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Casco Bay Weekly : 30 July 1992

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Casco Bay Weekly

Maine Festival: the way art should be

The 16th annual festival highlights the visual and literary arts, and provides a forum of outstanding breadth and quality for Maine's artistic community.

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JULY 30, 1992 ■ VOL V, NO 31 ■ GREATER PORTLAND'S WEEKLY JOURNAL OF NEWS, ARTS AND OPINION ■ FREE

QUARTERLY WELLNESS REPORT

East meets Down East

Balance your body & soul with CBW's guide to the healing arts

Healing practices: Take an Eastern path to better health & peace of mind
See page 8

OM is where the heart is
See page 10

Acupuncture points a new direction for Western medicine
See page 12

► IN NEWS

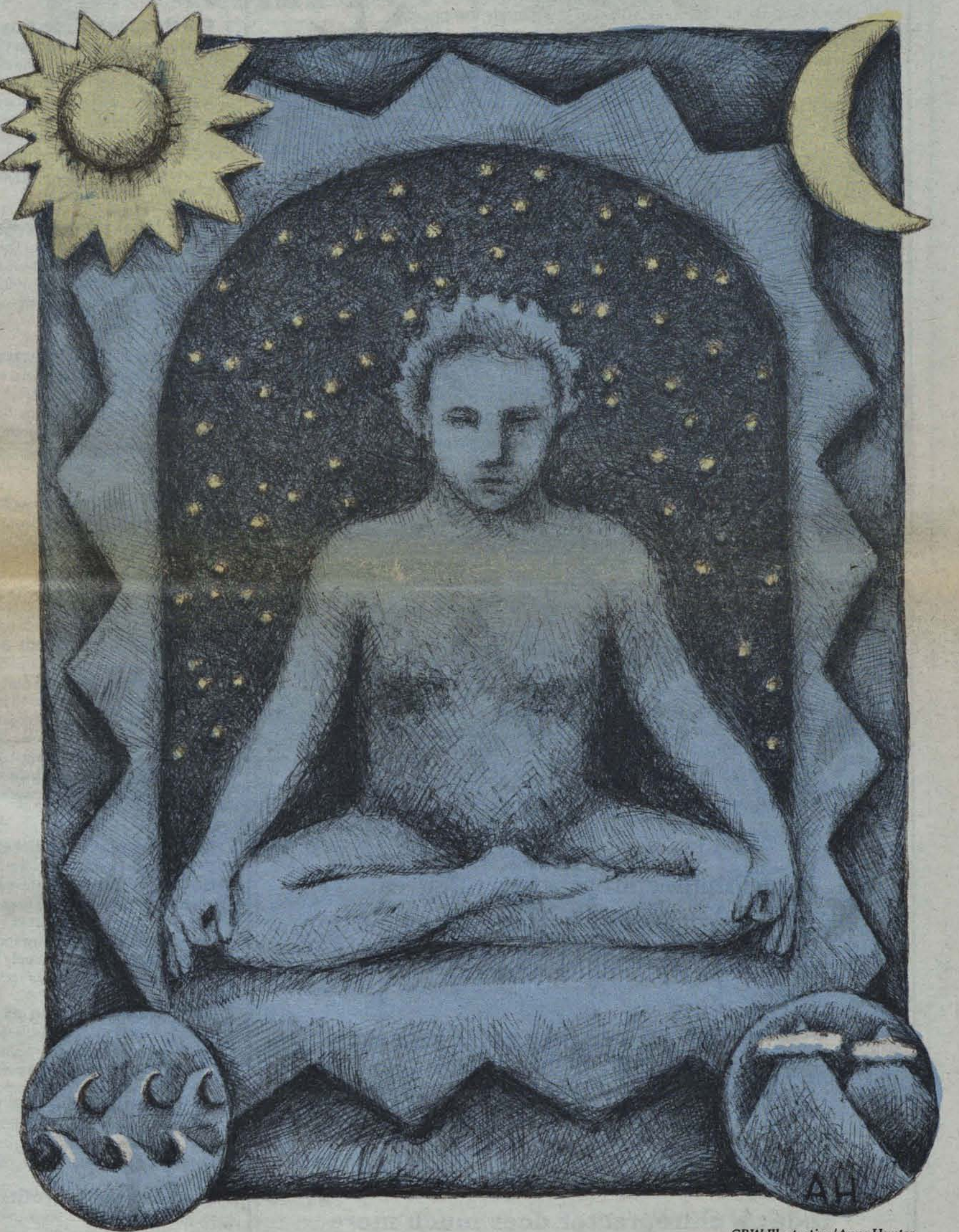
Spending cap on the money: Rep. Jeff Butland of Cumberland is calling for a \$27,500 cap in his Senate seat race against Merle Nelson. Given the costs of recent races, this is one self-serving campaign ploy that makes sense.
See page 3

Receiver sells himself WCLZ: As court-appointed receiver for the Brunswick radio station, Ross Elder was supposed to protect taxpayers by selling it to the highest bidder. So he sold it to a company in which he was a part-owner.
See page 18

► IN ART

Friends & lovers sing "An Unfinished Song" at Mad Horse Theatre
See page 23

Bob Dyer paints America from Bedford-Stuyvesant's ghettos to Maine's shining seas
See page 27



CBW Illustration/Anne Hunter

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THE PATH TO WELLBEING LIES AHEAD OF YOU WITH CBW'S WELLNESS DIRECTORY ON PAGES 15-17

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Newsbriefs Weekly

A review of the top news stories affecting
Greater Portland: July 22 through 28, 1992.

Portland wants to buy the Maine National Bank building across the street from City Hall and use it for municipal offices now spread around the city. The Federal Deposit Insurance Corp., which took over the vacant building after the bank failed in 1990, is willing to sell it for \$250,000, according to City Manager Bob Ganley. The catch: The building needs over \$1 million in renovations. Ganley will ask the City Council to buy the building with capital improvement funds and pay for renovations with a bond. The building has an assessed value of \$7.6 million.

Two local school projects won approval from the state Board of Education. The state agreed to pay \$9.7 million to expand Gorham High School and \$8.5 million to expand Bonny Eagle Middle School in Buxton. Both projects must be blessed by local voters in referendum before the state provides funding.

Counterfeiting charges were filed against two Canadian college students who were arrested after they spent more than \$200 in phony \$20 bills at Old Orchard Beach. Police and U.S. Secret Service agents dug up more than \$1,000 in bogus bills buried on the beach near the students' motel room. Police are still investigating the source of the bills. The students said they brought the funny money from Quebec.

It's unclear how much oil leaked into Brunswick soil from two 15,000-gallon underground tanks at the Bath Iron Works' Harding plant. But the tanks apparently leaked for years and tests show the contamination runs about 40 feet deep and 300 feet across. BIW will submit cleanup plans to the state in several weeks. The company found the leaks this spring when it was preparing to clean the tanks.

Offshore lighthouses are going solar as the Coast Guard aims to stop using diesel fuel and submerged electrical cables to power its navigational beacons. Halfway Island lighthouse, which sits 13 miles east of Portland, will be converted next summer. "We want to solarize any (lighthouses) that are on islands," said Coast Guard Chief Jonathan Kinney. But the Coast Guard is giving its top priority and limited resources to lighthouses using diesel power, Kinney said. The Coast Guard's new solar-powered lamp has a range of approximately 19 miles.

Recycled plastic lobster traps are being billed as the strongest traps made by a North Yarmouth company. Anderson Lobster Traps, the only plastic-trap manufacturer in Maine, has produced 2,000 of the cages from recycled plastic. An all-plastic trap can run twice the price of a typical \$40 trap, but the plastic doesn't bend or rust like wire and doesn't decay as fast as wood. There's also an abundant supply of material because Mainers generate about 15,000 tons of recyclable plastic a year.

They weren't as big as lobsters but Maine's shrimp got bigger and more expensive this season. Despite a shorter season imposed by federal regulators, the statewide shrimp catch increased by nearly a million pounds and the average price grew by a nickel a pound. Prices jumped because the shrimp were larger and more attractive to the Japanese market, according to Daniel Schick, a shrimp specialist with the state Department of Marine Resources. Schick credited a strong 1987 class of shrimp stock for the increased landings and fatter shrimp in 1992.

Scott Paper Co. profits jumped 52 percent in the second quarter of 1992. Scott, the parent company of S.D. Warren in Westbrook, attributed the increased earnings mainly to accounting changes, expense cutting and lower pulp costs.

Mainers' earnings didn't rise quite as much as Scott's in the last year. In fact, personal income growth for Mainers didn't even keep pace with inflation. Mainers' incomes increased just 2.9 percent last year, while inflation rose 3 percent, according to the U.S. Commerce Department. Maine also trailed most of the nation in income growth, ranking 41st out of 50 states. The top-ranked states were in the western half of the country and didn't participate in the overbuilding of the '80s, the government report said.

Campaign play on the money

Republican state Rep. Jeff Butland's call for a cap on campaign spending in his local Senate race against Democrat Merle Nelson sounded a lot like a self-serving stunt. And it might be one. But there's truth to his protests about "the senseless spiraling cost of running for state office."

Alton "Chuck" Cianchette set a state record by spending more than \$91,000 — including more than \$60,000 of his own money — just to defeat Ave Maria Dover in the June 9 Democratic primary for the District 9 Senate seat. The previous spending record was \$52,920 by Senate President Charlie Pray in 1990 — and that covered his campaign through the November general election.

Butland urged Nelson to join him in a voluntary \$27,500 cap in their race for the Senate in District 27, which covers Cumberland, Falmouth, Gray, North Yarmouth, Raymond and Windham. Butland arrived at that figure because it was the amount spent by Don Rich to win the seat in 1990. (Rich is not seeking re-election.) Nelson spent more than \$41,000 in her unsuccessful bid to win the seat in 1990.

"It's clear that you and your family have substantial personal resources to put into a political campaign — whereas I, with three young children and a wife who works part time, can contribute only my energy and enthusiasm to this effort," Butland said in a letter to Nelson, which he faxed to local press.

Nelson conceded that campaign spending is "out of control." But she's not taking Butland's bait.

"I don't believe it was a sincere offer," she said. "His letter was timed perfectly and immediately faxed to the media. If he's so concerned, why didn't he introduce a campaign reform bill in the Legislature? He's been in there four years."

In response to Nelson's snub, Butland said he will "raise whatever it will take (to win) and I know I can go over \$27,500."

Imagine, all this for a two-year job that pays \$18,000.

Police chief's wife sentenced

The wife of Westbrook's police chief was sentenced to two years' probation for aggravated drunken driving, speeding, eluding a police officer and breaking into her husband's car to take his gun.

Deborah Allanach, 34, was also fined \$600 and her driver's license was suspended for three months. In addition, she is prohibited from possessing guns or using alcohol or drugs, and must seek psychological

Continued on page 4

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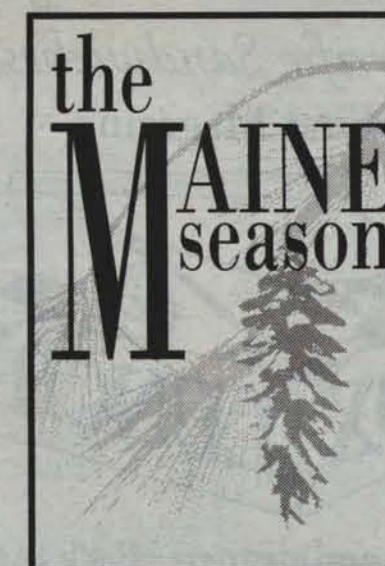
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Newsbriefs Weekly

Continued from page 3

counseling.

The sentence stemmed from two high-speed chases Allanach led police on the last year. In the first chase last July, Allanach circled through Westbrook four times, reaching speeds of 87 mph in a 25-mph zone before police forced her off the road.

A psychologist's report filed in court said Allanach turned to alcohol to cope with depression and anger. She expressed her anger through "self-destructive acting out," the report said.

Woman fights wheelchair laws

Valerie Malacria of Westbrook is suing the state because it won't let her use her motorized wheelchair on a busy road near her home or on any road at night.

Malacria, who has cerebral palsy, claims that state restrictions on motorized wheelchairs deny those who need them an equal opportunity to use public roads. Malacria's charges are being made under the Americans with Disabilities Act, a federal anti-discrimination law that recently went into effect.

