods, "we are developing healthier, more fertile, biologically active soil that drains better and has more water- and air-holding capacity. This leads to healthier vines and better grapes — something consumers want."

And organic growing makes sense, says Scott Smith, winemaker at Four Chimneys Farm Winery on Lake Seneca, N.Y., the first producer of organic wines in the United States and treasurer of the New York State Organic Farmers Association (NOFA). "When we started [in 1977], we knew we'd be consumers of our own wine. We thought safety begins at home — so we set standards for ourselves. We didn't want to handle dangerous pesticides or drink chemical residues."

### What about sulfites?

Perhaps the hottest, most controversial debate among organic growers and vintners is the use of sulfites in processing wine. Sulfites are additives used to preserve food. Most winemakers add them to stabilize their wines; without them, a wine may oxidize and spoil, change color or lose taste, thus limiting shelf life. Most wines contain natural sulfites through yeast fermentation, but not necessarily enough for stabilization. Federal government regulations say that wines with sulfite levels greater than 10 parts per million, the minimum detectable level, must be labeled "contains sulfites."

According to the World Health Organization, one percent of the population is allergic to sulfites. Asthmatics have a severe reaction, and others suffer headaches, nasal congestion and chest pain. But some wine experts believe some of the concern about sulfites stems from misinformation.

"As soon as they see the 'contains sulfites' warning label, consumers call me and say they got headaches from sulfites, when it could actually be from the histamines in red wine," says Stephen Melchiskey of Wine Link, a distributor of organically grown wines. "It's easy to blame sulfites when it may really be something else." OGWA's Raskin concurs. "Sulfites were grossly misused and abused in salad bars, so they were assumed to be lethal across the board. If people took the time to study the issue, they'd see the sulfite issue is blown out of proportion."

However, several California wineries are making good-tasting wines without adding sulfites. The Organic Wine Works specifically provides wines for those allergic to sulfites. The Nevada County Wine Guild stopped processing with sulfites last year as a marketing strategy. And Frey Vineyards doesn't add sulfites because they believe leaving wine natural complements their philosophy of organic growing.

So, as you sip that Chardonnay tonight, notice its fresh, fruity taste. That's because organic vintners have worked diligently for over a decade refining their equipment, techniques and strategies to the point where they've recently won top awards in wine competitions. Says Raskin, "Organic winemaking is a business for idealists and lovers of the Earth — not for lovers of easy money and immediate success."

Hillary Lane and Bob Quam are from Boulder, Colo. This story originally appeared in E Magazine.

### HELPFUL RESOURCES:

Fetzer Vineyards, P.O. Box 227, Redwood Valley, CA 95470 (707) 485-7634.

Frey Vineyards, 1400 Tomki Road, Redwood Valley, CA 95470 (800) 345-3739.

Organic Grapes into Wine Alliance, 54 Genoa Place, San Francisco, CA 94133 (800) 477-0167.

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## SUGAR 'N' SEIZURE

The FDA says no to *Stevia rebaudiana*



▼ By Laura Randall

To health-food enthusiasts, the hairy-stemmed Paraguayan herb *Stevia rebaudiana* is a miracle plant: A sweetener can be extracted that is calorie-free, far more powerful than sugar and, best of all, completely natural. But to the federal Food and Drug Administration (FDA), stevia, in either leaf or extract form, is a chemical food additive—and illegal because the agency has never approved it as safe for human consumption.

In May 1991, the agency issued an "import alert" for stevia—a directive to U.S. Customs officials to seize and detain all shipments of stevia leaf, stevia extract and foods containing stevia coming into the United States. "The product is not recognized in the United States as a product safe for human consumption," the alert declares. The detention period for seized stevia is indefinite—only shipments properly documented as imported for research purposes will even be considered for release, says the alert.

The FDA's action has made it impossible to obtain stevia extract, a fine white powder called stevioside, which resembles sugar. But policing stevia is low on the FDA's priority list, and the agency doesn't have the manpower to enforce the alert among retailers. Therefore, live stevia plants and their dried green leaves in powdered form are still widely available at health-food stores, although it is technically illegal to sell them. Some stevia devotees say the FDA's anti-stevia stance is the result of efforts by the multimillion-dollar artificial-sweetener industry to squelch competition from natural low-cal sweeteners.

McCaleb, president of the Boulder, Colo.-based Herb Research Foundation, which has conducted safety studies on stevia and submitted them to the agency in an effort—so far unsuccessful—to win official approval for the plant. "It's over a hundred times sweeter than sugar, it's non-caloric and it's non-carcinogenic," says McCaleb. "But the FDA's position is, 'What other hoops can we make them jump through?'"

The Guarani Indians of Paraguay were using stevia's dark green leaves to sweeten herbal teas when Europeans arrived during the 16th century. The British imported stevia from South America during World War II, when sugar was strictly rationed. In the '70s, the Japanese government approved the plant for human consumption, and Japanese manufacturers currently use stevia in soy sauce, diet sodas and chewing gum, apparently without any adverse effect on health.

Stevia has been sold in the United States for more than a decade. The dried stevia leaves (which make a green powder) that health-food stores sell are not so intensely sweet as the white extract and have a rougher, more flowerlike taste. That makes them more suitable for adding to herbal teas than for cooking, says Laura Reichwein, a regular user of stevia. "It takes away the bitter smell of herbal teas [and combines with the other ingredients] to make the tea smell and taste like licorice," she says.

Reichwein seems to be correct about stevia leaves' unsuitability for cooking—or perhaps recipes calling for sugar need special adjustments when a cook uses stevia. Substituting a tablespoon of dried stevia leaves for a half-cup of sugar in a standard banana-bread recipe results in a sweet-enough finished product but a rather dry one—unlike Diana Kaye's perfectly moist fruit bread made with white stevia extract. However, the green of the dried leaves completely disappears from the banana bread while it is in the oven, making it impossible to detect that stevia was one of the ingredients.

Stevia seems as natural a leafy green as spinach, and at first glance it is hard to see why the FDA would place the herb in the same category—subject to the same regulations—as aspartame and other artificial sweeteners. However, federal food and drug law draws a distinction between "foods generally recognized as safe" (long-used ordinary comestibles such as potatoes or peaches) and edibles that lack a history of widespread U.S. use. Food that falls into the latter category isn't supposed to be imported or sold without prior toxicological testing. The fact that more than 100 million people in Japan are estimated to have used stevia doesn't hold any water with the FDA. "What happens in one country doesn't necessarily apply to what the FDA will do in this country," says agency spokesman Emil Corwin. "What it comes down to is: This is something that should not be sold if the FDA hasn't approved it."

If the agency decided to make stevia enforcement a top priority, it could issue warnings to retailers to dispose of their stock and then, if those warnings were ignored, confiscate stevia supplies. Although the FDA has occasionally seized stocks of imported and U.S.-manufactured teas containing

stevia leaves and extract over the past two years, it is generally not raiding health-food stores. "It's illegal" to sell stevia, explains Corwin, but "it would be impossible [for FDA officials] to knock on doors all over the country to find out whether places carry certain products."

### Petitions rejected

The American Herbal Products Association, an organization of manufacturers, importers and distributors of herbal substances, says it has spent \$200,000 on research in the course of trying to convince the FDA that stevia is safe. So far, the FDA has rejected the association's petitions, saying it needs to offer more documentation on the plant's use in 16th-century Latin America and '40s Britain—research that the association says is difficult and expensive.

"Asking for documentation on the dietary habits of Paraguayan Indians [400 years ago] seems to be a disingenuous way of shooting down a petition," complains McCaleb of the Herb Research Foundation, a tax-exempt educational affiliate of the association.

The FDA's sudden action in 1991 after more than 10 years of importation without government interference has led some champions of the herb to speculate that pressure from the artificial-sweetener industry in general, and NutraSweet in particular, lay behind the move and continues to underlie the FDA's hesitancy to approve stevia. The FDA issued the alert after it received a complaint about stevia's unapproved status. "That incited or encouraged the FDA to take steps [toward the alert]," says Timothy Moley, the American Herbal Products Association's standards committee chairman. However, "we have no smoking gun," Moley adds. "The FDA does not release the names of companies who file trade complaints. We are never going to prove that one company was behind this."

The FDA's Corwin says it is unlikely that any action by NutraSweet could have triggered the agency's action. "I don't know of any instances where this could be proved," he says. And NutraSweet denies any involvement in the import alert. "It's not something we played any part in," says corporate spokesman Pat Farrell.

The controversy surrounding stevia's status probably boils down to that other green substance—money—according to Jim Duke, a botanist at the U.S. Department of Agriculture, who has sweetened his tea with stevia since the '70s. The stevia industry just isn't big enough, he says, either to conduct the research or to mount a convincing case that this long-used but little-known natural low-cal sweetener poses no health threat.

"Stevia is not entrenched, like alcohol or tobacco is," says Duke. "The FDA jumps on anything new, especially if there's no money behind it."

This story originally appeared in Washington D.C.'s City Paper.

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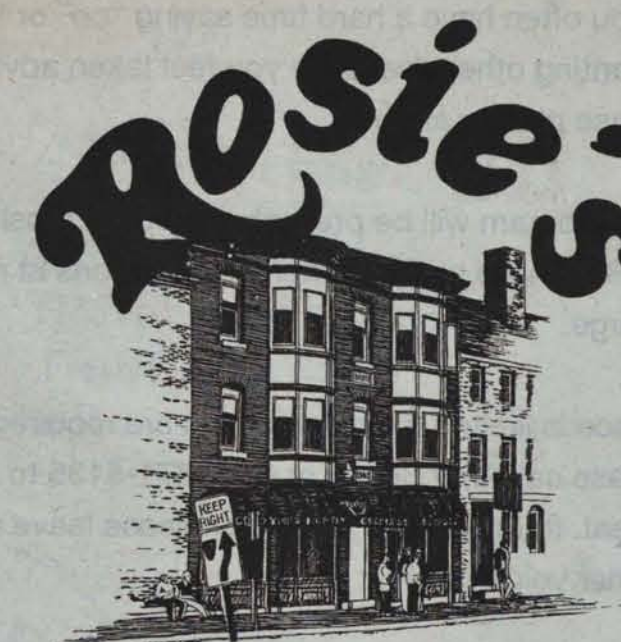
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## SHARPEN YOUR WITS THE NATURAL WAY

▼ By Becca Harber

It's a beautiful day for gardening, for the mind-relaxing work of turning over the soil. Instead, I'm sitting by my window, writing this article. Because I don't feel completely focused, I take a dropperful each of calamus root and ginkgo leaf tinctures before I start writing. These common plants — the first a root found in wet meadows, the second a tree planted along many city streets — are two of many you can take to improve your mental functioning.

Calamus (*Acorus calamus*), more commonly used by the Haudenosaunee (Iroquois) people for colds, sore throats and other ailments, can improve alertness. You can chew the root or take the tincture. The taste is very strong, but the energy boost is gentle; if you're very tired, it may not be enough to keep you awake — what you probably need is rest. According to Michael Tierra in his book, "Planetary Herbology," the Chinese consider calamus "a primary herb for restoring the power of speech after a stroke and for counteracting depression. (Calamus root must be avoided during pregnancy.)"

Extracts of *Ginkgo biloba* leaves are now selling more than any other pharmaceutical medicine or herb in Europe. Ginkgo improves brain functioning in young and old, circulation in people with arterial insufficiency (lack of adequate blood supply to the extremities), hearing disorders and muscular degeneration of the eye. During the last 50 years, hundreds of scientific studies on ginkgo have been conducted in Germany, France and elsewhere affirming its value. Cerebral insufficiency is a lack of mental health and vitality, found particularly in people over 60. Symptoms include decreased memory, intellectual ability, alertness,

concentration, balance, vision and sociability, along with frequent headaches, depression, mental confusion, vertigo and a tendency to tire easily. Double-blind studies have demonstrated that people improved markedly after taking 40 milligrams of ginkgo three times a day for two to four months.

Ginkgo improves the circulation of nutrients and oxygen through the body and the removal of wastes in all body cells, but especially in the brain and eyes. It protects blood vessels, the eye's retina and myelin nerve sheaths from damage from excess free radical chemicals; increases vasodilation; and prevents abnormal blood clotting, which could lead to a stroke. Ginkgo can also provide relief from ringing in the ears (tinnitus), balance disturbances, dizziness (vertigo), sudden hearing loss and hearing weakness, all of which may result from lack of sufficient blood circulation.

Ginkgo also helps improve long- and short-term memory, especially when taken for several months. In double-blind studies, various single doses enhanced reaction time and the speed of information recall from short-term memory, while the placebo had no effect. In a study measuring alertness, young subjects who ingested ginkgo showed stronger alpha and beta brain waves, with effects lasting over four hours.

Ginkgo's applications range from helping people study to improving functioning in people with Alzheimer's disease. It can be taken as a tea, liquid tincture or more concentrated extract, which is what the preceding studies used.

To make the tea, cover one-half ounce chopped fresh leaves or one ounce dried leaves with a pint of boiling water, cap and steep for 20 minutes. A quarter to one cup of tea can be taken three times a day. Liquid

extracts, or tinctures, are easy to use: 15 to 40 droplets in a little water morning and evening. Standardized solid extracts specify dosage, although higher amounts may be needed, such as 80 milligrams twice daily for vertigo and tinnitus.

### Gotu have more

For thousands of years, people in India have used gotu kola (*Centella asiatica*) to rejuvenate the mind and nervous system. The leaves, preferably fresh, can be used to improve memory, mental functioning and general emotional well-being, and to aid in recovery from stress and fatigue. Gotu kola has been used successfully in treatment programs for epilepsy, schizophrenic behavior and Alzheimer's, according to herbalist Rosemary Gladstar. It is also used to restore the adrenal glands and immune system. *Herbalgram*, a quarterly publication focusing on scientific herb research, reports that recent studies demonstrated improved behavior and IQ in developmentally disabled children who were given an extract of gotu kola made from soaking fresh leaves in water. Not surprisingly, gotu kola is often used with ginkgo. Two fresh leaves can be eaten per day or a fresh-plant tincture or tea taken two to three times a day for several months initially, and sometimes for similar periods as needed; it's like giving yourself a mental and emotional tune-up.

Two other gifts of nature that feed our brains and all body systems are flower pollen and microalgae, such as spirulina and chlorella, which have been used for thousands of years. Jam-packed with vital nutrients, both generate health in mind and body, increasing mental energy, functioning and memory, and aiding children who are very slow growing.

The other benefits of these naturally occurring substances make up a lengthy list. Pollen is meant to be taken in its natural form, usually one teaspoon per day. For most effectiveness, take pollen on an empty stomach, letting the grains dissolve on the tongue. If you don't know whether you are allergic to pollen, start with a couple grains, and gradually increase the dose if you experience no unpleasant symptoms.

You can get an increase in energy from some of the more common herbs. Peppermint, spearmint, lemon balm, sage, rosemary and stinging nettle are some examples, and most are very tasty. Some, like rosemary, vervain, feverfew, lavender, lemon balm and St. Johnswort, can also be used to help ease migraines. Try them in teas, or in extract or tincture form. The key to long-term improvement is regular use for several or more months.

Becca Harber is an herbalist, psychodrama leader and ecological educator. She wrote this story for *The Ithaca Times*, and notes that the information in this article is not meant to diagnose, prescribe or treat health problems.