The state has the authority to regulate wheelchairs, according to Deputy Secretary of State Gregory Hanscom, because the chairs, which go less than 10 mph, can cause accidents on busy roads.

But Kathryn McInnis, a Portland activist for disabled people, argued that a wheelchair should be considered "a mobility tool" instead of a vehicle. "A person with a disability can't be separated from a chair that is their ability to walk," said McInnis.

Wheelchair users are aware of safety concerns, added Steven Tremblay, founder of a non-profit agency for the disabled in South Portland. But they have to ride in the streets until all sidewalks are accessible, he said.

Ex-Regency owners guilty

Two former owners of the Portland Regency Inn were found guilty of conspiracy to defraud two banks and may face up to five years in jail.

Robert F. Welch and Stephen C. Jones were convicted on July 27 of selling \$1.3 million of the Regency's furniture and equipment out from under two banks that held liens on the items. U.S. District Court jurors found both men guilty of plotting to defraud the banks. Jones was also found guilty of interstate transportation of forged

securities. The men, who live in Massachusetts, have no current connection with the Regency Inn.

Welch and Jones sold the furniture and equipment to a New York bank. That bank leased the property back to the men. But prosecutors charged that Jones and Welch forged documents to make the sale occur, defrauding two Massachusetts banks, which held interest in the furnishings.

Jones and Welch will be sentenced in two months, prosecutors said. Both men are free on bail.

Pollution tests expanded, panned

When the state announced it was expanding air pollution tests to Westbrook and five other communities, the plan was rapped — not by polluters, but by environmentalists.

The Natural Resources Council of Maine (NRCM) said the plan is so limited in scope that it will produce incomplete and inaccurate data that could be used as ammunition by industries seeking less regulation.

"At best the data will be marginally useful, at worst useless," said Peter Washburn, a staff scientist at NRCM.

The data might even prove harmful, Washburn added, because it could enable polluters to say, "Why are you on our backs, if you didn't find (pollution) or found it in such low concentrations?"

Working with about \$30,000, the state plan calls for air quality testing at six sites: Baileyville, Berwick, Jonesboro, Kennebunkport, Waterville and Westbrook. Air samples will be collected at each site for 24 hours, five times over the next month.

Last year, the state's pilot program in Rumford found elevated levels of toxics such as benzene in the air. But the state couldn't tell if the toxics were produced by a local paper mill or by automobiles, according to Rich Greves of the Department of Environmental Protection.

The new test aims to sample a cross-section of the state's communities. Westbrook and Baileyville have paper mills. Berwick has a tannery. Waterville has light industry. Kennebunkport and Jonesboro are non-industrial coastal towns.

By sampling diverse communities, the tests should reveal whether pollution is caused by local industry or by automobiles, Greves said.

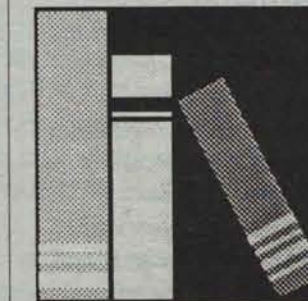
But Washburn argued that data coming from such a short duration of sampling "won't tell you much if you're trying to identify toxic pollution problems" — and might even backfire.

"He doesn't want the worst case," Greves re-

Continued on page 6

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Newsbriefs Weekly

Continued from page 5

sponded. "And I don't believe it will happen."

Traffic lights eyed for pollution

Idling vehicles stacked up by out-of-synch traffic lights add to air pollution, so the state is monitoring traffic signals in Greater Portland and throughout the state.

An \$800,000 federal grant has three dozen state workers studying traffic at 375 intersections, including Morrill's Corner in Portland and the junction of Route 1 and Sawyer Road in Scarborough. Planners want to use the data to recommend changes in the timing of traffic signals. They hope the changes will help the state comply with the 1990 Clean Air Act. The state has failed to meet federal standards for ozone pollution as many as 37 times per year.

Translators key to gambling bust

It will take weeks and the work of Chinese translators before Portland Police can verify that they raided an illegal gambling parlor at a building leased by the Chinese Restaurant Association of Maine.

Police busted a regular Sunday night gaming operation at 10B Beach St. on July 20. Police said they had information that the game operators were taking a cut of the action, which is illegal by state law.

Police also said that during six months of surveillance, the game was visited by men who were later identified by the federal government as members of Chinese organized crime gangs in New York.

But of the 35 men police found in their raid, none were connected to organized crime and most were restaurant employees from Greater Portland. Police seized \$17,000 in cash from the men and another 100,000 in fake "house" money. They made no arrests.

An attorney representing the restaurant association said the game — whether legal or illegal — was not "sinister."

"It's a social club," said Joseph Groff. "What got overlooked, in these off-the-cuff allegations implying this was an international cartel, is that these are primarily restaurant workers. Most have been in Maine a long time. It's a way for them to relax."

Portland Police Lt. Richard Rizzo said records that were seized in the raid have been sent to a government translator in New York.

After that the FBI will determine if the records revealed illegal gambling, Rizzo added.

Bungee mania hits snag, gets regs

The bungee jumping craze will continue to sweep Greater Portland, despite some lumps, bumps and quickly imposed state regulations.

Bungee jumpers were enjoying clear sailing until July 20 when an employee of Bungee Jump USA hurt her head during a stunt jump in Saco. The next day, Old Orchard Beach decided jumpers couldn't take the plunge in town. Town councilors suspended the license of Bungee Mania, the town's only bungee business, because it threatened public safety and violated zoning limits on structural heights.

But business will be hopping again because bungee operators met with state officials on July 27 and drew up a set of emergency safety regulations.

The regulations call for equipment standards and inspections, site approvals, safe landing areas, prohibition of stunts, age and sobriety requirements for jumpers, and licensing fees for bungee jump operators.

The emergency regulations are effective for 90 days. The state fire marshal's office hopes to draw up more thorough regulations in the meantime.

"We're happy there are stricter guidelines," said Neil Weinstein, an attorney for Bungee Mania Inc. "The standards protect individuals and make people realize it's a safe sport."

Reported by Michael Reagan, Bob Young and The Associated Press

weird news

■ An armed guard protected an 80-year-old vat of grease that was moved from a hamburger joint in Memphis, Tenn. to a new franchise.

"We need a sheriff's escort because we don't want our grease to get hijacked," said Jim Marshall, a co-owner of Dyer's Cafe. The ancient grease is the secret to the success of Dyer's burgers, Marshall claimed.

The grease has been strained but never changed since 1912 when the first Dyer's Cafe opened. Gun-toting officers have guarded the grease in other moves including the most recent change in 1986. Dyer's burgers are hammered flat with wooden mallets on a marble slab and cooked in the aged grease until they float.

Only a portion of the grease was moved to start a new Dyer's Cafe. Marshall said the grease may be spread to other locations in the future.

politics & other mistakes

By Al Diamon



Hellhound on my tail

If you want to make Democratic House Speaker John Martin or Democratic Senate President Charles Pray all nervous and sweaty just mention the "A" word. Both Martin and Pray are fighting hard to quiet the abortion debate in Maine until after the November elections.

Martin and Pray are both pro-life, but they lead Democratic caucuses in the House and Senate that are strongly pro-choice. To head off a rank-and-file revolt they've had to avoid being too out-front on abortion on those rare occasions when the Legislature dealt with the issue. But as long as the real fight on abortion was in Washington, the two leaders had little difficulty in keeping a low profile.

Now the Supreme Court has dumped the whole mess back into the states' laps, and pro-choice legislators want the September special session to take up a bill guaranteeing abortion rights. That would force our elected officials to take a recorded vote on a controversial topic just before the elections.

Neither Martin nor Pray is concerned that a vote against abortion would hurt them in their home districts. But both are very concerned that such a vote, and the publicity it would undoubtedly generate, would hurt their chances of holding onto their leadership positions. To head off that possibility the speaker and the senate president are maneuvering to keep the bill on ice until the January regular session.

By then they hope to be safely settled into the new two-year terms in their respective offices.

Martin already has a pro-choice challenger in state Rep. Marge Kilkelly of Wiscasset. While Kilkelly is given little chance of actually winning the speakership, her campaign could gain ground if abortion becomes an issue. Even worse for Martin is the prospect that his pro-life stance might weaken him sufficiently to draw a stronger opponent into the speaker's race.

Pray faces a tougher fight than Martin to hold onto his leadership post. While rumors have circulated for a year that several senators might challenge Pray, the fractured opposition has shown signs recently of rallying around a single candidate. At least one prominent pro-choice Democratic senator is said to be just days away from announcing a run for the presidency.

Martin, Pray and the other eight members of legislative leadership will meet in August to decide whether to allow the abortion rights bill to be debated at the special session. The bill needs backing from six or more of the leaders to be introduced. Supporters say they currently have four or five votes. If either Martin or Pray starts looking over their shoulders to see if anyone is gaining on them pro-choice legislators may be in a good position to offer them a deal.

She's a mover

Diane Elze is outta here. The former president of the Maine Lesbian Gay Political Alliance; one of the founders of the statewide gay and lesbian newspaper, *Our Paper*; and the organizer of Outright, a support group for gay and lesbian teenagers, departs the state in August to become a graduate student in social work at Case Western Reserve University in Cleveland.

Since arriving in Maine in 1972, Elze has been active in nearly every progressive political cause worth a picket sign. Most recently she was one of the organizers of "Equal Protection Portland," the group campaigning for the city gay rights ordinance. "I regret leaving because I won't be here to see our big victory," she said.

Elze doubts she'll return to Maine after graduation "because I need to be in a bigger place for a while."

Elze's friends are planning a celebration in her honor on Aug. 8. There'll probably be rejoicing of a different sort among the far right once she's gone.

If you could read my mind

Republican congressional candidate Linda Bean's Portland campaign headquarters on Forest Avenue in Portland is now sharing space with a psychic.

Secrets — innocent, guilty, or *nolo contendere* — welcome for trial in the news media. Send your information before a jury of its peers by mailing it to this column, care of Casco Bay Weekly, 551A Congress St., Portland, ME 04101. Or call the court of public opinion at 775-6601.



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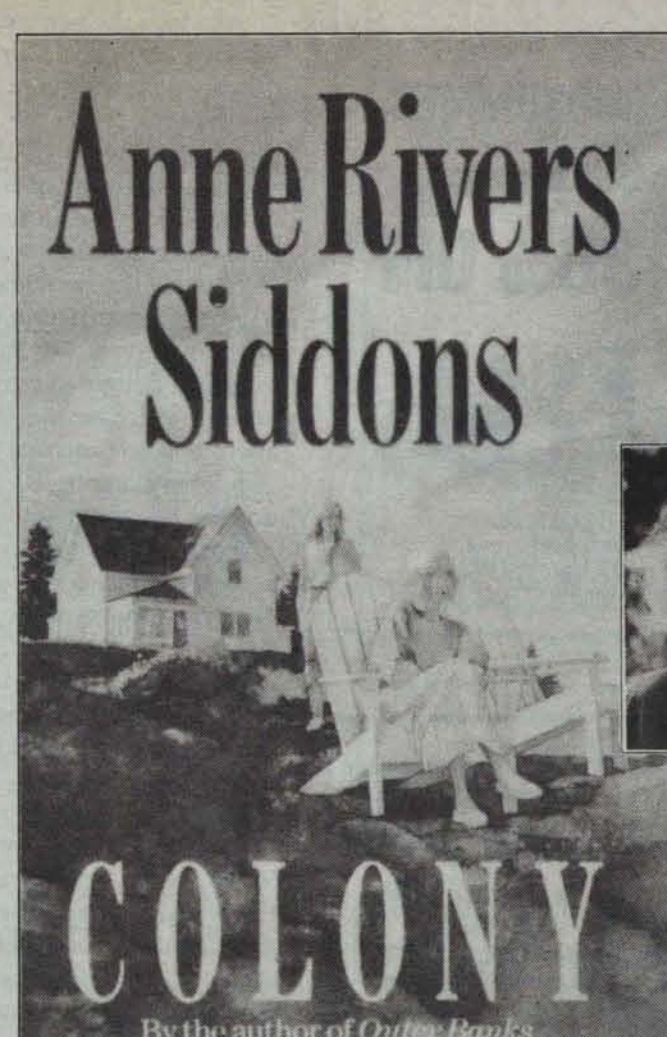
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East meets Down East

Eastern philosophies fill a hole in Greater Portland's soul

■ By Paul Karr

The United States caught onto Eastern philosophy back in the late 1960s, when every well-known poet, peace activist, popular musician or movie star seemed to have a guru.