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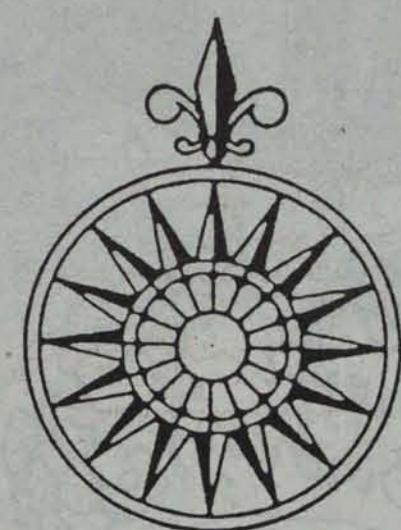
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## Slaid rides back into town

### Austin's city limits prove friendly

■ By Paul Karr

When Portland native Slaid Cleaves hit the road in autumn of 1991, he left behind an accomplished music career. His band Moxie Men had achieved legendary local status with their gritty mid-tempo rockers — Cleaves-penned songs like "Live Free," about a New Hampshire loser who steals cars and grabs the lights off a police cruiser for kicks.

But Cleaves had outgrown Portland; he wanted the brighter lights of Austin, Texas, where he could perfect his increasingly countrified sound and maybe attract some national attention.

That, he's begun to do. At the 1992 Kerrville Folk Festival in the heart of Texas' hill country, Cleaves took home the festival's top prize for a new folk singer, an honor previously won by some pretty fair unknowns named Lyle Lovett, Nanci Griffith, John Gorka and Steve Earle. Next time, he'll get a spot on the festival's main stage — and a chance to catch the ear of music biz bigwigs — as a result.

This August, Cleaves swings through New England as part of a six-week East Coast tour; he'll play several gigs in Portland during the trip. On Aug. 6-7, he'll perform at the Maine Festival in Brunswick sometime between 6 p.m. and 10 p.m. each night as part of an acoustic folk stage; on Aug. 8, he'll play Gritty McDuff's in Portland.

Cleaves will be bringing a new album with him when he arrives. "For the Brave and Free," his third solo work (and second recorded in Austin) displays fine songwriting, production and session playing. The oily print of Texas is all over this new recording; instead of stories about rural Maine and New Hampshire, Cleaves is turning his attention to workers in oil patches, farmers and ranchers, lovers on the open road and, yes, a lone guitarist strummin' in the Texas hill country. Backing musicians include former Moxie Man J. Cleaves, plus some fine Austin session hands: Fiddler Champ Hood, mandolin player Paul Sweeney and slide guitarist Mark Viator all did turns in the studio for the new album.

Cleaves' 11 new tunes turn up the twang, such as when he repays his debt to Woodie Guthrie during a cover of "This Morning I Am Born Again." His leathery voice slides right through the song's almost gospel lyrics.

Though the new album isn't as edgy or varied as Cleaves' previous effort ("Life's Other Side," which included a tune

castigating Michael Liberty), his own lyricism remains sharp as ever. Cleaves keeps sticking up for common people learning difficult lessons, and as a result his songs seem copied directly from real life, celebrating courageous hangers-on in a crumbling world.

"Ramblers" is a semi-autobiographical song about the pleasures and perils and worth of wandering; in "Danger," Cleaves presents a convincing case for taking more chances in life; in "Another Man's Wealth" — an anthem for the small rancher, and for anyone trying to go it alone with a small business — the singer would rather "sleep on the street, eat my dinner from a dumpster, than work for another man's wealth." The song "For

the Brave" offers the hope of better days for its protagonists. And the album-closing "Desert Dreams" also holds out hope, somehow, in a "used-up, forsaken land" where "all the houses been bought, all the jobs been sold; the bounty of the land has been turned to gold."

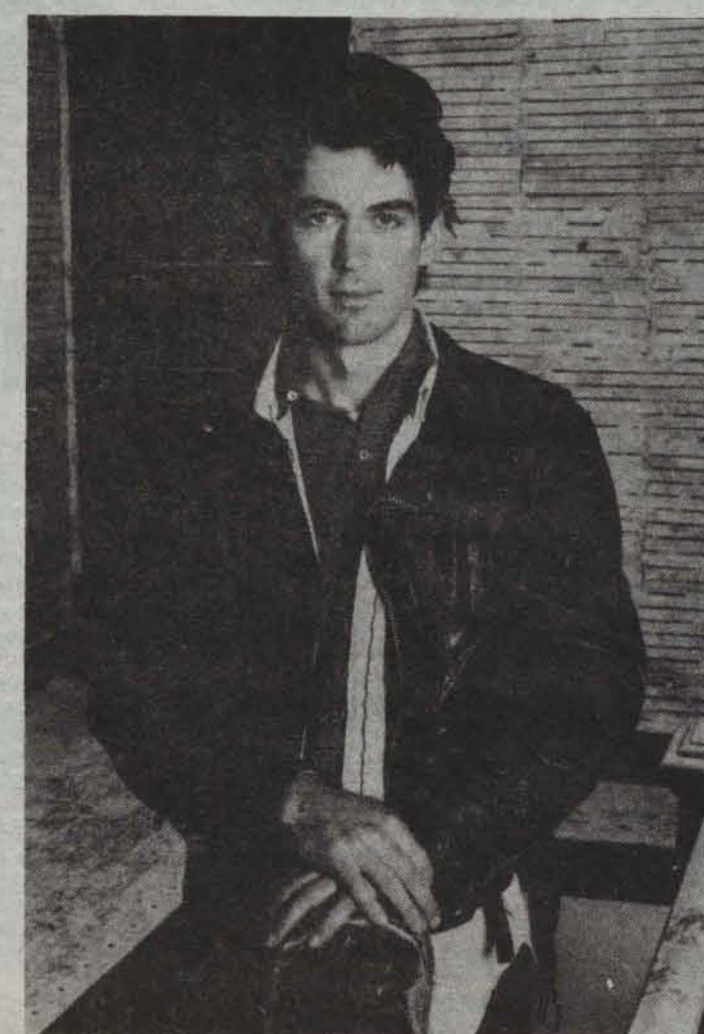
But it's "Yippie-I-O" that's perhaps most representative of who the singer is becoming: It's a love song to the solitude of wilderness, and a map of where Cleaves has arrived. Where the New England of his songs was almost claustrophobic, Texas becomes an expansive promised land whose hard lessons are giving way, increasingly, to what might pass for happiness.

"A man who can't be alone is never free," he sings to percolating fiddle and slide guitar. "Yippie-I-O, this land is the best friend that I know." It's the kind of song you can carry in your heart for company on the lonesome open road, and it'll get you somewhere.

Maybe all the way to Austin and back. **CW**

## music

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Slaid Cleaves' folk rockers sound good on the road.

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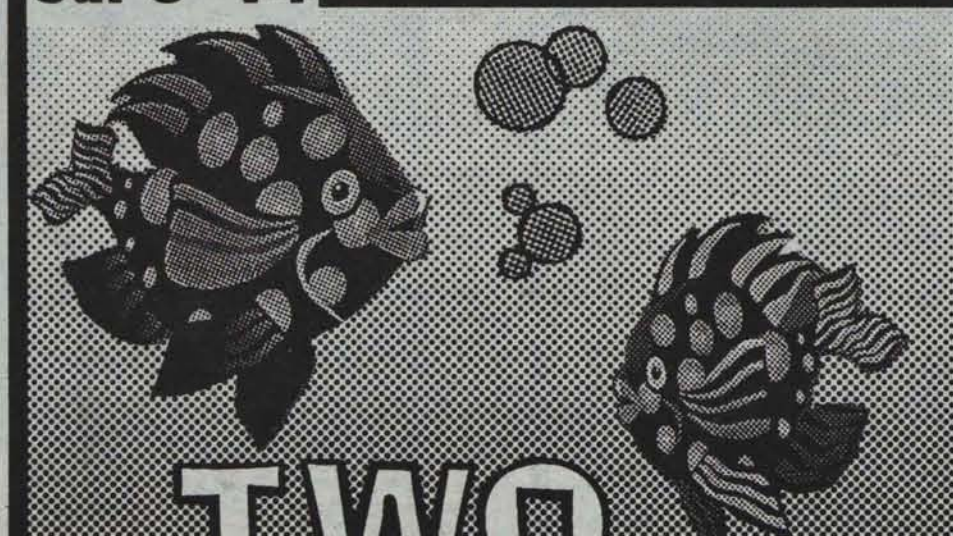
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Art &amp; Soul continued from page 28

## art

and functional bottles, shows July 16-Aug 30. Gallery Hours: Mon-Sat 11-6, Sun 11-5. 772-9072.

**Victoria Mansion** 109 Danforth St., Portland. One of Maine's most significant historic sites and collection of 19th-century decorative arts and interior architecture. Hours are 10 am-4 pm Tues-Sat 1-5 pm. 772-4841.

**Victory Deli & Bakeshop** One Portland Square, Monument Square, Portland. Impressionistic landscapes by Maryanna Bock and a large wall mural by Deborah Bayly shows through Aug 31. Hours: Mon-Fri 7-8, Sat-Sun 8:30-8.

**The West Side Restaurant** 58 Pine St., Portland. Paintings by Arthur Nichols show through Aug 24. Hours: Mon-Thurs 7:30-9, Fri 7:30-9, Sat 5-10, Sun 8:30-9, 5-10, Sun 9:30-9, 5-9, 773-8223.

## out of town

**Barn Gallery** Shore Road and Bourne's Lane, Ogunquit. "Night Light," paintings, sculptures and prints by 28 artists from New England and New York, shows through Aug 22. Gallery hours: Mon-Sat 10-5, Sun 2-5. 646-5370.

**Bowdoin College Museum of Art** Walker Art Building, Bowdoin College, Brunswick. The museum is open to the public free of charge. Hours: Tues-Sat 10-5, Sun 2-5. The Walker Art Building will be closed to the public from June 7-October 14 for renovations. 725-3275.

**Cry of the Loon Art Gallery** Route 302, S. Casco. Works by most of the artists who have exhibited for the past four years as well as works by new artists show through October 12. Gallery hours: daily 9:30-5:30. 655-5060.

**The Gallery at Widgeon Cove Studios** Route 123, S. Harpswell. Glass by Laurie Oehrlingker shows through the month of July. Hours: Thurs-Sat 10-5, Sun 1-5, other times by appointment. 833-6081.

**Hard Ware Cafe and Gallery** 115 Island Avenue, Peaks Island. Paintings by Suzanne Parrott and Diane Wienke and pottery by Greg Frangoulis show July 30-Aug 12. Gallery hours: 10-6 daily. 766-5631.

**Icon Contemporary Art** 19 Mason St., Brunswick. New paintings and works on paper by Katherine Bradford. Shows through September 4. Hours: Mon-Fri 1-5, Sat 1-4. 725-8157.

**Kristina's Restaurant** 160 Center St., Bath. "Works on Paper, Works on Canvas, Works on Wood," works by Janet Hensick and Tom Palement, show through Sept 12. 442-8577.

**Maine Maritime Museum** Maritime History Bldg, 243 Washington St., Bath. Gallery hours: daily 9:30-5. 443-1316.

**Patterson in Maine** Charles Robert Patterson's paintings of Maine and Maine-built ships, including four large paintings of the Bath-built ship *Henry B. Hyde*. Shows through Sept 19.

**Shipwreck!** Oil and watercolor paintings and photographs review the perils of the sea in the days before modern radio communication. On view through January 1994.

**Scrimshaw Art** A variety of scrimshaw objects fashioned from whale, seal and walrus fisheries. Shows through Oct 24.

**Fenwick Williams, Naval Architect** An exhibit highlighting the career of naval architect Fenwick Williams and his influence on boat design in the Gulf of Maine. Shows through Nov 14.

**Live Demonstrations** See demonstrations on lobstering, lofting and ship identification during the week. "Lobstering" Sat from 1:30-3 pm; "When a Ship is a Ship" Sun from 1:30-3 pm; "Lofting" Mon from 1:30-3 pm; "Where in the World" Tues from 1:30-3 pm; "Draft Horses" and "Blacksmithing" (alternating weeks) Wed from 1:30-3 pm.

**Museum of Art** Olin Arts Center, Bates College, Lewiston. "Paper from Fiber to Form," an exhibition of sculpture, vessels, wall collages, baskets and other works by Martha Blown, Lissa Hunter, Richard Lee and Georgeann Kuhl and "Artworks III," an exhibition of works by local artists with disabilities show through Aug 20. Museum hours: Tues-Sat 10-5, Sun 1-5. 766-6158.

**O'Farrell Gallery** 58 Maine St., Brunswick. "Indiana Diamond Prints," works by Robert Indiana ("Hartley Eagles," "The Berlin Series" and sculptures). Shows through Sept 24. Gallery hours: Tues-Sat 10-5. 729-8228.

**Ogunquit Art Association Art Gallery** Route 1 South, P.O. Box 529, Ogunquit. "Then and Now" and "New Directions," two exhibitions offering the unique opportunity to see members' past, present and future work at one time, show through Aug 15. Gallery Hours: Mon-Sat 11-5, Sun 2-5. 361-1900.

**Ogunquit Museum of American Art** Shore Road, Ogunquit. "Mainescapes: 1900-1992," Over 50 works as a testament to the powerful influence the state of Maine has had on 20th-century American art, shows Aug 8-Sept 15. Gallery Hours: Mon-Sat 10-30-5, Sun 2-5. 646-4909.

**The Patagonia Outlet** 9 Bow St., Freeport. "Atlantic Salmon," works by celebrated outdoor artists to help protect our wild salmon stock and raise money for the Atlantic Salmon Federation. Shows through Aug 20. Hours: Sun-Wed 10-7, Thurs-Sat 9-9. 725-2833.

**Praxis Fine Crafts** 184 Lower Main St., Freeport. Treasure pouches by Janice Jones, hand-painted silk pieces by Karen Perry, mono-prints by Georgeann Kuhl, jewelry by Judith Baker, ornaments by Warner Whitfield and pins and wall pieces by Annette Kearney currently show. Hours: Mon-Sat 10-8, Sun 10-6. 865-6201.

**Ricetta's Pizzeria** 29 Western Avenue, S. Portland. Watercolors by Mary A. Anderson show June 20-September 19. Hours: Mon-Fri 11:30-10, Sat 11-10, Sun 12-10. 775-7400.

**Sabbathday Lake Shaker Museum** Route 26, New Gloucester. An exhibit of Shaker furniture is currently featured. Hours: Mon-Sat 10-4:30. 926-4597.

**Sebascocean Artists Gallery** Route 24, Great Island. Works by Maine artists. Gallery hours: Tues-Sun 1-5. 833-6260.

**Union of Maine Visual Artists, Inc.** 19 Mason St., Brunswick. "Small Works," small works in all mediums by Union members. Shows through Aug 30. Gallery hours: Mon-Fri 1-5, Sat 12-4. 737-4749.

**Woolwich Museum** Route One and Nequasset Road, Woolwich. "Quilts & Costumes, Fabrics & Fibers," "Corliss Pottery," Woolwich Seafarers," Farming 'Yesterday' and several other exhibitions in the historical 12-room farmhouse show through Labor Day. Hours: 10-4 daily. 443-4833.

**York Institute Museum** Dyer Library, 371 Main St., Saco. "Builders and Architects of Saco & Biddeford," an exhibit featuring some of the housewrights and designers who shaped the region's built environment. Shows through Oct 14. Hours: Tues-Sun 1-4, Thurs 1-8. 282-3031.

## other

**Airbrush Demonstration** Beverly Hallam demonstrates airbrush equipment and the materials used in airbrush technique Aug 11 at 7:30 pm at the Ogunquit Art Association Gallery, Route One, south of Ogunquit. Cost: \$1.50, free for members. 361-1900.

**Antique Show and Sale** The Bath Area Community League presents its annual antique show and sale Aug 10 from 10 am-5 pm and Aug 11 from 10 am-4 pm at the Bath Junior High School, Lincoln Street, Bath. Proceeds benefit the YMCA.

**Architecture Tours** Portland Museum of Art offers tours of its Federal-period McEllan-Sweet House and the L.D.M. Sweet Memorial Galleries, a Beaux-Arts structure. Tours are conducted Fri at 2 pm and Sat-Sun at 1:30 pm through Labor Day. Paid museum admission required. 775-6148.

**Art Auction** The Ogunquit Art Association holds its annual art auction Aug 7 at 8 pm (doors open at 7 pm). Paintings, sculpture and graphics go to the highest bidder. Preview work Aug 4-7. Cost: \$5 (includes catalog and refreshments). The gallery is located on Route One, south of Ogunquit. 361-1900.

**Art in the Park** See and buy works by over 160 New England artists Aug 14 from 9 am-4 pm at the Mill Creek Park in South Portland. Over \$6,000 in prize money will be awarded. 767-7660.

**Crafty People Wanted** Spring Point Festival Art and Crafts Show still has openings for exhibitors. The festival is scheduled for Aug 21 on the SMTC campus. Table space is \$25. 767-9507 for application form.

**Creative Arts Program** Portland Recreation offers classes in drawing and painting for senior adults Tues and Fri from 9:30 am-12:30 pm at Northfield Green Community Room, 147 Allen Ave., Portland. 874-8793.

**Danforth Gallery's** annual juried exhibit is "The Maine Contemporary Landscape." Open to all visual artists. No medium restrictions. Juror is Martin Steingesser. To receive a prospectus, send SASE to Danforth Gallery, 34 Danforth St., Portland, ME 04101. Deadline for slides is October 15. 775-6245.

**Entries Sought** The Art Gallery at Six Deering Street, Portland, invites all painters to submit up to two works for possible inclusion in its juried show Sept 10-25. Only paintings (in any medium) measuring no more than 32 by 38 inches are eligible for consideration and should be brought to the gallery Aug 16-21 from 10 am-5 pm. Entry fee: \$2.50 for each work. Register by calling 772-9605 or writing Elyn Dearborn at Six Deering Street, Portland, 04101 after Aug 4.

**Flea Market Festival** The Barn Gallery hosts "Art Again—Everything Goes," a flea market festival Aug 7-8 from 10 am-4 pm at the gallery at Shore Road and Bourne Lane, Ogunquit. Owners of art-related objects and supplies set their own prices and proceeds are split 50/50 with the gallery. No space charge. Reserve your table by Aug 5. 646-5370.

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

**Mr. Magee** Maine artist Alan Magee screens his short films accompanied by a talk Aug 5 at 8 pm at the Barn Gallery, Shore Road and Bourne Lane, Ogunquit. Free. 646-5370.

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

**Outdoor Painting Class** Freeport Art Club's resident artist Eric Glass offers outdoor painting classes for beginners using any medium. Cost: \$30. 225 members. 865-3024.

**Photography Contest** The Carnegie Museum of Natural History invites amateur and professional photographers to enter their 16th annual Natural Photographic Competition & Exhibition Sept 7-17. Photographers may enter up to six B&W or color photographs of plants, wildlife, landscape or other aspects of the natural world. Entry fee: \$5 for each photo submitted. Entry forms and contest rules are available from the Division of Education at The Carnegie Museum of Natural History, 4400 Forbes Avenue, Pittsburgh, PA 15213-4080. 412 622-3263.

**Portland Camera Club** meets every Mon at 7:30 pm at the American Legion Hall, 413 Broadway, S. Portland. Public is welcome.

**Portland Chamber of Commerce** is looking for Maine artists to share their work. 772-2811, ext. 22.

**Senior Exhibition** Professional and non-professional artists over the age of 55 are invited to participate in "As You Like It," a special, juried senior's exhibit at the Danforth Gallery, 34 Danforth St., Portland, ME 04101. Interested artists should send a SASE to Danforth Gallery, 34 Danforth St., Portland, ME 04101. Attention: "As You Like It." Deadline for entry is October 1. 775-6245.

**Slide Talks** The Watershed Center for the Ceramic Arts invites you to attend slide talks by resident artists Thurs and Sun evenings at 8 pm from June 24-Aug 28. Meet the artists in residence and discuss their work. The center is located on RRI, Cochran Road, Edgcomb. 882-6075.

**United Society of Shakers** offer several workshops throughout August at the Sabbathday Lake Shaker Village in Poland Spring. Use herbs to make cosmetics and skin-care products Aug 7 from 9 am-3 pm (cost: \$50); learn the basics of quilting Aug 7 from 9 am-3:30 pm (cost: \$30); make a rectangular herb basket with handles Aug 21 from 9 am-1 pm (cost: \$55). 926-4597 for info and registration.

**Yankee Artisan** invites craftspeople interested in becoming members of the cooperative to submit a product Aug. 10 to the jury. 443-6215.

## sense

**Essay Workshop** Cheryl Drake teaches "Writing the Personal Essay," a weekend writing workshop exploring the heart of the personal essay, Aug 21 from 10 am-3 pm and Aug 22 from 10 am-4 pm at the Maine Writers Center, 12 Pleasant St., Brunswick. Cost: \$60. \$50 MWPA members. 729-6333.

**Fiction Workshop** Diane Benedict teaches "Craft of Fiction," a workshop focusing on both the craft and the process of writing fiction and narrative autobiography, Aug 14 from 10 am-6 pm and Aug 15 from 10 am-3 pm at the Maine Writers Center, 12 Pleasant St., Brunswick. Cost: \$65. \$55 MWPA members. 729-6333.

**Find Your Voice** Singer-songwriting group now forming. Holistic approach to expressing oneself through original songs performed solo acoustic, solo electric, with keyboard or a capella. Will incorporate performances at open mike nights or song swaps. Meets Mondays from 7-9 pm. Cost: \$20 for two-hour session. 774-8666.

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

**Lending Library** USM's Portland Women's Center seeks donations of women's literature, both fiction and nonfiction, to stock their lending library. Donations may be made Mon-Fri from 8 am-2 pm at the center in Room 40, Payson Smith, Falmouth Street. 780-4996.

**Lotus/IBM Learning Centers** The Small Business Development Center at the University of Southern Maine has two Lotus/IBM Learning Centers available to help people in business learn how to use Lotus 123, One-Write Plus, Lotus Works and WordPerfect 5.1 software. Learning centers are available Mon-Fri. Free. 780-4420.

**Poems Wanted** Dorrance Publishing Company is accepting poems for submission to its Contemporary Poets of America and Britain poetry contest. First prize is \$1,500. Second prize is \$500. Third prize is \$100 and 97 honorable mentions will get \$30 each. All winners are published in the Winter 1994 anthology. Interested poets may submit one poem, 20 lines or less, any style or subject to: Contemporary Poets of America and Britain, Dept. NR-W94, 643 Smithfield Street, Pittsburgh, Pennsylvania 15222. Submission deadline is Aug 31.

**Summer Voices** Greater Bookland presents "Summer Voices," a series of poetry readings by some of Maine's best poets. Colin Sargent, editor and publisher of "Portland" magazine and author of "Blush," appears Aug 6 at 8 pm. Martin Steingesser, slitt dancer and storyteller at Maine fairs and events, appears Aug 13 at 8 pm. Greater Bookland is located at Mall Plaza, So. Portland. Free. 773-4238.

**Union of Maine Visual Artists Tent**  
 12:30-6:30 Sculptural wood carving with Anne Alexander, painting and drawing food with Diane Dahlike, monoprinting with Grace DeGennaro; more

**Literary Tent**  
 2 "The Artistic Expression of Deaf Culture": Paintings by students at Baxter School for the Deaf; discussion of collaborative process and symbolism in their work

**Cafe Stage**  
 6 Martin Gibson (guitarist)  
**Craft Demonstrations**  
 1 Designing and creating stained glass by Fred Jackson  
 3-6 Raku kiln firing by John Moore; lathe woodturning by Maine Woodturners Association

**Children's Area**  
 1 & 4 Theater of the Enchanted Forest's "One Inch Fellow"  
 3:15 Drumming with Innana: Sisters of Rhythm

**Folk Arts Area**  
 12:30-6:30 "Traditional Kids Skills": Traditional craft making with Ed Beech (decoy carver), Atlantic Challenge (wooden boat builders), Kevin Slater & Polly Mahoney (dugled builders & guides), Adrienne O'Limpio (knitter); checkers tournament; games; more  
 2:30 Making sweetgrass brooms with Max Sanipass

**Traditional Stage**  
 6-10 Acoustic singer/songwriters Tom Pirozzoli, Cosy Sheridan, Catie Curtis, Don Campbell, Slaid Cleaves, Anni Clark, Harvey Reid, Margo Hennebach, more

**Theater Tent**  
 1:45 & 5:30 Figures of Speech Theatre's "Circus Eldorado"  
 2:30 Shoestring Theater's "Punch & Judy"

**Abundant Living Support Group** Do you want more health, more money, more love and more joy? Abundant Living Support Group meets weekly to share spiritual practices to align with the abundant flow of the spirit Thurs evenings from 6:30-8:30 pm at 16 Columbia Road, Portland. 767-3662.

**Accent Reduction** Classes beginning soon for foreign accent or for regional dialect. Offered by a certified speech/language pathologist, Jean Armstrong offers free screenings for adult and child speech, language, voice, and stuttering. 879-1886.

**Adult Screening Clinic** on the last Wed of every month for blood pressure and testing for sugar, anemia and cholesterol, from 11:30 am-1 pm at the Peoples United Methodist Church, 310 Broadway, S. Portland. Fee for services: 767-3326.

**Aikido** is a martial art used to increase flexibility, stamina and promote a sense of well-being. Adult classes: Mon and Wed, 5:30-6:15 pm and 6:30-7:30 pm; Fri, 6:30-7:30 pm; Sat, 2:30-3:30 pm and 3:45-4:45 pm. Children's classes: Sat, 11:15-1:15 pm. Classes held at Portland Aikido, 25A Forest Ave., Portland. 772-1524.

Art & Soul continued on page 32



Puppets from Figures of Speech Theatre will be on hand at this year's Maine Festival.

Tonee Harbert photo

## Face the music — and the painting, and the puppets... Maine Festival celebrates local art and craft

After a series of shifts in venue, purpose and content, the Maine Festival seems to have found a rhythm, mixing an emphasis on Maine art with other good stuff from parts south and west.

This year's festival will feature entire stages of comedians and folk singers. There will be demonstrations of crafts and skills like Native American basketmaking and North Woods balladeering. Writers will read; poets will compete in a "poetry slam." Kids will overrun the place for a day to learn crafts and watch puppets.

Oh, did we mention local vendors hawking their pizza, ice cream, oysters and beer? A tent where performing artists can get

together? The lovely sculpture installation? We're not exaggerating; there's something for everyone here.

To reach festival grounds in Brunswick, follow Route 1 to Route 24, then proceed two miles down Thomas Point Road. Gates open at noon each day; there's a \$2 parking fee.

Tickets are priced by day: \$8 adults, \$6 kids under 16. There are \$6 specials on Thursday and after 5 p.m. Friday, and a \$22 family pass. Call 772-9012 to learn more.

Events in store include:

**7-10 Comedy** stage with Laughing Stock, Joanne Chesille, Benny Rehl, Kevin Shone and more

**Festival Tent**  
 6 Dance party with Innana: Sisters of Rhythm. The Only Motions and Boneheads

**Lawn**  
 1-4 Kite making, decorating and flying with Bob Ray

**Contemporary Craft Area**  
 2:30-3:30 Fabric stenciling and painting by Gail Wartell

## Saturday, Aug. 7

**Children's Area**  
 12:30-6:30 "The Rivers of Maine": Crafts by Ralph Bishop (quill art), Guy Cyr (canoe building), Jeff Peterson (paddle making), David Sanipass (flutemaking), more

**Folk Arts Area**  
 2:15 Margaret Pelletier, Micmac quillworker  
 3 Ida Ray, Acadian song collector

**Traditional Stage**  
 3 The Fogg Brothers (bluegrass)

**Cafe Stage**  
 2:15 & 6:45 Wild Ginger (women's a cappella trio)

**Union of Maine Visual Artists Tent**  
 12:30-6:30 Art buttons with Martha Oatway & Diane Clark, Cornac, McCarthy, David Massengill, Jennie Burtis, Melissa Rosen, Richard Shindell, more

**Literary Arts Cafe**  
 12:45 Reading by author Helen Nearing

**Theater Tent**  
 2:15 Poetry with Kate Barnes & Wesley McNair

**Folk Arts Area**  
 5:15 Poetry with Gary Lawless & Spindletworks Poets

**Traditional Stage**  
 6:45 Maine Festival Championship Poetry Slam

**Theater Tent**  
 12:45 & 3:45 "I Say the Truth, I Ain't Lying" by The Theater Project

**Festival Tent**  
 4:30 & 7:30 Maria Muldaur (blues, jazz, rock, swing)

**Lawn**  
 5:45 Sonny Landreth (Louisiana slide guitar)

**Children's Area**  
 9 Little Anthony & the Loco-Motives/Zora Young (blues)

**Beach**  
 6:45 Perennial Effects Dance Company's "Waterline," dance work with more than 150 performers

**Crafts Demonstrations**  
 1:50 "Potters Olympics," good-natured competition open to all potters.

**Folk Arts Area**  
 1:30 "Good Maine Brews": Taste Maine-made beers including Geary's Pale Ale, Gritty McDuff's Summer Wheat Ale, Blue Fin Stout, Sunday River Ale, more

**Traditional Stage**  
 12:30-6:30 "The Maine Coast": Demonstrations by Atlantic Challenge (boat framing), Nathaniel Wilson (sailmaking), Nancy Sharkey (chair caning), more

**Folk Arts Area**  
 1:30 Chainsaw woodcarving with Rodney Richard, Sr.

**Traditional Stage**  
 4:30 Maliseet basketmaking with The Tomah Family

**Traditional Stage**  
 5:15 Maine Fiddlers Jamboree with Lawrence Golan (classical), Tim Farrell (bluegrass), Ben & Daniel Guillemette (Franco American) and The Old Grey Goose (maritime music); more

**Cafe Stage**  
 1:30 & 6 Cattle Call (country)

**Union of Maine Visual Artists Tent**  
 12:30-6:30 Papermaking, paper history, recycling junk mail, more with Georgeann Kuhl; monoprinting & making collagraph prints with Frances Hodsdon; more

**Literary Arts Cafe**  
 4:30 Readings by Alice Bloom and Agnes Bushell

**Theater Tent**  
 1:30 & 6 Performance art: Martin Steingesser in "The Good Fight: A Journey/1492 to U2" and Judith Sloan in "The Whole K'uffin' World"

**Festival Tent**  
 2:15 & 5:15 The Fabulous Bullock Brothers (gospel)

**Contemporary Crafts Area**  
 1-2 Hand-painting photography with Liv Kristin Robinson

**Lawn**  
 2:30-3:30 Beadmaking with Gayle Bedigan

**Beach**  
 6 Repeat of Perennial Effect Dance Co.'s "Waterline"

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Art & Soul continued from page 30

## wellness

**Back Care Basics in Yoga** Learn the Hatha yoga postures you can use to free yourself from common back pain Aug 21 from 8:30-11 am at Portland Yoga Studio, 616 Congress St., Portland. Cost: \$20. 797-5684.