Maine wasn't spared, either. Today, at least a dozen Eastern practices nibble at the collective soul of the people here. (There are several other practices in the Bar Harbor area.) Among the local offerings that link the Far East with Down East are:

Aikido (I-kee'-do)

Aikido is the pacifist's martial art. This Japanese form is distinct because it consists of flowing defensive postures, circular moves and escapes, rather than linear strikes, kicks, punches or the use of other weapons.

The philosophy of aikido is different, too. The idea is to use an attacker's force against him or her, but the concept goes deeper; aikido is the art of the nonviolent, the art of escaping a threatening situation without ever laying a hand on the attacker. Japanese masters have, for years, delighted crowds with demonstrations in which several Western policemen attempt to restrain one frail old aikido master — but they cannot. He continues whirling until he has escaped them all.

Portland Aikido is a local collective dedicated to teaching and practicing this art. The group meets at the Portland Performing Art Center (PPAC) on Forest Avenue three nights a week and during the day Saturday. There's also a special Saturday class for kids. Call 772-1524 for more information.

Buddhism, Zen

Buddhism dates from the Buddha Siddhartha Gautama, an Indian prince who threw away his soft life in the 5th century B.C. and dedicated himself to the search for meaning. After sitting in contemplation beneath a bodhi tree for many years, he came to an enlightenment that all life was suffering, and that man could follow an "eight-fold path" to endure it.

The Zen (Ch'an, in Chinese) branch of Buddhism did not form until 1,000 years later, when 100-year-old Indian disciple Bodhidharma traveled on foot across the mountains to China. After meeting the Chinese emperor Wu, Bodhidharma sat facing a cave wall in contemplation for nine long years. His disciples were probably the first to spread what the Japanese would one day call

Zen and another sect called Pure Land Buddhism. After several false starts, Zen finally arrived in America during the 1950s.

Unadorned Zen revolves around zazen ("sitting Zen"), whereby one sits in a cross-legged lotus position and thinks of nothing, simply experiencing each moment anew.

During sesshin (intensive, week-long training sessions), one might sit in this painful position for as long as 14 hours a day, pausing every 20 minutes to rest or perform kinhin (walking meditation). Some Zen training also emphasizes the use of koans, which are questions or stories that cannot be solved by logic alone.

"Show me your original face, the one before you were born!" is a classic koan, as is "A man asked Joshu if a dog had the Buddha-nature. To which Joshu responded, 'Mu' (nothingness)."

Zen practitioners have formed separate lineages over the centuries. Rinza is perhaps the strictest sect, emphasizing fierce concentration on koans, long hard hours of sitting and an almost military-style relationship between teacher and students. Gentler Soto teachers stress shikan-taza (literally, "just sitting"). Among the local Zen offerings are these:

The Zen-Buddhist Meditation Group conducts a sitting each Sunday in South Portland and also sponsors occasional talks by Buddhist monks and teachers. Call 839-4897 for more information.

John McCall, a Buddhist monk recently returned from a Zen monastery in California, teaches an eight-week meditation class called "Peace for the Frazzled" in Portland (cost: \$65). Call 870-3363 for more information.

Portland School of Art offers several Taoist-Zen retreats each semester, and also in the summer. The next one — "Taoism, Zen and the Maine Woods" — runs from July 31-Aug. 2 in the woods of Grafton Notch. If it's too late to register when you read this, there will be a repeat class Oct. 2-4 (cost: \$145). PSA instructor Dana Sawyer will also lead a one-day retreat closer to home on Saturday, Oct. 17 (cost: \$65). Call PSA's Office of Continuing Education at 775-3052 for more information.

Buddhism, Tibetan

A different teaching of Buddhism traveled to the highlands of Tibet, one that revolves around breathing exercises, chanted prayers and mantras, and a central belief in reincarnation. The Bardo Thodol ("Tibetan Book of the Dead"), which contains instructions for souls who have died but not yet been reborn, is also

at the heart of this practice. Several Western accounts of Tibetan Buddhism have stressed miracles that advanced students can supposedly perform, feats such as levitation and flight.

The non-denominational practices below draw partly on this tradition.

Buddhism, non-denominational

Several local groups practice a brand of Buddhism that incorporates or adapts elements of each Buddhist tradition.

Friends of the Western Buddhist Order, another non-sectarian group, meets weekly in Portland to chant, meditate and discuss Buddhist practice. New members are usually welcome the last Monday of each month. Call 642-2128 for more information, or write to the Arya Loka Buddhist Center, Heartwood Circle, Newmarket, NH 03857.

Another non-denominational group meets in Brunswick each Tuesday night to study and meditate. Call 666-3396 for more information.

Daoism (Taoism)

Taoism is an ancient Chinese religion that mixes elements of primitive religion — a belief in spirits (shen), for instance — with a philosophy that emphasizes humility, adaptability and recognition of both the lightness and darkness inherent in all life. Classic texts include the "I Ching," a book of divinations; the "Tao te Ching," a cryptic, poetic work reputedly written by an ancient sage named Lao Tzu; and the collected writings of Chuang Tzu, a playful, earthy writer who perfectly fused the universal with the mundane in his work. Daoism also formed the basis for martial arts like Tai Chi and traditional Chinese medicine.

Maybe Someday, a non-profit bookstore on Munjoy Hill that does good works for multiple sclerosis patients, hosts a regular Taoism discussion group. Call 773-3275 for more details.

Portland School of Art also offers periodic Taoist-Zen retreats (cost: \$65-145, see Zen listing above).

Sufi

Sufi is a mystical Middle Eastern religion that sprang from the same roots as Shi'ite and Sunni Islam. Islam was "founded" by the prophet Mohammed, who received the Koran

from Allah (God) around 610 A.D. He is considered the last in a line of prophets that began with Adam, Abraham, Moses and Jesus.

But Sufi is different from orthodox Islam; born in the early 9th century, it uses music

chanting and meditation to teach mental quiet, unconditional love, equality of the sexes and tolerance for other religions. The **Portland Sufi Order** usually meets three times a month to sit in meditation (sittings are free). Call 774-1203 for more information. The group's facilitator **Ricki Schechter**, leads periodic individual and group retreats in Gray (cost: \$60-80). Call 657-2605 or 871-7018 to find out when the next one takes place.

T'aijiquan (T'ai Chi)

T'ai Chi is an old Chinese martial arts form, derived from Taoism, in which one endeavors to "stand like a mountain, move like a river." Through long series of flowing exercises, the student's vital energy (chi) gradually strengthens and begins to flow freely, creating a calmness, power and "centeredness."

Gene Golden teaches a variety of T'ai Chi classes — including beginners' classes, classes for more advanced students, light boxing instruction and push-hands classes (useful for self-defense) — on Congress Street in Portland (cost: \$13 per group session, \$64 for an 8-week series). Call 772-9039 for more info.

Larry Landau and his student Jane Wendelken

also teach a wide variety of T'ai Chi classes in Portland and Kennebunk (cost: \$12 per session, \$90 for a 10-week session). Call 985-6621 (Larry) or 929-4087 (Jane) for more information.

Qigong (chee-goong')

Qigong is a branch of Chinese medicine that uses breathing and rigorous postures to heal the body and soul, massaging the internal organs with internal energy (chi).

Dr. Zhao Mei runs a local Qigong practice in Portland as a branch of Maybe Someday. Her **Chinese Healing Arts Center** has helped people afflicted with AIDS and multiple sclerosis, as well as those merely seeking to regain their balance of health. Her next Portland qigong class will probably begin in late August; a six-week (12-hour) class costs \$240. Call 775-1142 for more information.

Yoga, Hatha

Yoga is an Indian discipline that uses body postures and breathing exercises to recondition the body, focus the mind and align the body's chakras (energy centers), a practice that can heal physical ailments as well as create a relaxed state. Hatha Yoga is one school of yoga teaching, and Iyengar is a branch of Hatha practice. Right now, it's the "hot" style, emphasizing challenging physical activities.

Elaine and Frances McGillicuddy run a highly renowned yoga practice in Portland. **The Yoga Studio** conducts regular instruction at all levels of proficiency (cost: \$9.50-\$11 per class), and the McGillicuddys frequently invite master teachers from around the country to lead special workshops. Texas teacher George Purvis will lead two, Aug. 15-16. Beginner classes take place Monday mornings and evenings, Tuesday nights are for advanced classes, Wednesday morning there's an all-levels class, and both intermediate and beginner classes take place Thursday nights. There will be more offerings in August. Call 797-5684 for more information.

The Yoga Center on Thompson's Point in Portland also teaches Iyengar Yoga, but in a slightly gentler fashion than do traditional teachers. The center's classes, for beginning through advanced students, run Mondays through Saturdays (cost: \$11 per class, \$100 for a 10-week session). The center also teaches special classes in prenatal yoga, therapeutic yoga (for those with back injuries) and classes in meditation; there will be free Kundalini meditation classes with Indian master teacher Asha Ma from Aug. 20-23 and Aug. 27-30. Call 799-4449 for more information.

Yoga, other

Iyengar isn't the only game in town. **Kim Chandler at Innerlight** (874-2341) teaches Kripalu ("meditation in motion") yoga at two studios in Portland's Old Port Tuesdays through Fridays, including several very early-morning classes (cost: \$12 per class, \$100 for a typical 10-week session). The classes are for everyone from rank beginner to advanced practitioner, and blend focused meditations with rigorous Hatha postures. The next full sessions start in mid-September, and they'll be preceded by one free class earlier that month.

Pam Jackson at the **Expressive Therapy Center** (799-3056) also teaches Kripalu yoga.

The Noonday Sun Center for Radiant Wellness in Gorham offers outdoor "polarity yoga" classes in Cape Elizabeth, Falmouth and Gorham, simple stretching exercises that relieve pain (cost: \$7-\$10). Call 839-5433 for more information.

The University of Southern Maine offers "Sahaja yoga" on its Portland campus each Wednesday night at 7 (free). This form of yoga emphasizes meditation, not physical postures. Just show up at the Faculty Lounge in the Student Center, or call 799-5749 for more information. ■

Paul Karr has designed a Saturday morning cartoon for Yuppie kids called *Yoga Bear*. He's still waiting for a phone call from the big-money boys at Fox.

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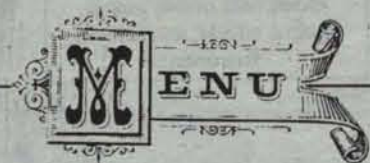


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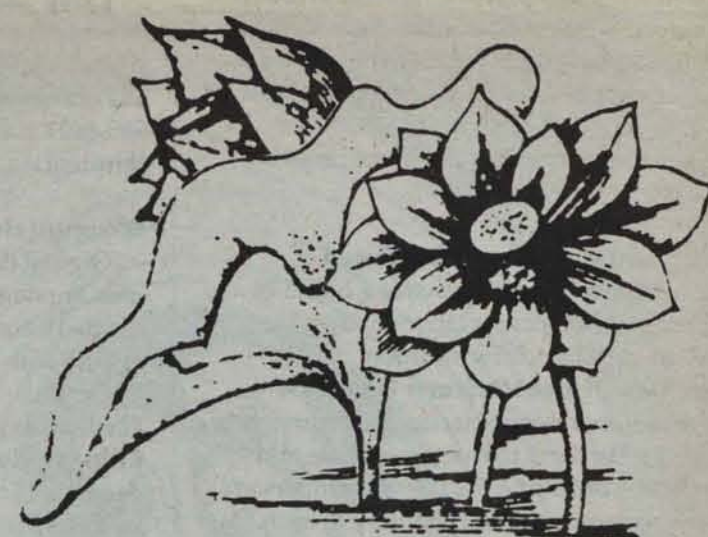
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In some Eastern religions, the lotus flower signifies the
unified nature of the universe. The lotus position in
yoga — legs crossed, hands on knees — attempts to
unify the body's energy by focusing it on one point.

You don't need to be a guru

Yoga balances body & mind, improves overall health

■ By Erik Ness

My first exposure to yoga came courtesy of that timeless
artifact of '70s TV, the video bazaar-cum-freak show "That's
Incredible!"