**Buddhist-Oriented Meditation** Group meets every Sun from 10-11 am at 1040 Broadway, S. Portland. Small donation, \$39-4897.

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

**Child Health Clinic** Visiting Nurse Association and Hospice of So. Portland offer a well-child clinic for kids age two months to two years the first Friday of every month from 8:30 am-noon at First Congregational Church, Cottage Road, So. Portland. Services include immunizations, lead tests and physicals. Medicaid accepted. By appointment only. 767-3326.

**Chiropractic Discussions** Dr. Roger Nadeau presents chiropractic health care discussions Tues from 1:30 pm and Thurs from 7:30-8 pm at Saco Island, Suite 1214, Saco. Free. 284-7760.

**Concerned About Lead?** To learn about lead and the risk it poses to your family, request a lead fact sheet prepared by the U Maine Cooperative Extension Services. 1-800-287-1471 or 780-4205. For information about childhood risk and screening, call 287-3259.

**Free Meditations** Every Sunday at 7 pm at The Yoga Center, 137 Preble St., Portland. 799-4449.

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

**Hatha Yoga for People with AIDS** is available every Wed and Fri from 12:45-2 pm at 22 Monument Square, Portland. Cost: \$1, for those who can afford it. 797-5684.

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

**Herbal Workshops** Crystal Springs and Hermes Herbar Acres offer a variety of herbal educational workshops, plant walks, gatherings and retreats at its farm in Dayton. Upcoming programs include: "Wildcrafting, Harvesting & Drying Herbs" Aug 8 from 2-5 pm (cost: \$25). 499-7040.

**Herbs for Senior Health** Corinne Martin invites you to learn to use medicinal plants for the pattern and problems experienced as we age Aug 8 from 10 am-3 pm in Bridgton. Cost: \$25/\$40. 647-2724 for info and registration.

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

**Making Herbal Preparations** Spend the day making herbal salves, lotions, oils, syrups, facials and liniments in a hands-on class Aug 15 from 10 am-3 pm in Bridgton. Cost: \$50. 647-2724.

**My Choice Pregnancy Resource** Center offers counseling, referrals and housing for women and teens experiencing an unintended pregnancy. Counseling focuses on the options of parenting or adoption. A birth mother support group is offered to any woman who surrendered a child for adoption or is considering doing so. 772-7555.

**Natural Foods Solutions** Learn all about the purchase and preparation of whole food vegetarian meals in your home. Classes, presentations and consultations are also available. 774-8889.

**Ninjutsu** Learn realistic self defense, physical fitness and body and mind awareness. Beginning classes starting soon. Call 767-5077 or stop by 10 Exchange St., Suite 202, Portland, Sundays at 2:30 or 4:30.

**Planned Parenthood** Free pregnancy testing and male services now offered at Planned Parenthood's 500 Forest St clinic in Portland. This is in addition to annual exams, birth control information and supplies (including Norplant), and testing and treatment for STD's and infections. Teen Walk-In Clinic Fri, 14:30 pm and Sat, 9 am-noon. Fees based on ability to pay. 874-1095.

**Pulmonary Rehabilitation** USM Lifeline offers a program designed for individuals with various lung diseases Tues and Thurs from 11:15 am-noon at the USM Portland Campus Gym, Falmouth St., 780-4170.

**Sahaja Yoga Meditation** Experience thoughtless awareness. No charge. Call 767-4819 for info on summer schedule.

**Sitting Sessions** Eastern meditation practitioners are invited to participate in regular sitting sessions open to the general public Tues evenings from 7:30-8:30 pm in the Shrine Room of the Dharma Study Group, 98 Maine St., Brunswick. Free. 729-4960.

**Sufi Meditation** Join the Portland Sufi Order for meditation sessions based on the works of Hazrat Inayat Khan and Pir Vilayat Inayat Khan. Experienced teachers offer sessions working with creative visualization, breath, sound, light and guided discovery and play. The VMCA is located at 70 Forest Ave., Portland. 874-1111.

**Swim Meditation** Join the Portland Sufi Order for meditation sessions based on the works of Hazrat Inayat Khan and Pir Vilayat Inayat Khan. Experienced teachers offer sessions working with creative visualization, breath, sound, light and guided discovery and play. The VMCA is located at 70 Forest Ave., Portland. 874-1111.

**T'ai Chi Chuan** is an ancient Chinese martial art based on mental and physical balance. Excellent for spiritual growth, radiant physical health and reducing the effect of stress and tension. Beginners through advanced classes ongoing. 772-9039.

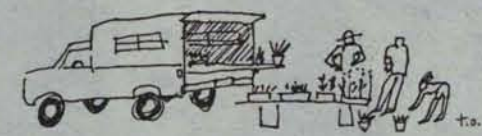
**The Teen/Young Adult Clinic** is a place to go if you have a health concern or medical problem, need a sports/school physical done, or have birth control issues to deal with. Open to anyone 13-21, every Monday from 4-8 pm, at Maine Medical Center, 22 Bramhall St., Portland. Walk-ins seen if they arrive by 7 pm. 871-2763.

**Vegetarian Potluck** and information sharing the third Saturday of every month. Call for locations and directions. 773-6132.

**Wishcraft/Teamwork** Support team of motivated people who want to make things happen. Through giving support, ideas, accurate steps and the faith in one another's ability to succeed, we won't let you quit. 773-6226.

**Women's Meditation Workshop** Learn to listen to your inner voice. 767-1315.

**Women Over 50** A support group facilitated by Louise Bennett will explore this vital time of life and those that follow. 772-1310.



## family

**Aerobics for Kids** Children ages 7-11 can learn funky new steps and get great exercise each Wed from 5:15-6 pm at the Reiche Community Center, 166 Brackett St., Portland. Cost: \$12 first month, \$10 each month thereafter. 874-8873.

**Children's Museum of Maine** invites kids to enjoy the wonders of the sea with Mary Jo Malchack at "Sea Stories" Aug 7 at 1 pm; learn about science with hands-on activities at "Drop-In Science" Aug 9 from 11 am-1 pm and Aug 11 from 10 am-1 pm; cut, glue, draw and paint at "Drop-In Art" Aug 10 from 10 am-2 pm and Aug 11 from 1-3 pm; touch and discuss tide pool creatures at "Tide Pool Life" Aug 10 at 2 pm; learn about fire safety and equipment at "Meet the Firefighters" Aug 10 from 10:11 am and 3-4 pm; catch the Fish Family's presentation about interactive marine education at "Mr. & Mrs. Fish" Aug 11 at 3:30 & 4:15 pm; see exotic reptiles at "Kennel Shop" Aug 13 from 11 am-noon; watch George Caswell operate the ham radio during "Ham Radio Day" Aug 14 from 10 am-5 pm; Steve Crane displays a collection of rare dimes and Ed McDonough does free coin appraisals at "Coin Collections" Aug 14 from 1-3 pm; explore the night sky with Sheldon Chatterley and a 20-minute planetarium show each Wed at 2, 3 & 4 pm. The museum is located at 142 Free Street, Portland. Admission's \$3.75. 828-1234.

**Cross Country Camp** South Portland recreation offers a cross country running camp for boys and girls entering grades six through 12 Aug 16-20 at South Portland High School, Highland Avenue, So. Portland. Time varies for each age group. Cost: \$15. 767-7650 for schedule and registration.

**Dance Camp** The Casco Bay Movers Dance Studio offers two dance camps for kids in August. Dance Camp I (kids ages eight to 11) runs Aug 9-13 from 9:30 am-2 pm daily and Dance Camp II (kids ages 12 to 14) runs Aug 16-20 from 9:30 am-1 pm daily. Classes include jazz, ballet, choreography, dancing and mime. Cost: \$90. 871-1013.

**Family Counseling** A Center for the Awareness of Pattern offers counseling to people and their families on a sliding fee scale. Call 865-3396 or write P.O. Box 407, Freeport, ME 04032.

**Family Fun Picnic** Maine Parents for Gifted/Talented Children sponsors a family fun picnic Aug 14 from 11 am-4 pm on Route 25 in Standish. Activities include a natural history program for kids, a speaker for parents and a used book sale. 642-3302.

**Family Night** The Greater Portland YMCA hosts Friday Night Family Night every Friday from 6:30-9 pm at 70 Forest Ave., Portland. Enjoy swimming, open gym, game room, weight room and volleyball. Cost: \$5 per family, free for YMCA members. 874-1111.

**Fun-Filled Fridays** The Greater Portland YMCA offers free child care the last Friday of each month from 6:30-8:30 pm for kids ages three to five. Registration required. 874-1111.

**Friday Night Special** Portland Recreation offers organized gym programs for middle school children at Riverton Community Center, 1600 Forest Ave., Portland.

**Gililand Farm Programs** The Maine Audubon Society introduces kids to the wonderful natural areas at the Gililand Farm Sanctuary at 118 U.S. Route One in Falmouth. Scheduled programs include "Beaks and Feet" Aug 5 (for people age 7 and up) from 9:30-11 am (cost: \$4, \$3 members), "Map and Compass Ecology Walk for Families" Aug 7 from 9:30 am-12:30 pm (cost: \$6, \$5 members) and Saturday nature walks the 2nd and 4th Saturday of each month from 10:11-30 am (cost: \$3, \$2 members). Reservations required for all programs except nature walk series. 781-2330.

**Gym & Swim** Portland YMCA offers gym & swim for preschoolers to develop beginner dance, gymnastic and swimming skills through guided discovery and play. The VMCA is located at 70 Forest Ave., Portland. 874-1111.

**North American Soccer Camp** South Portland Recreation hosts a youth soccer program with coaches from England Aug 16-20. Children ages four and older are welcome. Cost: \$30-90. 767-7650 for schedule and registration.

**Parenting Classes** Portland YMCA presents a series of parenting classes on the last Friday of the month from 6:30-7:30 pm at 70 Forest Ave., Portland. Free for YMCA members; \$2 per family for non-members. 874-1111.

**Peaks Island Children's Festival** Kids of all ages are invited to enjoy games, food, face painting, music and more at this year's Peaks Island Children's Festival Aug 15 at Greenwood Gardens, Peaks Island. Bicycle and buggy parade starts at 11:15 am and the festival runs from 11:30 am-2 pm.

**Portland Public Library** invites children to enjoy its upcoming programs: Tales for Twos Aug 6 at 10:30 am; Preschool Story Time Aug 9 at 10:30 am; Finger Fun for Babies Aug 11 at 9:30 am; Summer Reading Program Aug 11 at 10:30 am; Tales for Twos Aug 13 at 10:30 am. The library's located at 5 Monument Square, Portland. 871-1700.

**Riverton Library** invites children to enjoy its upcoming programs: Toddler Time (kids ages one and two), including games, stories and songs, Wed at 10:30 am & Fri at 9:30 am; Creation Art with Phyllis (kids ages six to 12) Wed at 1 pm; Preschool Story Time (kids ages three to five) Fri at 10:30 am; Writing Workshop with Molly Elmal (kids grades three and up) Aug 5, 12 & 19 from 1-2 pm. The library's located at 1600 Forest Ave., Portland. 797-2915.

**"The Secret Garden"** Visit The Actors Theatre of Maine (AToM) will present a live theatre performance of "The Secret Garden" and a day of workshops free of charge to ten schools in Maine. Schools are chosen on a first-come, first-served basis. Interested schools should contact AToM, RR1 Box 900, Leeds, ME 04263 or call 946-5049.

**Silly Saturdays** The Portland YMCA presents a series of workshops for pre-schoolers. 874-1111.

**Soccer Camp** South Portland Recreation offers youth soccer camp for boys and girls ages eight to 13 Aug 9-13 at Memorial Middle School, 120 Westcott Road, So. Portland. Time varies for each age group. Cost: \$40. 767-7650 for schedule and registration.

**Story Hour** Munjoy Branch Library invites children age 3-5 to its story hour each Tues at 10:30 am. The library's located at 44 Moody St., Portland. 772-4581.

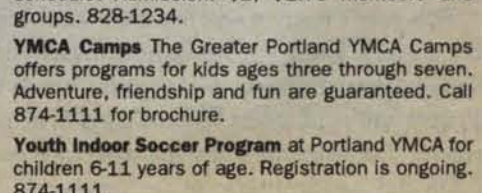
**Teen Open Gym** Teens ages 13-18 play basketball, floor hockey and more Mons & Weds from 7:30-9 pm at Reiche Community Center, 166 Brackett St., Portland. Cost: \$12. 874-8873.

**Voyage Around the World** Instead of the usual bugs, burns and boredom, the Maine Maritime Museum offers kids in grades one through six the opportunity to "visit" exotic ports of call, cruise the Kennebec River and experience life at sea through songs, games and crafts at "Voyage Around the World," its week-long summer day camp for kids. Sessions are offered Aug 2-6 and Aug 9-13. Cost: \$85 per child. 443-1316.

**What's in a Wigwam** The Children's Museum of Maine invites kids and their families to see "K'tahkomiq in Maine," an exhibit on Native American life in 1492, at Smiling Hill Farm in Westbrook. The exhibit features a wigwam built by Steve Cayard for children to explore. Special weekend programs feature storytelling, music and crafts. Call museum for schedule. Admission: \$2, \$1.75 members and groups. 828-1234.

**YMCA Camps** The Greater Portland YMCA Camps offers programs for kids ages three through seven. Adventure, friendship and fun are guaranteed. Call 874-1111 for brochure.

**Youth Indoor Soccer** Program at Portland YMCA for children 6-11 years of age. Registration is ongoing. 874-1111.



**Adult Coed Volleyball** The Portland YMCA is accepting registrations for its volleyball league. 874-1111.

**African Dance Class** Lisa Newcomb offers an African dance class with drummer Jeff Denmore Aug 14 from 1:20-3:30 pm at Casco Bay Movers Dance Studio, 151 St. John St., Portland. Cost: \$10. 871-1013.

**Back Country Bike Excursions** Get connected to the pedal of nature and access the natural beauty in southwestern Maine. Back Country Bike Excursions offers a weekend adventure ride Aug 14. 525-6189 for info and registration.

**Baseball League** The Southern Maine Men's Basketball League welcomes new players all the time. Call 883-9797 for info.

**Basketball for Adults** Pick-up games every Mon & Wed from 5:15-7:15 pm at Reiche Community Center, 166 Brackett St., Tues & Thurs from 6:30 pm at Riverton Community Center, 1800 Forest Ave., and Tues 6:30-8:30 pm at Peaks Island Community Center.