I remember an aged spindle of an Indian man folding his
body into an airtight plexiglass box not much larger than your
basic 26-inch television. He stayed there, on stage and in full
view of the studio audience, his box fogging up inside, while
the show's hosts guided us through commercial breaks and
other feats of derring-do. At the end our hero emerged, bowed
quietly and exited stage left.

As a young cynic, I was unimpressed. Like most Americans I
continued to associate "yogi" with "bear," and had an uneasy
sense that yoga was rather cultish and could make you look like
Plastic Man and sound like Gandhi on acid. Raised in a white-
bread tradition, it was reflex to feel unbalanced about a hobby
found between "Yiddish" and "yogurt" in the card catalog.

Balance point

Funny thing is, yoga is about balance, and balance — yogic
or otherwise — is the key to health. Whether used for stress
reduction, increasing muscular coordination and flexibility, or
treating minor and major aches and ailments, yoga deserves a
tryout if you want to feel better about your overall health.

Yoga means different things to different people, and if
you're interested in it, you'll have to make some judgment calls
about what's right for you. What works for some won't work
for all; because yoga generally focuses on wellness, there is a
good deal of leeway for personal preference.

Folks at the Census Bureau don't keep track, but thumbnail
indicators — including the experience of instructors — all
suggest a rising interest in the various forms of yoga. These
forms include physical poses, chanting, breathing, visualization
and meditation — alone or in combination.

Taken in its entirety, the breadth of classical yoga is astonish-
ing: older than recorded history, it uses sacred Buddhist texts
and several millennia of inherited practical wisdom. But while
it can be steeped in Hindu mythology, yoga does not neces-
sarily contradict any other spiritual discipline.

"It can be a spiritual practice, but you don't have to hold a
particular set of religious beliefs to be interested in yoga,"
explains Faith Russell, a longtime practitioner and instructor.
"You don't have to have any religious beliefs to be interested in
yoga."

Many people come to yoga seeking change. They are stiff
and sore, or injured, and curious about what it can do for them.
Yoga is often described as active stretching; Russell describes it
as "very intentional work. It's not just putting your body in a
position and stretching your muscles. You really gain more
awareness, at deeper and deeper levels."

For example? "Somebody who has lower back pain from
sitting at a computer all day can gain a lot just starting to move
those areas." After a few weeks or months of practice, they can
discover an almost transformational energy: "They begin
waking up to the connection of the body and the mind and the
movement of energy in the body."

The moonbeam factor

Time out. Let's admit that if yoga were a presidential
candidate, it would probably be Jerry Brown. There is a moon-
beam factor here; your average family doctor won't talk to you
about your body like this, at least not without a wry smile.

But yoga has no meaning unless practiced, so don't knock it
if you haven't tried it. You define what is and is not relevant to
you. Do it once a week, or seek the mastery that comes with
dedicated practice. If the mysticism trips your trigger, go ahead
and gallivant with the Hindu gods. But if you're more worried
about a hyperextended knee and that knot in your hamstring,
just stre-e-e-etch.

Your first yoga class will probably feel like a mixed meta-

phor. Bare feet on wooden
floor, you could as easily
begin to practice dance,
martial arts or old-time
calisthenics. Instead, just
standing there, hands by
your side and feet together,
you learn that you are in the
yoga pose Tadasana, and you
think, "Oh, this is easy."

Then come the refine-
ments: Spread your weight
evenly through the feet.
Watch the shoulders. Extend
up through the spine. Widen
through the chest. Check
your feet again.

Think again — "Hmmm,
this is different." We haven't
even moved yet. After a
round of head-down dog,
cobra and sun salutes and
Virabhadrasana 1, 2 and 3,
you'll know why they call
this work.

This is Hatha Yoga, using
physical postures to activate
a gentle, thorough stretching.
"Some people have an image
of yoga as very soft, slow,
quiet meditative move-
ment," Russell says. But in
Hatha "the poses in general
are a little more active, a little
more rigorous than most
people expect."

Yoga teacher Carol Brand
explains the athletic benefits
of Hatha Yoga this way: "We
haven't understood gentle
stretching in athletics until
very recently. You can't
stretch a tight muscle. You
can only stretch a relaxed
muscle." And stretching a
relaxed muscle, she says,
helps get the body ready for
movement.

This movement, asserts
Russell, can range from
body-building to softball to
triathlons. In a sense, yoga
becomes the ultimate tool for
cross-training, which man-
dates balance in athletic
development.

"A lot of people who
stretch are constantly
reaching, but not going to
that level below that lets
things really move," says
Russell. "Yoga is just a little
more complete."

The same concept of
balance is carried a step
further in therapeutic yoga. If
sitting at a computer screen
can unbalance you, injury or
illness can tip the scales still
further.

"We use yoga to start
restoring that balance," says
Judy Smith, a physical
therapist. Smith uses yoga to
work with chronic pain,
helping patients for whom
conventional therapy just
didn't work completely.

"Many people who have
had sciatic pain in their legs
are really tightened up over
the whole side of the body to
protect it," explains Smith.
"This causes problems in the
way people stand, and it
often prolongs the pain. The
body is just out of balance."

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Smith, but her patients have
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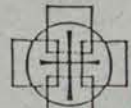
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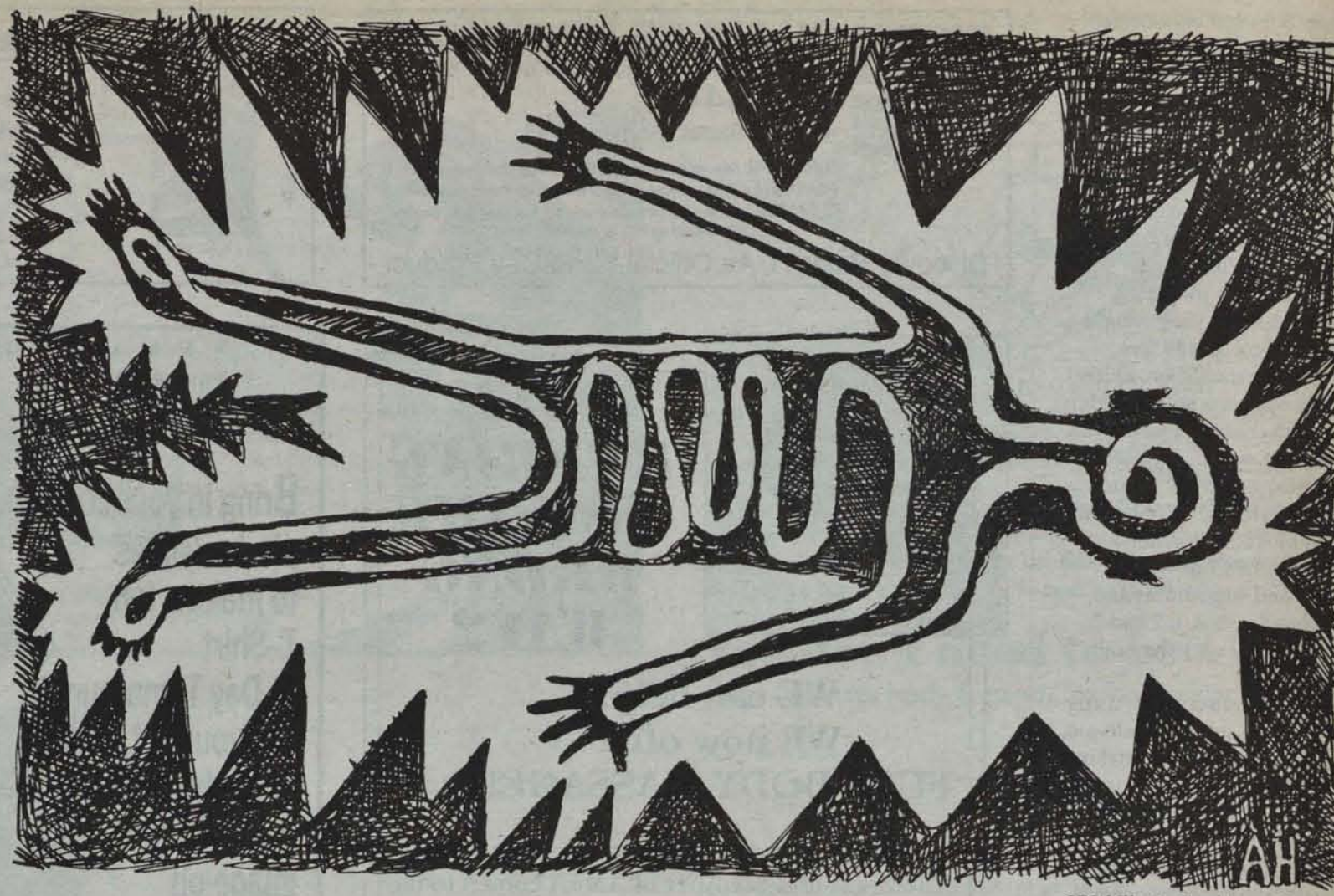
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Gentle Chinese revolution complements Western medical care

Acupuncture gets to the point

■ By Carolyn Reuben

Americans spend close to \$1 billion every year for acupuncture care. The federal government is spending some \$1 million to fund drug detoxification programs using acupuncture in New York, Florida and Oregon. Even heavy industry is getting behind acupuncture as a possible solution to lowering health-care costs: General Electric used it to counter cocaine and alcohol abuse among employees in Michigan.

Yet acupuncture remains one of the most controversial alternatives to conventional Western health care. The National Council Against Health Fraud (NCAHF), for example, has stated that in their opinion acupuncture is "based on primitive and fanciful concepts of health and disease that bear no relationship to present scientific knowledge." The NCAHF, a non-profit organization composed of physicians, other health professionals and members of the public, suggests any positive results "are probably due to a combination of expectation, suggestion, counter-irritation, operant conditioning, and other psychological mechanisms."

In contrast, the American Medical Association (AMA), which is certainly no friend to alternative medical treatments, has not changed its rather noncommittal position since 1981, when an AMA Council on Scientific Affairs report concluded that

- 1) Acupuncture is an unproven modality of therapy,
- 2) Scientific assessment of acupuncture by an appropriately controlled clinical trial is needed to prove its clinical worth, and
- 3) Research on acupuncture may provide important clues to the understanding of pain, and perhaps the placebo effect, as well as to an explanation of its mechanism of action.

Pain relief: acupuncture's earmark

"It has often surprised me when I am in medical circles to hear doctors state that acupuncture is... not substantiated by scientific research," testified Terrence D. Oleson, Ph.D. at an informational hearing on acupuncture last year before the California Senate. "I would suggest," Oleson continued, "that those doctors who express such opinions are probably reflecting their pre-established medical bias, and have not read the scientific research which already exists in the field of acupuncture."

Oleson, a licensed psychologist in Westwood, Calif., researched the physiological basis of pain control while affiliated with the UCLA Department of Anesthesiology Pain Management Center. His research led him from electrically stimulating the brains of animals to electrically stimulating the ears of humans, revealing the existence and increased electrical conductivity of acupuncture points along the skin surface. In his "Auriculotherapy Manual: Chinese and Western Systems of Ear Acupuncture" (Health Care Alternatives, 1990, \$35), Oleson has mapped out the function of dozens of acupuncture points in the ear.

Oleson told the legislators that in 1986 the medical journal *Pain* reviewed over 30 published acupuncture research studies. The journal article concluded that "there is good evidence from controlled studies for the short-term effectiveness of acupuncture in relieving clinical pain." It appeared to be especially effective when combined with conventional Western pain management

methods. Pain relief is what the majority of contemporary Americans associate with acupuncture, probably because it was introduced into our conversations and consciousness thanks to James Reston's historic stomachache.

While Reston, a respected *New York Times* columnist, was in China, he was stricken with appendicitis and given an emergency appendectomy which was performed with the usual anesthetics. On July 26, 1971, Reston's column described the remarkable pain relief he enjoyed on the second day following surgery, after doctors inserted three or four needles in his arms and legs. The Chinese physicians manipulated the needles by hand, then held smoldering sticks of moxa (an herb called mugwort, or *Artemisia vulgaris*), next to his painful abdomen, which is a common method of heating acupuncture points and, sometimes, even the needles themselves.