**Boomerang Club** meets every Sunday at 10:30 am on the High Plains at Fort Williams Park, Cape Elizabeth. 775-0411.

**Canoe & Kayak Demos** every Wed from 5:30-7:30 pm at East End Beach. Sponsored by Norumbega Outfitters. 739-9619.

**Casco Bay Bicycle Club** meets every third Tues at 7 pm at the Walker Library, Maine Street, Westbrook. Call 828-0918 or 854-5029. The following weekly rides are offered this season: Mon: 25-mile ride at Dunster School Restaurant at 6 pm (263-0390); Tues: 10- to 15-mile spin ride at Fort Williams Park at 6 pm (767-4235); Wed: 2-mile morning ride at No. Windham Shaw's Plaza at 8:30 am (892-5922); 20-mile country classic ride at Yarmouth School 'n Save at 6 pm (926-4225); 20-mile ride in York County at 6 pm (499-2048); Thurs: Pizza ride at Scarborough Oak Hill Shop 'n Save at 6 pm (883-0148). Weekend rides are also scheduled.

**Co-ed Ultimate Frisbee** The Portland Ultimate League plays every Tuesday evening during the summer. No experience necessary. Any man or woman interested in joining a team should call Alex Porzy at 874-0955.

**Contact Improvisation** and movement jam every Wednesday from 6-8 pm at United Methodist Church Dance Studio, 168 Elm Street, off Broadway, So. Portland. 775-4981.

**Contradance** with Ellen & the Sea Slugs the first Sat of each month at 7:30 pm at Saco River Grange Hall, Salmon Falls Rd., Bar Mills. Cost: \$4, \$2 kids, \$10 family max. 929-6472.

**Crickit Club** The Maine Cricket Club is under way for the '93 season. Regular practices and matches scheduled. Players of all abilities welcome. 761-9678.

**Dance From the Inside Out** Expressive movement for dancers and non-dancers to discover your body's innate wisdom. Five ongoing classes meet weekly. Cost: \$7 and \$9. 772-7549 or 883-1035 for info and schedule.

**Fifty-Five & Fit** The Greater Portland YMCA offers fitness classes and programs for active older adults who love to get involved and treasure their independence. 874-1111 for more info.

**First Step and Beyond USM Lifeline** offers a personal fitness evaluation for the first-time exerciser through to the performance athlete. Program includes body fat composition, muscular strength and endurance, flexibility and cardiovascular endurance. 780-4649 for info & brochure.

**Indoor Soccer** Pick-up games every Fri from 6-8 pm at the Reiche Community Center, 166 Brackett St., Portland. Cost: \$2 residents, \$3 non-residents. Call 874-8873.

**Maine Outdoor Adventure Club** brings together people who enjoy the outdoors. MOAC offers trips and events to people of all skill levels, beginner to expert. Aug 6-8 Gulf Hagas hike and camp (777-1767); Aug 9-10 canoe Umbagog Lake (846-3036); Aug 14-15 Black Angel trail maintenance (829-5932); Aug 14 or 15 swimming at Frenchman's Gorge in Bethel (883-1282); Aug 15 white water rafting on the Kennebec (781-5033); Aug 21-22 Rockland area hike and Farnsworth Museum (829-5932). For updated trip info, call the Outdoor Hotline at 828-0918. For club and membership information call 761-5033.

**Martial Arts for Seniors** Master's Self Defense Center offers a martial arts program designed for those over 50 years of age. Program includes fitness, weight control, relaxation and self-defense. The center's located at Union Station Plaza on St. John Street in Portland. 761-0114.

**Maury Povich Open Golf Tourney** The Children's Miracle Network and Newschannel 13 invite anyone interested in playing a great day of golf on a beautiful and challenging course to participate in the Maury Povich open golf tourney Aug 9 at the Falmouth Country Club, 1 Congressional Drive, Falmouth. Win \$100,000 in cash and a 1993 Lexus for holes-in-one. 871-2101.

**No Gilt, Just Sweat** offers co-ed summer aerobics to stay in shape Tues & Thurs from 5:30-6:30 pm at the Presumpscot School Gym, 69 Presumpscot St., Portland. Cost: \$3 per class. Classes run until Aug 18. 790-0197.

**Pool Hours** Portland Red announces its summer pool hours this season. Riverton Pool, 1600 Forest Ave., Portland (June 25-Aug 20); Adults 12-1 pm MW; 11:30 am-1 pm Tues & Thurs; 4-6 pm Mon-Fri; Open Swims 1:30-4 pm MW; 1-4 pm Tues & Thurs; 6-8 pm Tues & Thurs (874-8486). Reiche Pool, 166 Brackett St., Portland (June 28-Aug 16); Adults 12-1 pm MW; 4-6 pm Mon-Fri; Open Swims 1-4 pm MW; 1:30-4 pm Tues & Thurs; 6-8 pm Tues & Thurs (874-8874). Kwanis Pool, Douglas Street, Portland (June 21-Aug 3); Adults 1-9 am MW; 12-1:30 pm Sat-Sun; 4:30-6:30 pm Sat-Sun; Open Swims 1:30-4:30 pm Sat-Sun; 6:30-8:30 pm Sat-Sun (772-4708).

**Portland Rugby Club** welcomes new and old players to join them for practice and "touch rugby" Thurs at 6 pm at Fort Williams Park in Cape Elizabeth. Fall season training begins Aug 10. 535-3861.

**Spring Paint Sailing School** offers a variety of sailing courses this summer. Program options include basic sailing, refresher course and private lessons. Instruction covers sailboat rigging, tacking, gybing, weather, navigation and safety. Call 767-9528 for schedule and info.

**Saturday Dance** begins the night away every Saturday at Maine Ballroom Dance, 614 Congress St., Portland. Dancing for beginners from 8-9 pm; all others dance from 9-12 pm. Cost: \$5, \$3 for beginners. 773-0002.

**Scuba Lessons** Portland Recreation offers ongoing lessons at Riverton Pool, 1600 Forest Ave., Portland. 799-7990.

**Senior Fitness for Men & Women 55+** USM Lifeline offers classes Mondays, Wednesdays & Fridays from 10:30-11:15 am at the USM Portland campus gym on Falmouth Street. Program consists of progressive exercises. Registration is ongoing. 780-4170.

**Senior Stretch & Step** S. Portland Parks & Recreation offers stretch & step exercise classes on Mondays and Fridays. Call 767-7650 for details.

**Singles' Dance** The Singles' Network invite new and prospective members to dance to the music of Tony Boffa Aug 14 from 8:45 pm-12:30 am at the Father Hayes Center, Outer Congress Street, Portland. 1-800-375-6509.

**Sports of All Sorts** The Boys & Girls Clubs of Greater Portland offers a variety of activities for adults, including swimming, basketball and volleyball at 277 Cumberland Ave., Portland. 874-1070.

**Thirty Something! Soccer** People 30+ meet to play soccer Sunday evenings at 6 pm on Middle School field, Scott Dyer Road, Cape Elizabeth. Events include pickup games, challenge matches and occasional tournaments. 799-8669.

**Volksmarathon** A year-round Volksmarathon, a free and non-competitive walk open to everyone, is held every day of the week. The walk starts at the Ramada Inn at 1230 Congress St., Portland and offers a six-mile tour of Portland. 797-8726.

**Volleyball** Pick-up games every Tues & Thurs from 7:30-9:30 pm at the Reiche Community Center, 166 Brackett St., Wed 7-9 pm at Peaks Island Community Center, Peaks Island. Cost: \$2 residents, \$3 non-residents. Call 874-8873.

**Wallyball** Casco Bay Bike Club hosts informal wallyball games every Thurs at 6:30 pm at the Racket and Fitness Center, Outer Congress Street, Portland. Cost: \$5. 772-8465.

**Wells Reserve** The Wells Reserve offers a variety of activities. Hike on seven miles of trails through fields, forests, marsh lands and the open coast daily from 8 am-5 pm or visit the exhibits at the Visitor's Center Mon-Sat 10 am-4 pm, Sun noon-4 pm; learn about bird banding with June Ficker, a licensed bird bander, each Wed from 8 am-noon (cost: \$5); tour the estuary Sat & Sun at 1 pm; learn about the geology of Maine with Dr. Richard Fetzner Aug 6 from 10 am-noon (cost: \$5); enjoy a bird walk Aug 7 & 21 at 7 am (free); tour the laboratory and research sites with scientist Michele Dionne Aug 9 at 10:30 am (cost: \$5); Scott Negley guides star gazers hoping to view the Perseid meteor shower Aug 11 (call for times); bring lawn chairs or blankets (cost: \$5 per family). The reserve's located at Laudholm Farm off Route 1 north of Wells. 646-1555.

**Whitewater Raft Registration** The State of Maine limits the number of rafters each day to protect the quality of Maine's rivers. Raft Maine, an association of nine whitewater outfitters, offers a toll-free central reservation number. Call 1-800-359-2106 to make reservations.

**Women's Rugby** The Portland women's rugby team welcomes new and old players. Call 865-4419 or 871-0796 for more information.



## our towns

**Beans, Beans, Beans** The Gray American Legion Auxiliary invites you to their public supper Aug 7 from 5-6 pm at the American Legion on Route 100 in Gray. Beans, cole slaw, hot dogs, American chop suey, biscuits and pie. Cost: \$4, \$1.50 kids 12 and under.

**Blood Drive** Mercy Hospital sponsors an American Red Cross blood drive Aug 13 from 7:30 am-10:30 pm in the lower auditorium of Mercy Hospital, 144 State St., Portland. 775-2367.

**Church Bazaar** St. Peter's Catholic Church holds its 67th Annual Bazaar Aug 14 from 6-11 pm and Aug 15 from 4-10 pm at 72 Federal St., Portland. The bazaar features game booths, food booths and the famous "Sheet Pizza" cooked right on the premises. 773-0748.

**City Meetings** The City of Portland holds the following meetings this month at City Hall, Congress Street, Portland: Board of Appeals Public Hearing Aug 5 at 7 pm in Room 209; Sister City Sports Committee Meeting Aug 5 at 11:15 am in the State of Maine Room; Planning Board Workshop Aug 10 at 3:30 pm in Room 209; Planning Board Public Hearing Aug 10 at 7:30 pm in Room 209.

**Country Music Association Picnic** The Maine County Music Association holds its annual picnic Aug 8 from 1-5 pm at Wassanski Springs, 855 Saco St., Westbrook. Enjoy food, activities and great music provided by Gloria Jean & the EZ Riders, Borderline.

**Country Fever**, Mike Preston and guests. All are welcome. Cost: \$6, \$5 members, free for kids 12 and under. 897-2327 or 799-8938.

**Flood Relief** Volunteers from the American Red Cross and The Salvation Army are serving in the Midwest to meet the needs of the flood victims. The Salvation Army seeks donations of bottled water, coffee, beverage mixes, disposable diapers, cleaning supplies, non-perishable food, paper products, baby food and first-aid supplies. Items should be in case lots, suitable for shipping. Financial contributions are also greatly needed. Checks may be sent to the following agencies: The Salvation Army, P.O. Box 3647, Portland, ME 04104 and American Red Cross, 524 Forest Avenue, Portland, ME, 04101.

**Maine Festival** Celebrate the creative spirit through Maine's art, culture and heritage with over 500 performing visual artists Aug 5-8 at Thomas Point Beach in Brunswick. Festival highlights include Visual Arts Day Aug 5 (celebrating the visual arts and the year of the American crafts) and Family & Kids Day Aug 6 (featuring hands-on activities for families and kids). Cost: \$8, \$6 kids 16 and under, \$22 seniors.



**WMPG**  
HEY KIDS!

Ever dream about being a radio DJ? "Chickens R People 2." WMPG's show by, about & for kids will be having auditions for future hosts, ages 8-12. Auditions take place at WMPG studios, 92 Bedford St., Portland on Saturday, August 7th & 16th, 11:30-12:30 PM. Call 772-9103. And listen to "Chickens..." Saturdays, 9-10 am.

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Art &amp; Soul continued from page 33

**Summer Nature Programs** Wolfe's Neck Woods State Park offers nature programs at 2 pm daily, weather permitting. Scheduled programs include "Your Main Environment" Aug 5, "Conservation for Everyone" Aug 6, "The Birds of Summer" Aug 7, "Plants in Our Lives" Aug 8, "The Edge of the Sea" Aug 9, "Earth Awareness Workshop" Aug 10, "Highlights of Maine's Geology" Aug 11, "Nature Legends" Aug 12, "Talking Trees" Aug 13, "In the Pines" Aug 14, "The Birds of Summer" Aug 15, "Conservation for Everyone" Aug 16 and "The Edge of the Sea" Aug 17. Reservations are not required. Free with park admission. 865-4465.

**Tax Help** The IRS offers free tax help Aug 12 from 1-4 pm at the Maine Unemployment Office, 105 Elm St., Portland. Representatives will prepare present or past tax returns, set up monthly payment arrangements and answer any general tax questions. No appointment necessary. 622-8328.

**Unemployed Professionals Group** of Southern Maine meets Aug 10 from 9 am-noon in Room 250, Husson College South, 222 St. John St., Portland. Lee Baer discusses marketing yourself as a consultant. Ask questions, network and meet area professionals. Free. 822-0141.

**Wish List** ACT UP/Portland seeks the donation of a desk with drawers, file cabinet, shelving, office supplies, prop supplies, furniture, a Mac computer, copier and your time, experience and voice. 628-0566. Leave a message.

**Women's Business Development Corp** hosts "Considering a Business," a workshop to help assess and identify the skills needed for business ownership Aug 9 from 1-4 pm; and "Resources for a Growing Business," covering the business assistance resources available in Maine, Aug 9 from 9 am-noon. Both workshops are held in Campus Center B, USM/Portland. Cost: \$25, \$20 members. 234-2019.

**Women's Chorus** now forming in Portland. Next meeting is Aug 11 at 7 pm at the First Parish Church, 425 Congress St., Portland. All women are welcome. 773-6781.

## help

**ACOA Open Meetings** Sundays from 6:30-8 pm at Jackson Brook Institute, 175 Running Hill Road, S. Portland. 883-5006.

**ADD** A support group for adults with Attention Deficit Disorder (ADD) meets the 2nd and 4th Tuesday of each month at the First Congregational Church, Blackpoint Road, Scarborough. 883-5258.

**ADD Support Group** Adults interested in forming a local support group for Attention Deficit Disorder can write Ronald Cargill at 241 High St., Apt. #3, Portland 04101.

**Adoption Support Group** meets the fourth Monday of the month from 7-9 pm at Christchurch, 1900 Congress St., Portland. The group is for all who are considering adoption.

**Advocacy & Referral Services** The Neighborhood Improvements Program at Portland West Neighborhood Planning Council provides advocacy and referral services to Portland's low-income residents in such areas as food, housing, education government assistance programs and more. 775-0105.

**The AIDS Project (TAP)** sponsors the following support groups: HIV-negative partners of HIV-positive persons, Mondays from 6:30-8 pm; HIV-positive persons and all who have been affected, Tuesdays from 10:30-noon; HIV-positive persons, Thursdays from 5:30-7:30 pm; women with HIV/AIDS, twice-a-month from 1:15-2:45 pm. Groups meet at 22 Monument Square on the fifth floor. Other support groups: mothers, sisters and loved ones of HIV-positive people, every other Wed at 6:30 pm; women's support group, second & fourth Tues of each month. Call TAP for locations. The groups are facilitated by TAP case managers with the purpose of making a space for those affected by AIDS to share their feelings and concerns in a confidential setting. 774-6877.

**Alpha One Peer Support Meeting** for individuals with disabilities and other interested parties. Two monthly meetings: third Tues of every month, 5-7 pm at 100 State St., Portland; third Thurs of every month, 1-3 pm at 1700 Broadway West, S. Portland. 767-2189.

**Alliance for Mentally Ill of Greater Portland** offers a support group for family members 7-8:30 pm the second and fourth Weds of the month at 66 State Street, Portland. 772-5057 or 800-464-5767.

**Alliance for Mentally Ill of Maine**, a statewide organization representing families with mental illness, now offers family respite services for those caring for adults with mental illness. This free service allows families to have time away from their caregiving responsibilities. For more information call 622-5767.

**Alzheimer's Disease Support Group** meets the second Mon each month at 7:30 pm in West Scarborough Methodist Church, Route 1, Scarborough. 883-2871.

**Arthritis Support Group** The Portland Arthritis Support Group will not be meeting over the summer months. People interested in attending an arthritis support group may contact the Arthritis Foundation, Maine Chapter, at 773-0595 or 1-800-639-6650.

**Battered Women's Support Groups** For information about these free and confidential groups call The Family Crisis Shelter at 874-1973.

**Bereaved Parents Support Group** meets the 2nd Thursday of each month at 7 pm in Classroom #3 at the Dana Center, Maine Medical Center, 22 Bramhall St., Portland. 871-4226.

**Birthline** Catholic Charities Maine provides positive support to any woman and her family experiencing an untimely pregnancy. Services include: pregnancy testing, information and referral, adoption information, emotional support, post-abortion support and a limited amount of maternity and infant clothing. Free and confidential. 871-7464.

**The Center for Grieving Children** is a non-profit organization to help children grieving the loss of a parent, sibling or other loved one. Support groups meet Wed & Thurs nights and are divided by ages. Free services to children & families. 874-2878.

**Children Affected by HIV/AIDS** meets the third Sat of the month from 1-3. 761-1872.

**Crohn's Disease and Colitis** support group meets every third Thurs from 7-8:30 pm in Room 3, the Dana Center, Maine Medical Center, Portland. 878-8234.

**Depressed/Manic Depressed (DMD)** meets every Mon from 7-9 pm at the Dana Auditorium, room 2, Maine Medical Center, Bramhall Street, Portland. Confidential. 774-HELP.

**Depression** Support group forming for those 35 and older. Portland to Bath. 725-6294 for more information.

**Diabetes Support Group** Maine Medical Center's Diabetes Center encourages teens with diabetes and their parents to meet other teens with diabetes and their parents at The Teen Group and Parents of Teen Group meetings. Meetings are held the second Thurs of each month from 6:30-8 pm at the Diabetes Center, 48 Gilman Ave., Portland. 871-2747.

**Dysfunctional Families** Adult children seeking recovery meet Tues. 773-3000.

**Elder Abuse** A group of individuals, concerned about issues affecting the elderly, have started a group in Portland. 773-0202.

**Empowerment Group for Women** is now forming. Aimed at helping women to face and overcome anxiety, depression, low self-esteem, depression, etc., via assertiveness training, role-playing, spirituality and journaling. 874-0158.

**Family Members with Mental Illness** A support group—The Alliance for the Mentally Ill—meets the second & fourth Wed of every month, from 7-8:30 pm at 12 Cedar St., Portland. 772-5057.

**Fathers United for Equal Justice** Support group for non-custodial parents meets every Mon from 7-9 pm at Williston West Church, 32 Thomas St., Portland. 874-2928.

**Feeling Alive** New social group forming for those age 35+, separated, divorced or widowed, who would like to meet new people. 284-1922.

**Fibromyalgia Support Group** The Maine Chapter of the Arthritis Foundation sponsors a fibromyalgia support group on the last Mon of each month from 7-9 pm at the Tuttle Road United Methodist Church, just off Route One in Cumberland. First meeting is July 26. 773-0595 or 1-800-639-6650.

**Gamblers Anonymous** meets Thurs at 7 pm in the First Floor Conference Room, Brighton Medical Center, 335 Brighton Ave., Portland. 774-HELP.

**Gay Men Support Groups** Support group for positive gay identity, coming out, homophobia and personal growth meet Tues from 10:30 am-noon and Thurs from 7:30-9 pm starting soon. 879-0757.

**Grandparents Support Group** holds regular meetings the last Monday of each month to discuss grandparent issues seeking custody or visitation and raising grandchildren. 883-4553.

**Grieving Support Group** for bereaved people healing from the death of a loved one meets Tues evenings from 7-8:30 pm. 775-0366.

**Healing Support Group** A safe environment for those experiencing personal traumas, addiction, grief, loss of good health, and who seek support within a context of mutual sharing. Tuesdays from 5:30-7:30 pm at Brighton Medical Center, Surgical Conference Room, 335 Brighton Ave., Portland. 767-3262.

**Herpes...** Can we help? Central Maine HELP group meets second Wed each month for information, sharing, mutual support. Call 729-0181. X358.

**Homeless Hotline** provides information on avoiding homelessness at 1-800-438-3890.

**HOPE Support Group** supports health through mutual support and interaction in facilitated groups. HOPE groups are a safe, nonjudging and healing environment for those experiencing stress, personal traumas, addiction, grief loss, inner-child recovery, spiritual exploration and physical wellness issues. All are welcome. 767-3269 or 743-9373.

**Ingram Volunteers** Help available by phone 24 hours a day. 774-HELP.

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

**Lesbian Alonon/ACOA** meets every Tues from 7-8:30 pm at the Unitarian Universalist Church Annex, 7 Middle St., Brunswick. Non-smoking. 833-6004.

**Maine Lesbian/Gay Political Alliance** meets every Wed at 7 pm in the offices of Burnstein, Shur, Sawyer and Nelson, 100 Middle St., Portland. Get involved in efforts to gain civil rights for lesbians and gays statewide. 767-4496.

**Maine Parents for Gifted/Talented Youth** Non-profit, state-wide network available for parents of gifted and talented children. Newsletter available. 642-3302 for program schedule.

**Merrymeeting AIDS Support Services** offers ongoing support and info on HIV and AIDS. It currently sponsors an HIV+ support group meeting the first & third Wed of every month, from 7-8:30 pm; as well as a family/friends support group which meets each Tues from 6-8:20 pm. 725-4965.

**Need to Talk?** Dial Kids Hotline is for teens who have a problem or need to talk. The hotline is open from 2:30-5 pm Mon-Fri. Teens calling in talk to other teens who are trained to listen and help. Calls are kept confidential, except when the caller is in danger. Topics discussed on the hotline range from family and school to sexuality and relationships, peer relations, birth control, loneliness, substance abuse & suicide. 774-TALK.

**Out for Good** Lesbian discussion/support group meets each Thurs from 7-9 pm in Biddeford. Non-smoking. Confidential. \$1 donation. 247-3461.

**Outright** The Portland Alliance of Gay and Lesbian, Bisexual and Questioning Youth, offers support and information for young people age 22 and under, in a safe environment, every Friday from 7:30-9:30 pm at Williston West Church, 32 Thomas St., Portland. For information, write or call: Outright, PO Box 5028, Station A, Portland 04101, tel. 774-HELP.

**Panic and Anxiety Recovery Group** Unravel the maze of nervous experience. Self-help groups meet Wed evenings from 7-8:30 pm in Portland. Support group is structured around the work of Dr. Claire Weekes. 772-4114.

**Parenting Support Group** No crisis needed—just a desire to meet and network with other parents. Group meets Thurs evenings from 7-9:30 pm at the People's Building, 155 Brackett St., Portland. 772-1658.

**Parents Support Group** sponsored by Parents Anonymous meets Tues at 6:15 pm in St. Elizabeth Center, 87 High St., Portland, and Fri at 10 am in Family Resource Center, Presumpscot St., Portland. Volunteers are needed to help staff a Parent Helpline now in use. 871-7445.

**Parkinson's Support Group** meets the fourth Sunday of each month at 2 pm at the Falmouth Congregational Church Parish Hall, 267 Falmouth Road, Falmouth (next to the Falmouth Town Hall). 829-4070.

**People With AIDS Coalition of Maine** offers a special meeting for those recovering AA's Living with HIV or AIDS. Tuesdays at 8 pm, at The Living Room North, 377 Cumberland Ave., Portland. 871-9211.

**Positive Parenting Support Group** for moms and dads of young children meets the second Mon of each month from 6:30-8:30 pm at the Standish Congregational Church, 839-5426 for info and on-site child care arrangements.

**P.O.S.S.I.B.L.E.** Partners of Survivors Stop Incest by Learning and Educating offers phone support, workshops and self-help support groups. Portland group meets bimonthly. 547-3532.

**The Rape Crisis Center** announces a free, facilitated support/discussion group for women survivors of sexual assault or child sexual abuse. This confidential group meets Weds from 12:30-2 pm. The center offers crisis intervention, advocacy and support groups for survivors of sexual assault and abuse, including family and friends of the victims. All services are free and confidential. Comprehensive training is given to volunteers, who are welcomed. If you have been sexually assaulted, call the 24-hour hotline at 774-3613. For more info on volunteering, call 879-1821.

**Recovery, Inc.** Fear, anger, anxiety or depression can be brought under control. Self-help groups are free and open to anyone age 18 and older. Weekly meetings are held Saturdays at 10 am at Brighton Medical Center, 335 Brighton Ave., Portland; and Mondays at 7 pm at North Windham Union Church, Route 302, Windham. 892-9529.

**Recovery Network Support Group** Experienced facilitators present meditation followed by speaker/discussion time for people recovering from addictions, abuse or codependency every Wed from 7-8:15 pm at Woodfords Congregational Church, 202 Woodford St., Portland. Patterned after 12-step groups. Donations accepted. 878-2263.

**Resolve of Maine** infertility support group meets the second Tues each month at 7 pm in the Dana Center, Maine Medical Center, 22 Bramhall St., Portland. 774-HELP.

**Seeing Differently** Support group for people facing health issues or emotional challenges meets Thurs 10 am-12 pm at Woodfords Congregational Church, 202 Woodford St., Portland. 774-1183.

**Sharing Group** Weekly psychotherapy and support group for individuals living with cancer. Meets Tuesdays from 12:30-2 pm. Share natural feelings and access inner healing resources. Meditation and visualization. Cost: \$20 (sliding scale). 870-8656.

**SIDS** Support group for bereaved parents who have lost a child to Sudden Infant Death Syndrome meets the 2nd Tuesday of each month at 7 pm in Classroom #5 at the Dana Center, Maine Medical Center, 22 Bramhall St., Portland. 871-4226.

**Silicone Sisters** Learn as much as you can about your breast implants, how they can affect your health and your legal positions in Maine. Support group provides the first Mon of each month from 9-11 am. 443-4942.

**So. Maine Area Agency on Aging** offers a trained advocate in Portland, at 307 Cumberland Ave., Portland, every Friday from 10 am-1 pm, to assist older residents and their concerned family members and friends with questions about Medicare, Medicaid, insurance, housing, social services, consumer issues and others. There is also funding available through the home based care program for care management and other services to help older people remain living independently. 775-6503 or 800-427-7411.

**Survivors of Suicide** Support group for bereaved family members and close friends meets the 2nd and 4th Monday of each month at 7 pm in Classroom #1 at the Dana Center, Maine Medical Center, 22 Bramhall St., Portland. 871-4226.

**TRUTH** Support group now forming for families and friends with loved ones incarcerated in Maine's prison systems. Lets get together to support one another and change conditions in the prison systems. For more info send your name, address and SAS to TRUTH, PO Box 2046, Windham, ME 04062.

**Veterans' Support Services** provide vets with the opportunity to socialize & gather in relaxed setting. Dinner served Thurs nights, open to the public. Located at 151 Newbury St., Portland. 871-0911.

**Wharf Rats** A fellowship of Dead Heads in recovery meets Thurs eves at 5:30 pm at the statue on the Western Prom, rain or shine. 773-3865.

**Women's Center** at USM facilitates connections among women by providing a place where women students, staff and faculty can meet, validate, and support one another personally, academically and professionally. Women's Center, 40 Payson Smith Rd., Portland (780-4996) & Brook's Student Center, Gorham (780-5523).

**Women's Forum** serves as a resource and support center for women on the USM campus (Power's House, 86 Winslow St., Portland) and offers educational services emphasizing a feminist perspective as well as producing and sponsoring events. 874-6593. CW

**24<sup>th</sup> ANNUAL**  
Cumberland Craft Show  
August 12-15  
Thursday through Sunday, 10 am-5 pm  
Cumberland Fairgrounds  
Cumberland, Maine

Over 300 Craftsmen Exhibiting  
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Admission: \$2 (children under 12 are free)  
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Continuous 'til 1:30am

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Sales & Rentals. Over 2,000 Titles  
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Free St. Taverna  
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Black Bear Porter  
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Call for Brew Tours - Outdoor Barbeque Every Sunday

**Fri., August 6th - Zero**  
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Aug 10th thru Aug 14th  
Magazine Model

MON.-THURS. 4PM-1AM; FRI. NOON-1AM; SAT. 4PM-1AM  
SHOWS MON, TUES, WED & SAT 6, 8, 10, 12; THURS 6, 8, 10, 12, 9 VIP SHOW; FRI 1, 5, 7, 10, 12.



# THE SURE SELL Classifieds

A SERVICE OF CASCO BAY WEEKLY AND THE PENNSYSAVER NEWSPAPERS

## bulletin board

**TOWN TAXI**

We've lowered our metered rates by approximately 30%. Compare and Save!

	TOWN TAXI	Competition	w/10% Disc.	w/20% Disc.
1st Mile	\$2.35	\$2.90	\$2.61	\$2.32
Ea. Additional Mile	1.35	1.80	1.62	1.44
5 Mile Trip	7.75	10.00	9.09	8.08
7 Mile Trip	10.45	13.70	12.33	10.96

Come Ride With Us **773-1711**

## bulletin board

**APPLIANCE WAREHOUSE DIRECT**—Pay less for major brand appliances, TV, stereo. Next to Staples, S. Portland.

**BEGINNER SCUBA DIVING INSTRUCTION**—Individuals, couples and small groups. Start anytime. All classes flexible for your convenience. P.A.D.I. Instructor Bob Gauthier, 30 years experience. 774-0647.

**EUROPE—ONLY \$169!** N.Y.-S.F.L.A. \$129! N.Y. specials to Chicago, Miami, San Juan, AIRHITON (r) 212-864-2000.

**LEARN SCUBA HERE! CARIBBEAN**—Beginners, advanced. Specializing in Dive Travel with/without instruction, underwater photography. PADI Instructor, 30 years experience. Option pool here/dives in Caribbean. 985-2956.

## bulletin board

**RASPBERRIES—NOW PICKING AT ELY'S BERRY FARM**. Call the Berry hot-line at 883-9737 for hours.

**SEEKING FAMILY TO HOST H.S.** German girl, 16, for '93-'94 school year. If you can help call Tim Ryder, 800-750-3566.

**ST. JUDE**—Thank you for answering my prayer. Publication as promised. -S.T.

## lost & found

**12YRS OLD BLACK MALE CAT** w/white spot on chest very thin from illness and needs his medication. Last seen in Mayberry rd in Westbrook area. Please call 854-1886 if you've seen him.

**PASS THIS PAPER ON TO A FRIEND**

## help wanted

### FREELANCE PRODUCTION

Casco Bay Weekly is looking for freelancers to assist in the production of this fast-growing young newspaper.