Following Reston's firsthand report, members of the American medical community took their own look and were not only impressed by acupuncture's ability to treat stomachaches, backaches and headaches, but were positively enthralled by its occasional use as an alternative to anesthesia in surgery. American physicians began cautiously experimenting with the technique, hoping to avoid the allergic reactions, cardiac arrests, gastrointestinal distress, urinary tract retention and respiratory tract infections that can result from anesthetic use.

In the first wave of enthusiasm, acupuncture was used in the United States for caesarean sections, leg amputation, gall bladder removal and breast biopsy, among other surgeries. More recently, Deke Kendall, Ph.D., L.Ac. of Agoura Hills, Calif. has performed acupuncture for a kidney stone removal, two foot operations, dental surgery and liposuction.

Although there are a few acupuncturists who, like Kendall, are experienced and willing to do the work, the use of acupuncture among anesthesiologists has

fizzled out due to several barriers to its general use in surgery: Acupuncture isn't taught in American medical schools and its theoretical basis and potential are unknown except among a very few anesthesiologists; acupuncturists are not legally allowed to practice in 29 states, and where they are allowed they do not have hospital privileges; and even within acupuncture schools, surgical intervention is not on the curriculum so not all acupuncturists are experienced or qualified to do the job. In fact, in China itself, acupuncture is used in probably not more than 10 percent of surgeries. Not all patients are willing to undergo surgery wide awake, even if it is pain-free. Additionally, acupuncture is not appropriate for all types of surgery.

Acupuncture may not be common in operating rooms, but it has gained a wide following in the locker room. Professional athletes in America have been using acupuncture for 20 years with good results. Acupuncture patients have, over the years, been counted among Rams, Raiders, Oilers, Cowboys, Bears, Lakers and other teams, along with certain tennis champs, golfers, marathoners and cyclists. Often, imperceptibly low current is used on acupuncture points instead of needles. The therapy is thought to be able to heal injuries more quickly and prevent their recurrence. Ronald M. Lawrence, M.D., Ph.D. of Agoura, after treating thousands of athletes, still maintains that "for 90 percent of all soft-tissue injuries, acupuncture is the treatment of choice."

Acupuncture has enjoyed good press regarding pain relief, but the goal of treatment is to return body systems to normal, not mask the root of the problem by eliminating the body's primary warning system.

In the same way a thermostat regulates temperature, acupuncturists manipulate the function of organs, glands and blood flow by manipulating their needles. Furthermore, explains Kevin Clark, president of the Community School of Traditional Chinese Health Care in North Miami, Fla., if the body structure breaks down, you can best fix it with Western medical care. On the other hand, Chinese medicine can treat functional breakdowns, where there is ill health but no single organism to kill or structural damage to repair, such as with autoimmune diseases and premenstrual syndrome (PMS).

The World Health Organization has listed at least 40 different conditions that clinical experience has suggested are treatable with acupuncture, including migraines, sinusitis, the common cold, tonsillitis, asthma, inflammation of the eyes, myopia, problems with teeth and gums, duodenal ulcer, other gastrointestinal problems, tennis elbow, sciatica and osteoarthritis.

Needling away addiction

Perhaps the most spectacular of all contemporary successes enjoyed by Chinese medicine is in the field of addiction. Acupuncture for drug addiction is being given to prisoners in a Santa Barbara Honor Farm, public drunks in Santa Maria, and babies born to addicts in San Francisco. Sioux Indians receive it on their reservation in Pine Ridge, S.D. In Portland, Ore., Medicaid foots the bill.

As long as acupuncture was something only Michael Smith, M.D. and his staff were doing at Lincoln Hospital in the ghetto of the South Bronx, N. Y., the National Institute of Drug Abuse (NIDA) could shake it off as an unimportant oddity. Then, in 1989, an article in the British medical journal *The Lancet* reported that a placebo-controlled study using Smith's inexpensive, simple protocol of five needles in each ear, was very successful in treating chronic alcoholics in Hennepin County, Minn. Next, Dade County, Fla. (which includes Miami) gave Associate Chief Judge Herbert M. Klein a year off the bench to find a solution to the county's critical drug problem. Judge Klein and the county's chief judge were so impressed with Smith's successes they convinced the county to create a multimillion dollar outpatient and inpatient treatment program.

Prisoners in several correctional facilities receive acupuncture while still incarcerated. First-time offenders are offered the choice of imprisonment or a one year, three-phase rehabilitation program that begins with Smith's now-famous ear needle detox, includes vocational and psychological counseling, and progresses to remedial education classes. As a consequence, NIDA has decided to fund a \$1 million study of acupuncture for drug addiction. That study is going on now, and is located in Dade County.

Criminal justice systems have embraced the art of needling away addiction in about 60 locations nationwide, using the protocol developed by Smith and promulgated by the National Acupuncture Detoxification Association (NADA). (NADA is based in New York City and provides training, materials and certification in acupuncture detox worldwide). Those who work with addicts applaud acupuncture's speedy effects, which seem to reduce or eliminate withdrawal symptoms while maintaining a sense of inner calm and clearheadedness, enabling the addict to face the counseling sessions that are a part of a full treatment program.

In Northern California, Patricia Keenan, O.M.D., L.Ac., has developed a unique way to treat infants who were exposed before birth to illegal drugs. Keenan tapes three small, hard seeds (semen vacariae) on acupuncture points in their ears and presses on the seeds. One of the first babies she treated had been exposed to PCP. As soon as the seeds were in place and pressed, the infant relaxed its rigidly arched back. Another baby, exposed to crack cocaine, was doing what nurses call "dulling" or blankly staring. The baby began to focus its eyes and interact normally after she began pressing the seeds.

"It is a totally safe treatment... and very effective," says Keenan, who is Clinical Director of the Community Health and Substance Abuse Acupuncture Clinic of the Substance Abuse Department at Bayview-Hunter's Point Foundation for Community Improvement. An added benefit is the necessary involvement of the baby's mother, who is usually feeling intense guilt. She is asked to press 10 times on the seeds three times a day while holding the infant and repeating, "My baby's getting healthier" or "I love you."

Getting under the skin

How can inserting a needle into the skin or mere pressure on the skin surface affect so many different body parts? One thing is

certain, it isn't only placebo, that elusive confounder of scientific experiments which discounts positive results as due to the patient's belief in the therapy. Animals have no preconceived notion about the usefulness of acupuncture, yet acupuncture has been used successfully on dogs, cats, rabbits, pigs, chickens, rats, fish, horses, cows and monkeys, among other animals.

Veterinarians such as Sheldon Altman of Burbank, Calif. and John Limehouse of North Hollywood, Calif. have taken acupuncture out of the laboratory and into their clinics with outstanding results in treating arthritis, hip dysplasia and other degenerative conditions in family pets. In addition to needles, the vets may use electrical stimulation of acupuncture points, or inject points with medicinal substances such as vitamin B-12.

If acupuncture is not placebo, what is going on when needle meets skin? Some years ago scientists treated a rabbit with acupuncture to produce pain relief in a particular leg, then shunted that rabbit's blood into a second rabbit. Without receiving acupuncture, the second rabbit demonstrated immunity to pain in the same leg. More recently, researchers used acupuncture to make one rabbit immune to pain, washed its brain with electrolyte solution, and then injected some of that solution into the brain of a second rabbit. Although the level of analgesia produced was less in the second rabbit, the animal clearly had received a pain relieving substance in the electrolyte solution.

Other experiments have demonstrated that needling acupuncture points stimulates the release of endorphins, chemicals produced by the body which elevate mood and relieve pain in humans as well as animals. Needling also alters blood chemistry and body processes in other ways: It increases the activity of phagocytes, the white blood cells that devour our metabolic refuse;

it increases the activity of enzymes which run our body's chemical reactions; it increases blood circulation; it alters the firing of neurons in the brain; it stimulates the function of our endocrine glands and immune system; it speeds regeneration of nerve fibers; it improves the stomach's and intestines' digestion of food; and it creates alpha waves in our brain, mimicking the deep relaxation experienced during meditation.

The question remains, how can a needle create so many profound effects? The ancient Chinese answer rested upon their belief in *qi* (chee), loosely translated in English as energy or life-force, which flows through an invisible system of intersecting channels called meridians. The circulation of this *qi* was said to be influenced by weather, emotions, seasons, nutrition,

physical trauma and other aspects of human existence. These converge and result in an ever-fluctuating level of health that appears in each patient in a uniquely individual way.

An acupuncturist is taught to observe patterns of disharmony, not individual symptoms, before deciding upon a treatment plan. A runny nose and cough may be simply "the common cold" to a Western trained physician, but an acupuncturist must ask, "Does the patient whose nose is runny feel feverish or chilled? Does she want a tall glass of iced tea or more blankets? Is her skin flushed or pale? Does her tongue have a yellow or a white coat? Which of the 12 individually perceived wrist pulses, representing a dozen different organ systems, are strong and which weak?"

For the acupuncturist, the answers differentiate two entirely different pathological conditions, needing two different herbal formulas and different sites for needling or, at the very least, two different needling techniques. In one case, there is excess heat and the body must be cooled, while in the other there is excess cold and the body must be warmed. The existence of a virus, and the name of that virus, is irrelevant to the treatment.

It may be poetic and it may even be true, but "invasion of wind-heat" is not an acceptable diagnosis on insurance forms and invisible energy pathways is not a satisfactory explanation for scientists.

According to Bonnie McLean, a registered nurse and doctor of Oriental medicine in Santa Monica, Calif., the body most likely perceives the needle as it would any invasion by a foreign object; blood circulation immediately increases in the area so white blood cells are available for fighting and clean-up, red blood cells provide increased oxygen and nutrients for damaged tissues; lymph arrives to carry away refuse, and the immune system is locally sparked to attention. After about 15 minutes, muscles around the needle relax to assist the body in expelling the invading needle, which makes acupuncture especially useful for treating muscle spasms.

The body electric

There also seems to be an electromagnetic effect of needling. Robert O. Becker, M.D., an authority on the biological effects of electromagnetism and author of "The Body Electric" (Morrow and Company, \$10.95) and "Cross Currents" (Tarcher, \$19.95), theorizes that the meridians mapped out by the ancient Chinese

Continued on page 14

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ACUPUNCTURE

Continued from page 13

transmit direct current, and that acupuncture points serve as amplifiers to boost the current and keep it from diminishing en route (just as all electrical systems need boosters to offset resistance that inevitably exists in any conductor of electricity). In Becker's estimation, this direct current is part of a primitive control system able to sense injury, repair damage and transmit information via nerve impulses. This control, he suggests, may be initiated by the small current produced when metal needles react with ionic (charged) solutions in the body.

In ear acupuncture, notes Kendall, whose doctorate is in physiology, "the key nerve is a sprig of the cranial nerve, called the vagus nerve." The vagus nerve is close to the surface of the skin in the ear, enters the brain stem, and then wanders downward through the body, which is why it is called vagus (as in vagabond). Through the interconnected nerves branching out of the brain stem, stimulation of a specific point on the ear can influence the function of a muscle or organ located a great distance away.

Bruce Pomeranz, M.D., Ph.D., of the University of Toronto has been one of the primary researchers of the mechanism of acupuncture. He, too, explains acupuncture's effects in terms of the activation of particular nerve endings. He believes uniquely located nerve fibers at acupuncture points carry a signal up the spinal cord to the midbrain and pituitary, the master gland, through which needling particular points can influence multiple systems of the body.

East meets West

It seems that the attempt to dissect acupuncture's mysteries have thus far brought not one answer but many and that at this moment in history, acupuncture researchers are like the three blind men who grasp the tail, the ear and the leg of an elephant and describe their section of the animal as this thing called elephant. One day we may put together the known aspects of the mystery and discover the total picture of how acupuncture does all that it can do. Meanwhile, as Mohammed Mosleh, Ph.D., dean of Emperor's College of Traditional Oriental Medicine in Santa Monica, Calif., points out, "Patients are not concerned whether there is such a thing as *qi* or not, any more than Western medicine patients are concerned about the chemical pathway of their medication. They just want to get well."

It is common knowledge that acupuncture originated in China over 3,000 years ago. It is less known that acupuncture was used in the 1800s among Chinese immigrants to America who worked on the Transcontinental Railroad and from them spread into the practices of some Western doctors here. In fact, an 1826 issue of the *North American Medical and Surgical Journal* included a report on "Cases illustrative of the Remedial Effects of Acupuncture."

In 1892, one of the most influential physicians and teachers of the 19th century, William Osler of Johns Hopkins Medical School, wrote in his textbook "The Principles and Practice of Medicine" that "For lumbago, acupuncture is, in acute cases, the most efficient treatment, and for sciatica, acupuncture may be used." This reference remained until 1947, when the 16th edition of the text was published, but was removed in later editions as medical education moved more solidly into the hands of the pharmaceutical industry.

China, too, was influenced by the prestige accorded modern scientific methods and the synthesis of chemical-based pharmaceuticals, not to mention the foreign money that was invested in China to found Western-oriented medical colleges and hospitals. As a result, the Chinese government cracked down on the practice of acupuncture and herbology during the first few decades of this century. It wasn't until the Communist takeover of China in 1949 that

traditional Chinese medicine was again allowed to flourish. Yet the influence of the Western medical model remains strong even today. There is a tendency to localize the problem to the physical body and leave out the influence of the mind and emotions.

In contrast, the underpinnings of Chinese medical theory include direct correspondences between body organs, sense organs, colors, seasons and feelings. It was clear to the ancient Chinese, for example, that people holding onto anger and jealousy seemed to suffer more frequently from liver ailments, while those caught in their grief seemed more likely to complain of lung disorders.

The amputation of both psychological and spiritual dimensions of a patient's problem in contemporary China is to great degree due to a government that equates personal emotional problems with indirect criticism of the social order, and that is unacceptable to the State. Since American acupuncturists have either trained in China themselves, or have studied with teachers here who trained in China, there has been a tendency to de-emphasize the psychological dimension of healing here, as well.

Reconciling body and mind

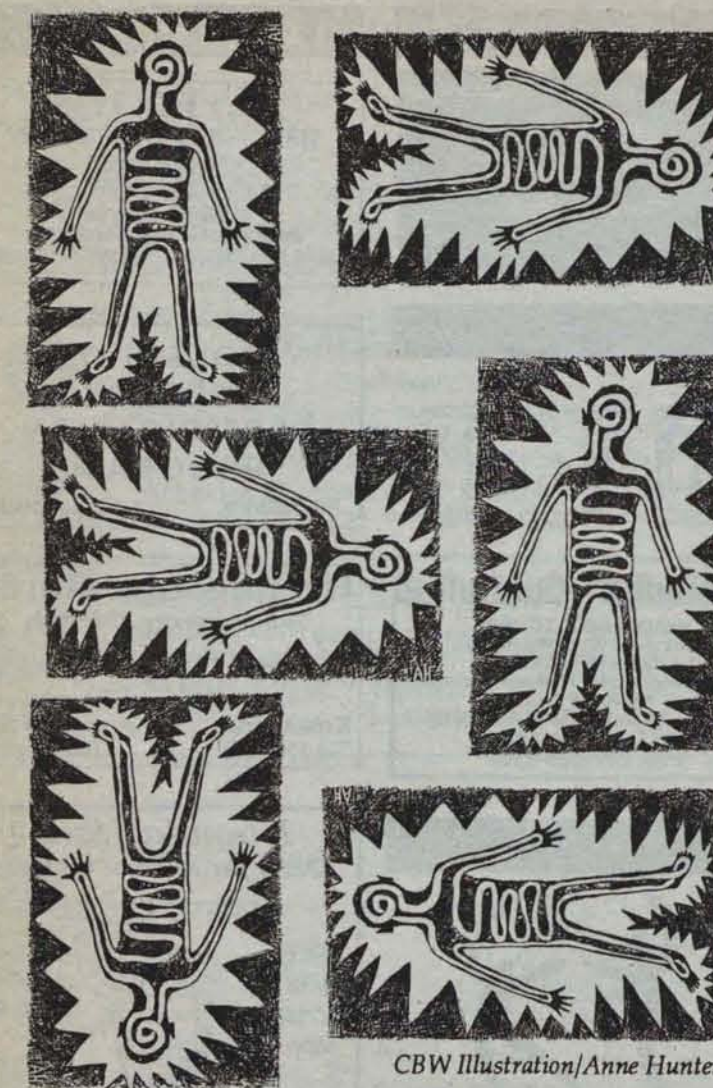
Ironically, it has taken an Englishman, John R. Worsley, to re-emphasize the influence of mind and emotions into everyday acupuncture practice. Starting in the early 1970s, Worsley's College of Traditional Acupuncture in Leamington Spa, England, drew students from America whose own writings and teachings have expanded the horizons of acupuncture in the States, such as Robert M. Duggan, M.A., President and Dianne M. Connelly, Ph.D., of the Traditional Acupuncture Institute in Columbia, Maryland; and Harriet Beinfeld, L.Ac., and Efrim Korngold, L.Ac., O.M.D., of San Francisco. Beinfeld and Korngold have recently published "Between Heaven and Earth: A Guide to Chinese Medicine" (Ballantine, \$20), a beautifully designed and poetically written expression of Chinese healing concepts and how the general public may apply those concepts in daily life.

Duggan likes to describe acupuncture as altering the experience people have of their personal health. He means that by its very nature, Chinese medicine focuses not on the symptom, but on the person who carries that symptom into the treatment room. This means that regardless of the school attended, a successful acupuncturist will help patients recognize the feelings and habits that are in the way of achieving lasting health.

Some within the field fear acupuncture is threatened by its very success. Physical therapists, dentists, chiropractors and medical doctors are beginning to stimulate acupuncture points as part of their own healing work. John Reed, M.D. of Phoenix, for example, felt a coherent theory was lacking behind the so-called scientific facade of Western medicine. He found what he was looking for in the concepts of acupuncture. "In terms of my professional practice," says Reed, Chinese medicine "put a breath of fresh air into it. I could do things for people that I didn't have the tools to do before."

"Acupuncture," says author-acupuncturist Harriet Beinfeld, "is going through the throes of birthing itself as a new profession." As with most newborns, it is threatened from both external and internal dangers. In addition to the ever-present desire of medical associations to wrestle control of acupuncture away from non-physician acupuncturists, the U.S. Food and Drug Administration (FDA) has begun a campaign to remove access to certain medicinal herbs and thereby constrict acupuncturists' scope of practice. This new threat, Beinfeld charges, is due to pharmaceutical industry pressure to eliminate competition. The FDA claims it is necessary to protect public health.

Advocates of Chinese medicine do not deny that our society needs the critical care and structural repair available through Western technical brilliance. They suggest that we may also need Chinese medicine's gentle revolution that replaces the goal of control ("a war against cancer") with a goal of cooperation ("a body in balance"). Although acupuncture has not yet divulged its total mysteries even to the Chinese, it has proven itself capable of complementing Western medical care by stepping into the healing dance exactly when Western science most needs a partner. ■



Maine's licensing laws are liberal Acupuncture welcome here

The number of acupuncturists in Maine has grown from one to 40 over the past 15 years. "Maine has a very welcoming attitude toward acupuncture," says Vicki Pollard, M.Ac. (master of acupuncture), who practices in Blue Hill and who, with four other acupuncturists, founded the Maine Association of Acupuncture and Oriental Medicine (MAAOM) in 1982.

Unlike many other states, Maine has passed liberal acupuncture licensing laws with no resistance or counter-lobbying from either opposed legislators or the Western medical establishment. Since 1988, an acupuncture licensing board under the jurisdiction of the state Department of Professional Regulation has checked that applicants have the proper credentials to be licensed here: at least 21 years of age, at least a bachelor's of arts or science degree or already licensed as an R.N. or a physician's assistant, 1000 hours of classroom instruction at an approved acupuncture college, and a minimum of 300 hours of clinical experience as an acupuncturist — all this plus successful passage of an examination given by the National Commission for the Certification of Acupuncturists.

Perhaps most indicative of the respect accorded Oriental medicine in Maine is a Fair Insurance Act passed this year, which provides that as of July 1, 1992, any insurance company willing to cover acupuncture performed by a medical doctor or osteopath must also cover it if it is performed by a licensed acupuncturist.

"It is significant that other mandated insurance laws have not been passed," says Sheldon Ganberg, D.Ac., L.Ac. (doctor of acupuncture and licensed acupuncturist) of Portland. "The acupuncture law went through an insurance screening commission, which unanimously recommended this law be passed. It was quite a victory."

In addition to insurance coverage, acupuncturists enjoy frequent referrals from other medical professionals. "I would say about 40 percent of my referrals are from medical doctors and osteopaths," Ganberg said. Medical doctors have prescribed his treatments for hospitalized cancer patients to reduce the side effects of chemotherapy. Ganberg, who is the chairman of the acupuncture licensing board, uses the term "complementary medicine" instead of alternative medicine to describe acupuncture and Oriental medicine.

"Each health-care practitioner has a piece of the whole picture," he says. "By working together we can use the right tool at the right time for the patient." Factor in the sophistication of Maine's medical consumers and their enthusiastic support of acupuncture, and Ganberg probably speaks for many of the state's acupuncturists when he says, "I really count my blessings here in Maine!"

For a list of all licensed acupuncturists in Maine, write to MAAOM care of Acupuncture Health Care, 278 State St., Portland, Maine 04101; or call 775-5020.

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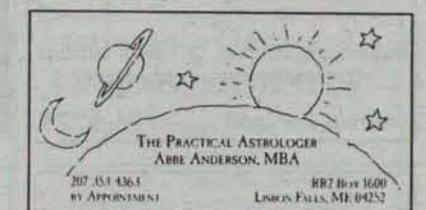
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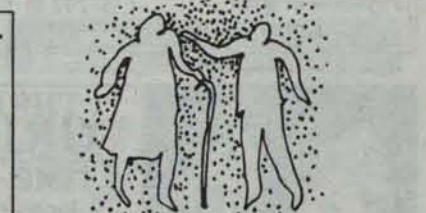


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Fight AIDS, not gays

What a summer it's been.

President George Bush golfed in Kennebunkport as AIDS activists marched in the town's streets; their pleas ignored, Bush returned to Washington to turn U.S. war ships toward Iraqi waters. A Portland group, backed by the religious right wing, pushed to overturn the city's new gay rights ordinance. Then Leo Martin, Gov. John McKernan's hand-picked new Commissioner of Education, testified on July 28 before a legislative committee almost certain to recommend him for the post despite his fatally archaic views about AIDS education.

During this same stretch of time, Dr. Ron McClinton, anesthesiologist, gay rights activist, founder of the Matlovich Society, died in Portland of complications arising from AIDS.

While the sham war on drugs and the oily war with Iraq grab headlines, there is another war going on here in America. It is a war that has been fought in the streets of Portland, the halls of Augusta and among the square pegs who occupy the Oval Office. It is a war on homosexuals — and, by extension, a war on those infected with the virus that causes AIDS.

Compassion is an answer

The message that people like Ron McClinton have been spreading is one of compassion, of tolerance for that which we fear because we do not understand it.

Unfortunately, the message is partly driven by anger and fear because the war on gays is being fought here in our own back yard. Gays in Maine have been beaten up, thrown off bridges, stalked and harassed because of their chosen lifestyle. But state legislators have failed to show compassion by repeatedly refusing to pass an equal protection law for gays. They're not alone. As the recent drive to revoke Portland's gay rights ordinance demon-

strates, the perception of gays as the enemy remains strong here.

And it seems likely that such people are using AIDS as one more excuse to perpetuate, rather than confront, their bigotry. Rather than shocking us into awareness, action

and cooperation, the terrible specter of AIDS appears to have given us a new reason to hate gays. The most malicious and persistent stereotype about AIDS — that it is transmitted solely by promiscuous homosexual behavior — remains as virulent as ever.

In fact, neither promiscuity nor homosexuality is the determining factor in acquiring AIDS. At a recent world AIDS conference, it was reported that women and heterosexuals are acquiring the disease in frightening new numbers.

Yet Bible-thumpers continue to burn gays on their crosses, using AIDS as a wedge to drive them still farther away from the understanding, the tolerance, the equal rights they seek. And the chasm grows because we have never been educated properly about AIDS.

Education is an answer

Leo Martin isn't a bad guy. He's been lauded by Republicans and Democrats alike as a man willing to fight for schools when the biannual budget axe begins to swing.

But where AIDS is concerned — a matter as grave, in these times, as the "three Rs" — Martin's got his head in the sand. As superintendent of schools in Kennebunk and Kennebunkport, Martin worked to keep condoms out of the town's high school. Never mind that concerned students formed a group to advocate for the safe sex measure, or that ACT UP activists introduced frightening AIDS facts into the

debate.