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

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

If you have the skills we need and a commitment to producing this fine journal of news and entertainment, send your resume to:

**Casco Bay Weekly**  
551A Congress St.,  
Portland, ME 04101  
Attn: Ralph S. Bartholomew  
Production Manager  
CBW is an EOE.

## OVER 100,000 READERS

### categories

- ☐ bulletin board
- ☐ lost & found (free)
- ☐ rideshare (free)
- ☐ help wanted
- ☐ business opportunities
- ☐ positions wanted
- ☐ child care
- ☐ roommates
- ☐ apartments/rent
- ☐ houses/rent
- ☐ seasonal/rent
- ☐ offices/rent
- ☐ office space/rent
- ☐ art studios/rent
- ☐ business rental
- ☐ real estate
- ☐ land for sale
- ☐ mobile homes
- ☐ auctions
- ☐ body & soul
- ☐ business services
- ☐ financial
- ☐ stuff for sale
- ☐ garage/yard sales
- ☐ give away (free)
- ☐ wanted
- ☐ arts & crafts
- ☐ theatre arts
- ☐ fairs & festivals
- ☐ music
- ☐ wheels
- ☐ boats
- ☐ recreation
- ☐ campgrounds
- ☐ learning
- ☐ publications
- ☐ animals
- ☐ legal notices
- ☐ dating services

### get it to us

By Phone: 775-1234; or for long distance 1-800-286-6601 (visa/mc)

By FAX: 775-1615

By Mail: The Sure Sell, 551A Congress St. Portland, ME 04101

By Hand: 73 Oak St., Portland Off Congress, behind the Magic Muffin, or 153 U.S. Rt. 1, across from Scarborough Marketplace

### fine print

Classified ads must be paid for in advance with cash, personal check, money order, Visa or MasterCard. Cash must be paid for all ads. Classified ads are non-refundable. CBW shall not be liable for any typographical errors, omissions, or changes in the ad which do not affect the substance or content. Substantially changes the meaning of the ad. Credit will be issued when visible error has been determined within one week of publication.

**THE SURE SELL**

### deadline

Monday, 6PM, pre-paid

## help wanted

**MESSAGE TEACHER**—If you love massage & teach (or would like to), call Nancy, 1-800-497-2908.

**NEED PART-TIME** until Christmas—Painter/stenciler for wooden items. Lively work atmosphere. Call 892-7867.

**FREE HAIR COLOR** MODELS NEEDED FOR ADVANCED HAIR COLOR WORKSHOPS. Call PANACHE SALON Portland's Hair Color Specialist 772-5767. Virgin Hair Preferred

## business opps

**BOOTH RENTALS—BUSY HAIR SALON** IN SOUTH PORTLAND. Call Marie at 761-0969.

**ESPRESSO ENTREPRENEUR/DISTRIBUTOR** WANTED—Minimum investment 25K. Includes exclusive territory, inventory and training. Call Greg @ 800-742-2373.

**TODDLER IN NURSERY SCHOOL**. Methodist Church, Dunstan Corner, has openings for 2-1/2 to 3 yr. olds. 9-11:30. Also offering after school session. 883-4563.

## positions wanted

**CNA LICENSED**, insured, excellent references, eight years experience. 787-2593.

**MATURE, PROFESSIONAL COUPLE** desires long-term or seasonal house-sitting position within commuting distance of Portland. Extensive references. Available 10/1. Write: Box 336, 295 Forest Ave., Portland, ME 04101 or call (207) 767-3297.

## child care

**CASCO BAY DAYCARE**, S. PORTLAND—All ages! Licensed, CPR certified. Meals, snacks provided. Call Diane, 799-8654.

**DAYCARE PROVIDER** has openings for infants and toddlers full-time. Call Bev, 883-5827 before 6pm.

**FEMALE N/S** share large, sunny, 2nd floor duplex. Conveniently located off Blvd. Parking, storage. \$250/mo. +1/3. 774-3014.

## business opps

**YOUR ESSAY COULD WIN YOU AN 8-UNIT MOTEL WITH OWNER'S HOME**

Tell us in 50 words or less why you would like to be a motel owner. The motel is in full operation and is in good condition throughout. Located in the White Mountains of N.H. on a busy tourist route. Entry fee \$100. 10 finalists will be chosen on Nov. 1st. Grand Prize winners announced on November 8th. Write or call for an official entry form and more information.

**GATEWAY MOTEL ESSAY**  
P.O. BOX 283 • GORHAM, NH 03581  
(603) 466-5839

**EXPERIENCED CHILD CARE PROVIDER**—Willing to work 20-30 hours/week in exchange for 2BR apt. 799-4406, 4pm.

**HAPPY HOME SETTING** for your child. Central Scarborough location, excellent references. 883-5043/883-2302.

**INFANT DAY CARE**—54 y.o. Grandmother will care for your baby. Experience and references. 772-8782.

**LALA'S LICENSED DAY CARE** has openings. A place to grow and play. CPR Certified. 839-2508.

**LICENSED CPR Certified Home Day-Care**, playland, meals, snacks included. 3-miles from Maine Mall. Call 799-4405.

**LICENSED, EXPERIENCED**, dependable child care provider has openings for 2-5 year olds on food program. Mail area. 775-6730.

**ONE-FULL-TIME OPENING** in my North Deering home. 14 years experience, excellent references. 878-3510.

**PRIDES CORNER NURSERY SCHOOL**, Westbrook—3yrs. experience. Fall openings. M-W-F 9-11:30. 900-1130. Huge playground. 797-4689.

**S.P.—3rd roommate** wanted for large house with lots of character. 5-min. walk to Willard Beach, nicely furnished. W/D, D/W, guest BR. \$275/mo. +1/3 utility. 799-2654.

**S. PORTLAND—Female** to share condo/w/ same. Convenient location, cellar, W/D, parking. \$300/mo. +1/2 utility. (gas heat). 773-5781.

**SCARBOROUGH—2BR apt.** to share with N.S. N/D female. \$350/mo. utility included. References. 885-5546.

**SCARBOROUGH—Available 8/1**, Female N.S. 2BR apt., private entryway, 4-miles from beach. \$180/mo. Sec. dep., 30-day lease. 883-1282.

**SEEKING N/S GM or accepting male** to share house in country. \$200/mo. +1/2 low utility. 793-2795.

**SEEKING QUIET, MATURE F/GM** to share quiet apt. in residential. Portland neighborhood. \$230/mo. utility. 772-2099.

**STATE ST.—GM seeks 2 roommates (9/1)** for 3BR apt. \$175/mo. +1/3 utility. 775-3420. leave message.

**TO SHARE PLEASANT 2BR APT.** on 2nd floor with nice hardwood floors, 2 LRs, good landlady, laundry facilities. Near park. 1/2 rent is \$275/mo. including heat. Share utility. Deposit & references required. Need M/F. N.S. 25+. Must like cats and have stable income. 772-9748.

**WEST END—SWM seeking responsible M/F** to share 2BR, \$250/mo. +1/2 utility. Leave message. 871-0126.

**WEST FROM—Female** for private room. Family setting, short or long-term stay. \$55 or \$70. All privileges. 772-1402.

**WOODFORD—2BR apt.**, huge BR, W/D, wooden floors, parking, porch. N/S female. \$375/mo. utility included. 828-1495.

**WOODFORDS AREA—Looking for 2 fun, N/S** M/F, sunny, huge 3BR, 2 bath, parking. Available 9/1. \$225/mo. +1/3. 797-0942.

**FEMALE WANTED TO SHARE** large 2BR apt. located in convenient east/town location. 3-minute walk to Old Port. Available 9/1. References required. \$225/mo., heat included. +1/2 utility. Call Diana at 773-5120 after 5:30 pm. Smoker O.K.

**FEMALE, N.S.** 30s, for Woodford apt. \$154/mo. +sec. and 1/4 utility. Call 871-7028 even.

**FESSENDEN ST.**—Responsible person to share spacious home. Spiral staircase leads to private 3-room suite, sundeck, parking, 2 cats in residence. \$395/mo. +1/3 utility. 773-5332.

**FIND A ROOMMATE** in the SURE SELL CLASSIFIEDS. Call 775-1234 now and place your 15-word ad for as little as \$8.25/week.

**GORHAM HOUSE—SHARE**, in-town, great old house. Plenty of privacy. \$250/mo. +1/3 utility. 838-5705.

**NEAR USM—Available** mid-August, house/sharing. \$275/mo. +1/2 utility. 1/2 garage, private bath. 772-9903.

**PROGRESSIVE WOMAN**, 40s, seeks 2 female roommates. One needed in August, one in October. Large West End apt. BR and studio, backyard. W/D. \$250/mo. +1/3 utility. 775-0626.

**S.P.—3rd roommate** wanted for large house with lots of character. 5-min. walk to Willard Beach, nicely furnished. W/D, D/W, guest BR. \$275/mo. +1/3 utility. 799-2654.

**S. PORTLAND—Female** to share condo/w/ same. Convenient location, cellar, W/D, parking. \$300/mo. +1/2 utility. (gas heat). 773-5781.

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**STATE ST.—GM seeks 2 roommates (9/1)** for 3BR apt. \$175/mo. +1/3 utility. 775-3420. leave message.

**TO SHARE PLEASANT 2BR APT.** on 2nd floor with nice hardwood floors, 2 LRs, good landlady, laundry facilities. Near park. 1/2 rent is \$275/mo. including heat. Share utility. Deposit & references required. Need M/F. N.S. 25+. Must like cats and have stable income. 772-9748.

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STRESS REDUCTION LONGEVITY  
"A System Promoting Balance  
on a Physical and Spiritual Level"  
Gene Golden  
616 Congress St. 3rd Floor • 772-9039

**Dancing from the Inside Out**  
Setting the Spirit in Motion in a fun and fascinating  
adventure of moving freely in our bodies and our lives.  
Four ongoing classes weekly-\$7 and \$9  
**Deborah Tracy**  
772-7549

**Bladderworks**  
Treatment Center  
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for Women  
Opening July 28  
846 Main Street  
Westbrook, Maine 04092  
856-2755

**SHIATSU & SWEDISH  
MASSAGE**  
Keith Dineen, MST  
By Appointment  
761-8294  
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**SHIATSU  
ACUPRESSURE**  
Gentle, relaxing, healing.  
An experience of deep balance  
Ann Foster Tabbatt, AOMTA  
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**Support Group**  
Male Partners of Females  
Survivors of Sexual Assault  
and/or Incest  
1st & 3rd Monday every month  
7:30 - 9pm - \$7/group  
David Murray, LCSW • 774-9382

**GOLDEN SCHOOL OF  
TAI-CHI-CHUAN**  
TAI CHI FORM  
Regulating  
the flow of  
internal  
energy  
SELF-DEFENSE  
Blending  
with an  
opponent's  
force to  
control it.  
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Four ongoing



**WCLZ 98.9**  
**The Port**



The Seamen's Club

*You May Be  
Single This Summer  
But You're Not Alone*

You are invited to join WCLZ 98.9 and Casco Bay Weekly every Thursday from 5:30 to 7:30 for The Personals Connection. Meet other single people, place a FREE Casco Bay Weekly Personal Ad.

## Casco Bay Weekly personals mobile homes

### WHO LOVES LUV HOMES?

Pauline Firczak of Litchfield says "We love our home and recommend our family and friends to buy one. We're very impressed with it. Our problems were well taken care of." Call us and you'll see why you will too!

• \$6000 off our list \$29,195 NOW \$23,195 New Champion 80' 3BR, 2 Baths.

*To See It Is To Love It!*

• \$15,995 Brand new 1994 model 70' 3BR, \$1,599 down, \$150 for 172 months.

*Built So Well They Have 1 & 5 Year Warranty!*  
2 BR only \$13,995

**LUV  
HOMES**

Daily 10-8, Sunday 10-5  
RT. 202 Auburn  
1 mile from turnpike  
786-4016  
or RT. 1A, Holden  
989-7644

## BUSINESS SERVICES DIRECTORY

### Residential/ Commercial

#### ~ LENKSPEAK ~

Loudspeaker Design & Measurement  
**DID YOU KNOW-**  
Loudspeaker enclosures (boxes) represent 70% of their retail cost? It makes sense (cents) to upgrade and modify your existing speakers.  
**IT'S LESS EXPENSIVE THAN YOU THINK**  
Commercial • Auto • Home Installation • Stereo Installation  
Reasonable Rates • Free Audio Consultation

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165 Commercial Street Portland 772-4624  
Toll Free Outside 1-800-772-4624

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Personal Injury  
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Unemployment Compensation

377 Fore Street • Portland  
775-7722

### stuff for sale

STEVE'S ANTIQUES- Juke boxes, 45-records, old grammy machines. We also buy! Call 892-5611, leave message.

THE GOLDEN FROG USED FURNITURE, 477 Westbrook St., South Portland, 774-0647. We specialize in structurally good, cosmetically nice-looking and refinished bureaus, wardrobes and desks.

TWO PEAKEY SP-30 BAND SPEAKERS w/ stands and 500 watt max power and Peavey Mark V amp, used only twice. Asking \$1000/ B.O. 828-0024, ask for Jon.

VINTAGE DRUM SETS! Late-60s Roger's Holiday set, silver sparkle, \$350. 1954 Roger's beginners kit, \$250. Both sets include some hardware. I have cymbals too! Call Matt, 773-5622.

VINTAGE GIBSON ES-175, 1972 Cherry Sunburst in beautiful shape. Original hardshell case. Repro tuners. Won't last at \$850! Vintage sellers list these at \$1200! 773-5622.

XXII CENTURY 140,000-BTU FURNACE w/ new Beckett burner & ductwork. \$500. 40-gal water heater. \$40. 985-7824.

CLARK WORKLOADER FORK-LIFT. 4-cyl. gas engine, 3-tines, 6-lift, 1000-capacity. Excellent condition. \$950. 693-6080 mronaings.

CONTEMPORARY SOFA BED and love seat, neutral color, \$125/B.O. Call 772-5767/879-0722.

DIAMOND ENGAGEMENT RING- 1/4 carat appraised at \$1800 asking \$1000 or best offer. 775-3721.

H.B. SMITH FURNACE- Forced HW. New firewall and burner. \$350. 854-1912.

MAC PLUS Printer and 40mg hard drive. \$1,500/B.O. 767-3003.

MAINE NATIVE BLUEBERRIES- 20 lbs. \$23. Order now. Call Steve, 787-7925 after 5pm.

MATTRESSES, BOXSPRINGS- Twin, full, queen. Complete warehouse liquidation. Best prices! 772-5737/776-8122.

POWER GLIDE CROSS-COUNTRY ROWER- Fairly new, \$75. Chrysler air conditioner, practically new. \$100. 839-4597.

QUEEN-SIZE, MOTIONLESS WATERBED with boutique headboard and padded siderails. \$150. 17' B/W T.V. free with purchase. 767-0721.

RECESSION USED APPLIANCE SALES- Washers, dryers, stoves, refrigerators, freezers. Guaranteed and delivered. 642-3686.

BELTED GALLOWAY BEEF- No chemicals or additives, naturally raised. Low fat. Hamburger patties, top round shishkabobs, steaks and ribs. Ideal for your grill. Variety packages also available. Spurwink Farm, Cape Elizabeth. 767-1709.