Martin won his fight. There will be no condom machines in Kennebunk High School.

That's not all. Martin's former high school doesn't teach sex education until the 11th grade, despite Centers of Disease Control statistics showing that 40 percent of U.S. children have had sex by the time they finish the ninth grade, and only 45 percent of sexually active teens use condoms. Refusing to teach kids about AIDS or condoms while they are engaging in unsafe sex is not merely foolish; it is criminally irresponsible.

No other Maine school allows the distribution of condoms either. And so, because nobody else will do it, ACT UP members — most of them gay — have taken to the streets and schoolyards, risking scorn and arrest to hand out condoms to teenagers. It is painful, and ironic, that we are persecuting the very people who are helping to save the lives of our children.

Voting is an answer

We must set straight our priorities in Maine. We must fight both AIDS and discrimination against gays. We must cultivate both compassion and education. And we must tell Leo Martin in the strongest terms to get serious about AIDS education. Placing condom machines in Maine's high schools is the least he can do; a comprehensive, statewide AIDS education program should follow.

To battle gay-bashing, we must form a state hate crimes unit and vote to uphold Portland's human rights ordinance on Nov. 3.

While we're at it, we should shoot George Bush to the moon — or at least out of office — the same day.

(PK)

Investor sells himself WCLZ

By Donald Maurice Kreis

There is much ado across the fruited plain about Reaganomics and the barren aftermath of 12 interminable years of me-first decadence. Here in the Casco Bay bioregion, the signs are everywhere and yet they are nowhere; it is difficult to trace which lost job is attributable to precisely which bit of trickle-down policy. Occasionally, however, there is a particular point of light that seems to illuminate everything. And so it is on the banks of the Androscoggin in Brunswick, where Ross W. Elder has sold himself WCLZ.

Elder's deal is classic Reagan-Bush stuff, bred of deregulation (as in Dan Quayle's Council on Competitiveness crusade), and made possible in part by a grant from you and me, the taxpayers of the United States of America.

We did it through the Federal Deposit Insurance Corporation. When the FDIC took over Maine National Bank in 1990, the federal insurance fund inherited a loan to an outfit called Eastern Radio Company II — the firm that had, just a year earlier, bought itself WCLZ in Brunswick for the princely sum of \$2,175,000.

Government Giveaway #1: The public owns the airwaves. Before the Reagan era, the law used to protect the public's rights to these frequencies. One such protection was the ban on "trafficking" in broadcast stations, which meant that you couldn't sell a radio station until you had owned it for at least three years. That safeguard fell victim to intense broadcast industry lobbying. As a result, the late 1980s produced a trading frenzy as stations were sold for far more than they were really worth. WCLZ changed hands twice in less than two years, and Eastern Radio Company II never should have

paid \$2.2 million if it expected to operate WCLZ profitably.

Government Giveaway #2: Despite its name, Eastern Radio Company II isn't really a company. It's a limited partnership, which is a euphemism for "tax shelter." Investors can write off most of their losses from limited partnerships, which means the partners don't pay their fair share of taxes on their other, money-making investments.

Government Giveaway #3: Not only did Eastern Radio Company II generate lots of losses for its partners to deduct, but a year ago the outfit went into receivership when it could not pay the \$1

million it still owed to Maine National Bank. By this time, however, Maine National was history, and the taxpayers — through the Federal Deposit Insurance Corporation — were stuck with the bad loan.

Government Giveaway #4: Receivership means the FDIC took over the failed business and asked the court to appoint a receiver to run the business and try to sell it. Thus, one Ross W. Elder of Norwood, Mass. became receiver of WCLZ last year. An experienced broadcast manager, Elder seemed a prudent choice — for which the taxpayers, through the FDIC, are paying Elder in excess of \$5,000 a month, or about \$60,000 a year, to do the peoples' business. But it looks like Elder is also doing his own business.

On Dec. 27, 1991, Elder won himself a belated Christmas present from the Cumberland County Superior Court. It approved his plan to sell WCLZ to one William A. Devereaux of Wenham, Mass. for \$525,000 in cash. We, the people, are presumably expected to eat the roughly \$500,000 that will thus

remain unpaid from the Maine National loan. Elder reported that Devereaux was the highest of six bidders.

There is nothing in the file at the courthouse in Portland to suggest that Elder disclosed something else he knew about Devereaux. The buyer was actually taking over WCLZ on behalf of something called Riverside Broadcasting — yet another limited partnership, with all its opportunity for charging losses to the U.S. Treasury. And when all this came before the Federal Communications Commission in Washington this spring, the file there revealed that Elder and Devereaux are actually partners in Riverside. Elder, in fact, is president of Riverside and owns 25 percent of the partnership. Thus Ross W. Elder, receiver, is selling WCLZ to Ross W. Elder, investor.

None of this was disclosed to the Maine court until the information showed up in Riverside's FCC application in April. Would the court have approved the deal if it had known about Elder's interest in both sides of the transaction? Nobody knows, because neither the thwarted bidders nor the FDIC have complained. Would a different receiver, one who wasn't also trying to buy WCLZ, have cut a better deal for the FDIC and its taxpayer-owners? Again, nobody knows.

What we do know is that it was all legal. And it's a textbook case of how Reaganomics is working — to make the rich richer. Think about it the next time you listen to WCLZ. Think about it when you vote in November. ■

Donald Maurice Kreis bought himself a car in 1988 with a loan from the Maine National Bank, and paid every last cent of it back — a year ahead of schedule.

citizen



Kevin Robinson of Northeast Trick Stars soars on his bicycle during a July 21 exhibition at Deering Oaks Family Festival in Portland.

CBW/Colin Malakie

seen

Learn from past mistakes

In response to Mr. Harrigan's statistical acrobatics (6.25.92), I would like to make several comments.

First, neither rape, assault, AIDS nor "social disorder" is a genetically inherited "personality trait." The first two are social pathologies that cross all racial and socioeconomic lines. The third is the result of a dangerous virus that thrives in an environment of moisture and ignorance, also ignoring social boundaries; and the fourth, simply an individual and very relative interpretation of events beyond the control of whoever uses the phrase.

Second, the people of central Europe, east Asia and Northern Ireland have all had their recent share of bloody urban violence. The thing they have in common with Los Angeles is not skin color or linguistic patterns but an environment of social and economic oppression.

Third, the history of black Africa and the Caribbean basin has been one of military and economic victimization of

a non-white majority by a white minority since the 17th century. The sooner we learn from the mistakes of our past (rather than hiding them as Mr. Harrigan, Ed.D., seems to prefer), the sooner we will be able to understand the problems of our present. Finally, while it is obviously important that your newspaper print sincere letters from various points of view, racist propaganda should be recognized for what it is. I urge you to consider the impact of what you publish.

Tom Faux
Portland

Science and racial divisions

I am writing in response to John E. Harrigan's letter (6.25.92). The letter begins with the statement, "Without question personality traits have a strong genetic component. This is not a matter of debate among scientists..."

Well, yes, it is a matter for debate. Of course, I'm not denying that genetics has something to do with personality, but the fact is no scientists can agree just how much behavior and personality traits are determined by genetics alone. It's the age-old question of nature vs. nurture.

There are many theories as to how personality forms in an individual. But most psychologists, sociologists, etc., now agree that personality is so complex it is shaped

by several factors, including environment, learning and role playing as well as genetics. Therefore, to imply that violence is a genetically determined personality trait is to simplify a very complex issue.

I find this claim especially disturbing when applied to the issue of race. It is ridiculous to assert that blacks as a race genetically tend to be violent. One has only to look at American history to see that this is not so. What about the peaceful heroes of the Civil Rights movement of the '60s: Martin Luther King Jr., Bob Moses and countless others? The point I'm trying to make is that all humans have a capacity for violence and peacefulness, and this is in no way determined by race or genetics alone.

If people try to use scientific "evidence" to draw such dividing lines across racial boundaries, we fall back into the old, dangerous line of thinking that allowed white Americans to rationally and morally justify slavery and other forms of oppression. Such thinking is harmful toward building better race relations.

R. McDonald
R. McDonald
S. Paris

Consume less, recycle more

I am disturbed and appalled at what we are doing to the environment and how

we are changing nature radically. Please remember to do your part in consuming less and recycling more. You can:

- 1) put an 8- or 16-ounce milk or juice container in your toilet filled with rocks (smaller version of gallon container) to save water when you flush; flush less.
- 2) use fewer paper products: toilet paper, paper towels, napkins.
- 3) buy less tin foil and plastic; buy stuff that is recyclable.
- 4) plant a tree or give one as a present to someone.
- 5) parents can have fewer children and use birth control responsibly.
- 6) set up recycling centers in your community and listen to your children when it comes to ideas about what to do.

- 7) eat less meat and fewer fish and dairy products and buy unirradiated organic foods at alternative markets.
- 8) use less gas, oil, wood and coal; install solar equipment.
- 9) use less electricity at peak times between 4-8 p.m. and 6-10 a.m.

- 10) ride your bike, walk, take a bus.
- 11) exercise regularly, sleep well and eat healthy.

- 12) contribute money and volunteer time to your favorite organization to help save the environment and help animals.

Remember, the amount of protected land is the world is only 4 percent. Do what you

can to save the world before it's too late. You can individually make a difference. Your voice counts.

Ashley Lenartson
Ashley Lenartson
Portland

Improve the enjoyment ratio

I greatly enjoyed John Arthur Wilson's comments on congressional reform and the Michael Danahy story (6.25.92). My enjoyment was overshadowed, however, by John Harrigan's overly racist and white supremacist letter and Linda Bean's old, tired and defensive "liberal"-bashing letter.

Al Diamond's opinion of Toms Andrews' re-election campaign kickoff is quite different from my own. I too was there and was inspired by Tom's uncompromising views and his supporters' optimism and spirit.

I realize these opinions belong to the above-mentioned authors. However, I was literally repulsed by CBW's refusal to dump the sexist Mark's Show Place and Video Expo ads and the Maine Yankee ad, which makes nuclear power sound like "fun for the whole family." If the enjoyment ratio in CBW doesn't improve soon, I think I'll stop reading it and urge others to do the same.

Jeff Weinberger
Portland

Casco Bay Weekly

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Entertainment Weekly

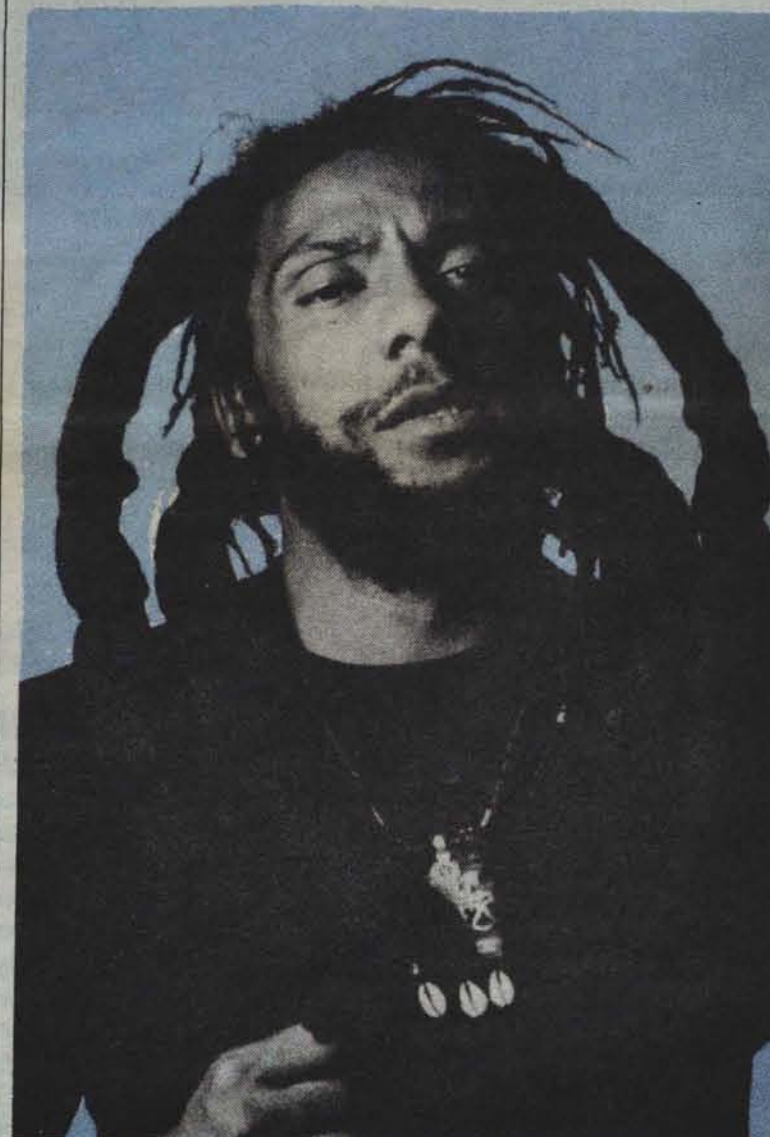
Submissions for Entertainment Weekly sections must be received in writing on the Thursday prior to publication. Send your Calendar and Listings information to Ellen Liburt, Casco Bay Weekly, 551A Congress St., Portland, ME 04101.