### garage/yard sales

Windham, 17 Stagecoach Lane. Aug 6/7-9 Rain/Shine: Furniture, Bikes, Skates, and Toys

Windham- Sat 8/7 all day, 23 Depot St- Massive Moving Sale. All must go

Woodlands Inc. A private non-profit corp. providing service to individuals with developmental disabilities. We will be having a yard sale on Sat 8/14 9:00-3:00. At 587 Ocean Ave. We invite others to join us by renting a table (\$15 per table) and selling their wares too. We'll be there rain or shine. call for info 774-0314

FREE HARDWOOD LOGS- Need cutting and splitting. Call Andrew at 883-0038 after 6pm.

FREE: COAL/WOOD STOVE. You pick up. Call 767-3493.

2 COUPLES LOOKING FOR BALLROOM DANCE INSTRUCTOR- Qualified candidate, proven skills, flexibility, reliability, sense of humor, references required. We provide the space. P.O. Box 85, Scarborough, ME 04074.

BOAT TRAILER FOR 24' wooden skiff. Prefer large tires. Also trailer for 14' boat. 729-7104.

CASH PAID for your unwanted items. Call us and tell us what you have. 282-9202.

OLD SODA MACHINES, Coke, Pepsi, 7-Up, etc. Old jukeboxes, any advertising signs. Cash waiting. 934-9589.

TENNIS ANYONE? Looking for intermediate/ Advanced tennis player. Larry, 774-1858.

TUCKER'S USED FURNITURE- 235 Congress St. Buying/Selling used furniture in good condition. Bureaus, tables & chairs, dressers, couches and bedroom sets. Also some used appliances, antiques, housewares. Call 761-0193 or 775-7972.

WANTED: Small China closet in good condition. 871-9875.

ACTING COACH- New York professional. Get help with those auditions. Great new technique, works fast! Call Kim, 776-4947.

**TRY THE SURE SELL- IT WORKS!**

**FOSTER STUMP GRINDING**

FREE ESTIMATES Dan Foster 892-7426

ARCHINO & HOWE  
OBSESSIVE ORGANIZERS

residential commercial

**DIVER**  
Wide range of diving services. Best Rate in Town.

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Specializing in Electrical Systems  
Mobile Service • Shrink Wrap • Painting  
80 Second St • So. Portland • ME 04106  
Day: 767-5219 • Emergency: 767-4039

### wheels



**WHEELS DEAL OF THE WEEK:**  
Oldsmobile Delmont '88, 1988-Class, 4-dr., excellent mechanical/body condition. Must see to appreciate. \$1,000/B.O. 761-0098.

**We'll run your vehicle 'til it sells with The Wheels Deal, 15 Words, \$25. Call 775-1234**

BMW R100 GS (Motorcycle), 1989-8K, like new, original owner, hardbags, helmets. \$5500 firm. 684-3427.

BRONCO EDDIE BAUER, 1988- New plowed, super condition, 49K, 302 V-8, \$11,000. 883-9629.

CADILLAC COUPE DEVILLE, 1978- Power everything, climate-controlled air, no rust, great interior. No writers, Simondized, motor steam-cleaned every year. Runs/looks perfect. \$1,900. Call 767-4148 evs.

CAMARO, 1978- Rebuilt 350, new brakes, paint, shocks, transmission, battery. Mint! Asking \$2,500. Call 883-9047.

CHEVROLET S-10 BLAZER, 1988- 5-speed, Tahoe package, clean and very good condition, loaded, 68K miles. Priced below book for quick sale. \$6,995 or B.O. 775-0800.

CHEVY 350, 1986- 1-ton platform dump, heavy duty trailer hitch, tool box, sticker. \$8000. 1-655-4307.

CHEVY C-10 PICK-UP, 1981- Great condition, little rust, sunroof, liner, toolchest, 190K. \$1,495. 883-9178.

CHEVY C-10 PICK-UP, 1986- 117,000 miles, 2-wheel drive, standard, runs good. \$900/ B.O. 761-2139.

CHEVY CARGO VAN-1986 AM/FM cassette, body and engine in excellent shape. \$3500. 883-5742.

CHEVY CAVALIER wagon, 1991- Auto, stereo cassette, very clean, well-maintained, excellent shape. \$5,500 firm. 799-9525.

CHEVY CORVETTE, 1980- Black/black, mirror T-top, automatic, 50K original miles, mechanically excellent w/extra. \$8,900. 642-5123 after 6pm.

CHEVY LUMINA, 1990- 6-cyl., A/C, power locks, tilt, cruise, Am/Fm cassette. Excellent condition. \$5,200 miles. A/C, PS/PB AM/FM stereo cassette. \$3,250. 774-9452.

CHEVY SPECTRUM, 1985- Economical, reliable transportation. 100,000 miles. 5-speed, gold, recent inspection. \$1,500. Jeff, 799-2034.

CHRYSLER LE BARON COUPE, 1987- 96K, immaculate, 5-speed, front-wheel drive, great mileage. \$2,100. 772-1585.

CORVETTE, 1979- Red, automatic, 58K, very clean, Am/Fm cassette, excellent condition, well-maintained. Asking \$8,500. D/T 774-1318/ E 878-9906.

CORVETTE, 1986- Black, auto., low miles. Consider interesting '50s-'70s muscle car in partial trade. Best reasonable offer. 774-3643.

DODGE PICK-UP 1952- Rebuilt motor, 1968 Plymouth Fury Convertible-Great runners. Must sell. B.O. 883-8436.

ESCORT LX 1990 ONE OWNER EXCELLENT CONDITION. \$4300 Suzuki GS 550 1985. Engine, sprocket, chain and frame \$299. 885-5708.

FIREBIRD, 1986- T-top, 6-cyl., highway mileage 99, not loaded, but excellent transportation. \$3,200. 883-4232.

FORD DUMPTRUCK, 1971- 6-yd capacity. New power take-off on dump, with only 18K original miles. \$2000. Please call 799-3631.

FORD F-600 DUMPTRUCK, 1968- Good running condition. New tires, brakes, exhaust. \$3000/B.O. 247-4932.

HONDA ACCORD DX, 1992- 4-door, 5-speed, Am/Fm stereo cassette. Excellent condition. \$12,500. 761-0448.

HONDA CIVIC WAGON, 1989- 4-door, auto., Am/Fm cassette, 90K miles, modified for left-footed driving. \$5000/B.O. 865-3970.

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HONDA CIVIC WAGON, 1



# Casco Bay Weekly

## women men

IGO AHEAD AND CALL, and be sure to leave a message! Just because the advertiser hasn't left a greeting on-line yet doesn't mean they don't want to hear from YOU! 1-900-370-2041 (\$1.49/min, 18+).

A LONGER AD WORKS! WONDERS! ON FAX FREE THURSDAYS you can have 45 words absolutely FREE! Fax to 775-1615.

DO YOU ENJOY THE OUTDOORS, fitness at work, home and play? Attractive DWf, 30, wants tall, attractive 20s to hike, camp, bike, sunbathe, dine. You name it, I'll try it! ☎ 1164 (9/1)

DWf, 45, N/S, PLAYFUL, independent, enlightened, active, intelligent, spirited, animal-lover, attractive and artistic. Seeking DM, 35-50, who is similar to me and who finds emotional fusion in his life. ☎ 1213 (9/1)

GRACEFUL FUSION WITH VIRILE POET sought. Believe in holding hands for safety and love. Turn on to igniting. Exit in off-beat humor, honesty and passionate kisses. Possess 37 years, profession, awareness, minor quirks, beauty and '84 Chevrolet. Do you have a better car we could ride around in? ☎ 1166 (9/1)

HAVE FINALLY FOUND MYSELF and I like who I am. Desires companion who can make the same claim. I prefer: SWM, 43+, tall, N/S, educated, emotionally fit, kid interested. ☎ 1087 (8/18)

MODERN WOMAN SEEKING OLD-FASHION GUY, 40-50, who's emotionally, financially self-sufficient. This blonde, attractive health professional desires retirement to pursue other interests. ☎ 1087 (8/18)

NEVER IDLE: Summer, fall, winter, spring: the changes in seasons are recharging. I'm 35, N/S, I prize the outdoors, foreign films, and a good micro-brew! Do you lean towards green living, creativity, and have a curiosity about life? ☎ 1168 (9/1)

NEW TO AREA, SEEKING FUN! Me: DWf, 27, cute, yuppy, thrillseeker (love flying, racing). You: Attractive, yuppy, amiable, together, hiking, rollerblading & working out. Seeking SWM 30-40, ☎ 1178 (9/1)

NICE-LOOKING, slim, personable, intelligent, creative SWf seeks nice-looking, sincere man, 30-50. ☎ 1055 (8/18)

PETITE PROFESSIONAL HEAD-35, seeks playful, witty, literate carpenter who plays guitar, N/S, with sense of humor, likes banter, adventure and games, lean and lanky man, the ocean, dirt roads and islands, kind humor and woodstoves, seeks compatible man for exploration. ☎ 1172 (9/1)

RARE WOMAN, PURE, REFINED- Waiting for soulmate: an agless, kind, virtuous, reflective thinker beyond conventional wisdom who devotes his life to empowering women and woodstoves, seeks compatible man for exploration. ☎ 1172 (9/1)

SECURE, TRIM AND CARING DWf, 40, N/S, professional- Enjoy fishing, hiking and camping. If you can ride a Harley, drink a Rolling Rock, shoot pool, dance 'til dawn and still make it into the office on time in the morning... Romantic outdoor adventures await. ☎ 1058 (8/18)

SEEKING GLOBAL GUY- Limber lass with Italian looks and Scottish temperament seeks slender, confident renaissance man. I am 34, lean, professional, attractive & well-traveled. If you're self-sufficient, N/S, LD, & enjoy adventure & challenge, please call: SWf, Portland ☎ 1173 (9/1)

SEEKING LIFEMATE, 40-50 something DWf "making a difference" in life, for all-around blonde hair professional. Enjoy taking, fit-blondess, spectator sports, friends, family, Clinton, CN, music, movies. ☎ 1086 (8/18)

SHOW ME THE SIGHTS- SWf, 28, new to Portland area. Looking for adventurous SWM tour-guide with sense of humor and sense of direction! ☎ 1052 (8/18)

SISTERS SEEKING SAME MEN who know when to be adventurous... We like to hike and dance. One is bubbly, one is more quiet. We both like to banter, but we promise not to fight. ☎ 1171 (9/1)

SOMETIMES BEAUTIFUL, sometimes plain- SWf, 38, seeks N/S, kind, literate, competent, attractive, humorous man to talk and go dancing with. I'm creative, intuitive, mature, independent & smart. Interested in meeting a grown-up (28-50) who likes women with depth and thinks beauty has something to do with spirit. ☎ 1165 (9/1)

SOON TO BE SINGLE- 40s lady, slender blonde loves music & dancing, romantic moonlight walks on the beach or quiet evenings by the fireplace. Looking to meet gentleman with similar interests who's got his head on straight and heart in the right place! ☎ 1170 (9/1)

SUBURBAN SPRAWL VICTIM! SF, 34, vegetarian, aspiring writer, blondish Irish/WASP longs to escape from New Jersey and live an idyllic, rural family life with witty, smart, honest handyman with music in his soul and love in his heart. Must love nature, plan to propagate. Letters preferred! CBW Box 219. ☎ 1216 (9/8)

SWF SEEKING A "BODY OF EVIDENCE" to spend the steamy summer nights. I am brunette, brown eyes, with a bubbly personality. ☎ 1106 (8/25)

SWF, 30, OUTGOING, humorous, open-minded, mature, attractive & honest. Likes tennis, bicycling, camping, cooking, gardening, hiking, rollerblading & working out. Seeking SWM 30-40, ☎ 1178 (9/1)

SWF, 51, 5'5"-10", 135#, N/S, N/D, attractive, college graduate, enjoys outdoors, seeks SM, 44-55, 5'8" or taller, W/P, fit, attractive, N/S, good-natured and compassionate. ☎ 1108 (8/25)

SWF, YOUNG, ATTRACTIVE & adventurous- Looking for love in all the wrong places. Wants to travel someday. Looking for serious relationship. Looking for tall, sexy, blue-eyed man, 18-30, with car, for fun. Please live in Portland area. ☎ 1174 (9/1)

TALL DWf, BLUR, seeks "down-to-earth" professional male to share summer with very active, attractive, independent, "hirsutism" Scorpio. Sensitive looks welcomed! ☎ 1054 (8/18)

VERY ATTRACTIVE SWf, 33, avid cyclist. Also enjoy rollerblading, running, hiking, working out. I'm 5'9", Br/Bl, N/S, professional and dancer. Seeking handsome, athletic, tall, fit outgoing... who loves the outdoors and likes man, 28-36, who loves the outdoors and likes to have fun. Please be honest. ☎ 1109 (8/25)

VIVACIOUS SWf, 34, Professional, N/S, humor, Rubensque build, intelligent, cross between Lucille Ball and Rosie O'Donnell. Enjoy movies, dancing, travel, reading, computers and children. Do you? Would like to meet SF, DWf, 6+, 35-45, N/S. ☎ 1215 (9/8)

WANTED: TAN WORKING MAN who needs honest, loving, petite lady and good conversation. I like to hike and dance. One is bubbly, one is more quiet. We both like to banter, but we promise not to fight. ☎ 1171 (9/1)

WANTED: TLC (Talking, Laughing, and Companionship). SWf, 36, N/S, looking for nice guy, 31-46, who enjoys walks, intelligent conversation, movies. Sense of humor a must! ☎ 1051 (8/18)

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A DECIDEDLY DIFFERENT MAN, 35, with a deep laugh, a timely philosophy, and a passion for life... seeks a gentle spirit with a love of nature, an eye for beauty, and a sense of adventure. Let's explore the realms of myth and magic together. RSVP. ☎ 1081 (8/18)

A FRIEND, PLAYMATE, LOVER is what I seek. S/WF, 25-40, who's adventurous and willing to settle for the ordinary. ☎ 1175 (9/1)

ATTRACTIVE AND YOUTHFUL- DWf, 42, intelligent and optimistic, seeks intelligent, slim S/WF, 25-40, who's adventurous and willing to settle for the ordinary. ☎ 1175 (9/1)

ATTRACTIVE SWf, 30, looking for a woman looking for a relationship. Love dining in, movies, and dancing. Interested in starting a family. ☎ 1076 (8/18)

BE HONEST WITH ME- I am 58, 6', 175#, hazel eyes, light-brown hair, don't smoke or drink. Need someone to go to church with and read my Bible with. Want to go steady! ☎ 1070 (8/18)

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ASPIRING YUPPIE, ALMOST THERE- SWf, 25, educated, athletic, quite cute, very ambitious, seeks SWf, 20-25, with similar qualities. Let's grab the world by the throat and make it give us what we desire. ☎ 1062 (8/18)

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LEGAL SEPARATED SWf, 36, I am 6'11", 187#, seeking SWf, 30-45, who's assertive, energetic, likes music, longwalks and current events. ☎ 1183 (9/1)



# MAINE'S BEST!



## MAXWELL'S POTTERY OUTLET

3 GREAT LOCATIONS!

*Discover Maine's Best Selection of Beautiful Pottery and Glassware  
Most at 50% to 80% Off Retail! We Pride Ourselves in Our  
Exclusive Lines, Affordable Prices, Friendly Service, and Careful Shipping!*

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**865-1144**  
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87-95 Camden Street  
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