30 THURSDAY

◆ Transforming the cityscape: The Photography Coop, located at 547A Congress St., is smack dab in the middle of Portland's downtown rehabilitation efforts. It's offering T.D. Nelson's photos of the

surfaces and spaces of forgotten or changing urban landscapes. Hit the opening for "Bits and Pieces: The Changing European City," from 5-8 p.m. tonight. Call 799-0180 for more.

◆ It's not every day you get to meet a real live whirly gig maker. Take advantage of a rare opportunity: Hardware Cafe and Gallery, the new cultural hub



Hear this man read you your rights Monday, Aug. 3.

The Casco Bay Weekly Calendar: 10 days and more ways to be informed, get involved and stay amused.

of Peaks Island, is hosting an opening tonight from 4-8 for works of photographer Stephanie Friel, dollmaker Carol Cartier and Harry Hults, whirly gig maker par excellence. The gallery's located in the Peaks Island Mercantile, 115 Island Ave. Call 766-5631 for more on the gig.

◆ Avner the Eccentric can take his wife Julie Goell anywhere: After all, she's the Woman in a Suitcase. See their New Vaudeville show, "Family Comedy Fusion," tonight at 8 in a benefit performance for the Peaks Island Health Center. This strange but entertaining couple will perform at the island's Lions Club. Ferries leave Casco Bay Lines terminal at 5:35 and 7:15 p.m., so you can hit the opening before the show. Tix are \$10 for adults, \$8 for kids and seniors. Call 766-2929 for suitable details.

31 FRIDAY

◆ See Doug Varone & Dancers, the company in residence at the 1992 Bates Dance Festival, whose energetic and idiosyncratic movements have won acclaim for the troupe since its inception in 1986. DV&D perform selections from their repertoire tonight at 8 in Schaeffer Theatre, Bates College, Lewiston. Tickets are \$12, \$7 for students and seniors. Call 786-6161 for further details.

1 SATURDAY

◆ Why are so many children's fable heroes named Jack? Nobody knows; the question's just another existential cry in the darkness of an indifferent and random universe. But you can see a collage of fables, stories and nursery



Paint the town Thursday, July 30.

rhymes starring the ubiquitous Jack — with his sly companion the Fox — today at 10:30 at The Theater Project, 14 School St., Brunswick. The show, put on by the project's Junior Company, is fast-paced and lasts an hour. Admission is \$5. Call 729-8584 for the facts, Jack!

◆ Enter the comfort zone: Jane Comfort & Company, a daring New York dance troupe, presents "Deportment," a satire on racism and homophobia at 8 tonight in Schaeffer Theatre, Bates College, Lewiston. A discussion with artists follows the performance. Tix are \$12, \$7 for little ones and older ones. Comfort seekers should call 786-6161 for more info.

2 SUNDAY

◆ Go fish: No one will be tuna way from the Casco Bay Sportfishing Classic, a two-day family-oriented fishing tournament that concludes today. Starting at sunrise, ending at 4, the event features a fighting chair that simulates battle with a shark or tuna, marine conservation exhibits, and

an up-close and personal look at the hardy sportsmen who pit themselves against Nature (and then de-bone the fish). The tournament takes place at Spring Point Marine in South Portland. Don't flounder over details: Call 767-3254 for info on entry fees.

3 MONDAY

◆ Censorship & publishing: Stonecoast Writers Conference sponsors a panel discussion today with Lou Ureneck, executive editor of The Portland Newspapers, David Cadigan of the Maine Arts Commission, Associate Director of the Maine Humanities Council Richard D'Abate and Maine Writers and Publishers Alliance president Harriet Mosher. The free talk takes place at 1:45 in Luther Bonney Auditorium, USM Portland. Call 780-4076 for more free speech.

◆ Right-on rock: Ras Hailu Gabriel Joseph I is the former lead singer & founder of reggae/hardcore outfit Bad Brains. Now he serves up his own political reggae rock, which he calls "Jah Jazz," with his band

Human Rights. Admission is \$8 at 8 tonight at Zootz, 31 Forest Ave. Call 773-8187 for more about your rights.

4 TUESDAY

◆ Libertarians: They're those people who believe in limited government, property rights and personal responsibility. So if you think there's too much Gore in government and Bush's candidacy makes you Quayle, meet with Libertarian vice presidential candidate Dr. Nancy Lord, who will speak and answer questions on her party's philosophy tonight at 7:30 in the high school at 30 Holbrook St. Pick a little, talk a little: Call 865-6041 to get tickets for your someone.

5 WEDNESDAY

◆ Seven League Boots have a big leagues ska sound mixed in with their aggressive alternative rock. The band's been playing together for a while in Beantown, where they have

a hefty following. Follow them at Granny Killam's Industrial Drink House (55 Market St.), tonight around 9:30. Admission is \$2. Call 761-2787 for other stats.

6 THURSDAY

◆ Art, music, theater, dance, poetry, puppetry, juggling, fireworks, food and more: The 1992 Maine Festival of the Arts begins today! See page 29.

7 FRIDAY

◆ A little night music: The Originals present "Jesus Christ Superstar" (you know the plot: the trials and tribulations of J.C., but with a beat) at 7:30 tonight at the Saco River Grange Music Hall in Bar Mills. Tix are \$8 for adults, \$6 for students and seniors. For reservations call 929-5412.

But he's not the only musical man. Professor Harold Hill stirs trouble — and the heart of Marion the Librarian — once again in River City and Freeport, where the Freeport Community Players present "The Music Man" tonight at 7:30 in the high school at 30 Holbrook St. Pick a little, talk a little: Call 865-6041 to get tickets for your someone.



Are they wearing Calvins? Only their partners know for sure. Find out before you label them Friday, Aug. 31.

Whatever Daniel Burke wants, Daniel gets? Baseball might not make it to Portland, but the game's definitely in play at the Ogunquit Playhouse, which presents "Damn Yankees" — starring Jamie Farr as the Devil — tonight at 8:30. The theatre is located on State Road. Tickets are \$19; call 646-5511 for reservations.

8 SATURDAY

◆ See 'em boat (both, that is): Tour the *Shamrock V*, America's Cup contender built in 1930 and currently the only J-Class sloop in America. She'll be arriving in Portland Aug. 7 between 3-5 p.m.; you're invited out to the breakwater to welcome her to the harbor then, or you can take a tour today or tomorrow from 10-5 at Portland Yacht Services, 58 Fore St. Admission is \$5. She's yare and she's in yare backyard; call 774-1067 for the sloop.

Lightship #112 Nantucket is the largest American floating lighthouse ever built. Constructed in 1936, she served as the harbor entrance control vessel for Portland during World War II. Visit Nantucket from 10-4 today at the U.S. Coast Guard Mooring, 350 Commercial St., Portland. Admission is \$3 for adults, \$1.50 for kids and seniors, \$7 for families. Call 775-1181 for moor info.

cheap thrill



Don't let the photo fool you; the King will be appearing in Portland Saturday, Aug. 1.

Elvis: better late than never

Are you lonesome tonight? As all true fans know, Elvis Presley died on Aug. 16, 1977, just before he was scheduled to appear in Portland. But Elvis hates to disappoint his fans, and all but the most suspicious minds will rejoice in the King's triumphant return to Portland Saturday, Aug. 1. (It's taken him a while to make this post-mortem appearance in Portland, as he's been busy appearing dead everywhere else.)

If you still love him tender, you won't want to miss "In the memory of Elvis," a tribute to the King by Kennebunk resident Bob Hardy, who will give two different shows featuring Elvis' greatest hits. Between shows, you can also gyrate your pelvis to the hottest tunes of the '50s and '60s.

It's all shakin' behind the pearly gates of Portland Ramada Inn (1230 Congress St.), which open at 7:30 p.m. Tickets are \$10, available at Starbird Music Shoppe, 500 Forest Ave. Call 865-4191 for burning details. And remember to chug down some pop, wolf down lotsa PB & J sandwiches, and don your blue suede shoes before twitching out the door.



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AUGUST 3
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Entertainment Weekly

Continued from 10-day CALENDAR

SILVER SCREEN

A League of Their Own

In 1943, all the baseball-playing men were at war overseas and women were given their chance to play professional ball. Penny Marshall directs this comedy about the All-American Girls Professional Baseball League. Starring Geena Davis, Lori Petty, Tom Hanks and Madonna.

Alien 3

Ripley awakes after crash-landing on a desolate world where she is the only female on the all-male prison planet — well, almost the only female. The stow-away slurs through most of the cast en route to a showdown with Sigourney Weaver that will make "Alien 4" very difficult to write.

Basic Instinct

Michael Douglas returns to the "Streets of San Francisco" as a detective in this erotic thriller directed by Paul Verhoeven ("Total Recall"). Slick, entertaining, homophobic.

Batman Returns

Batman (Michael Keaton) returns to battle the combined forces of the Penguin (Danny DeVito), an evil industrialist (Christopher Walken) and the Catwoman (Michelle Pfeiffer). Directed by Tim Burton. Lotsa action can't mask the lack of a cohesive plot.

Boomerang

Eddie Murphy stars as a womanizer who changes his ways when he falls in love with another exec at his company (Robin Givens) who's as hard-boiled and professionally driven as he — and as unattainable romantically. Features Halle Berry and Grace Jones, directed by Reginald Hudlin ("House Party").

Bebe's Kids

From the Hudlins (Reginald and Warrington), co-creators of "House Party" and "Boomerang," comes this animated musical based on the comedy routines of the late Robin Harris. Three impressive kids turn a young man's date with a beautiful woman into a nightmare. With the voices of Rick Little, Nell Carter, Faison Love and Tone Loc.

Buffy the Vampire Slayer

Buffy, a California high school cheerleader (played by Kristy Swanson) discovers that she is the latest in a long line of women destined to slay vampires. It's a good thing too, for a team of vampires, played by Rutger Hauer and Paul Reubens (a.k.a. Pee-wee Herman), decide to pull up stakes in Romania and move to the San Fernando Valley. Also starring Luke Perry and Donald Sutherland.

Death Becomes Her

Two narcissistic, age-obsessed women — an actress (Meryl Streep) and an author of beauty books (Goldie Hawn) — vie for the love of a plastic surgeon (Bruce Willis). Both are willing to go to any lengths to defy the aging process, including swallowing a potion they believe will grant them eternal youth — with dire consequences. Directed and produced by Robert Zemeckis and Steve Starkey, the team responsible for "Who Framed Roger Rabbit" and the "Back to the Future" trilogy.

Delicatessen

A post-apocalyptic French comedy about a rundown tenement building whose landlord/butcher feeds the building's inhabitants on the hapless applicants for the position of building superintendent. One is a former circus clown who falls in love with the landlord's daughter. Will he become a cuffed or will he conquer all? The film combines live action with animation.

Diggstown

James Woods plays an ex-con man who arrives in Diggstown, a southern town obsessed with boxing, to promote the boxing career of "Honey," Roy Palmer (Lou Gossett Jr.). He and Roy find themselves teaming up to rescue Diggstown from the corrupt clutches of powerful promoters. Also stars Bruce Dern.

Honey, I Blew Up the Kid

Wayne Szalinski (Rick Moranis), the same scatterbrained inventor who shrank his kids, now finds his problems magnified when he accidentally zaps his son Adam with an enlarging ray. Not surprisingly, the towering toddler, who grows to 112 feet, wreaks havoc on his family's unsuspecting community. Also starring Marcia Strassman.

Housesitter

Goldie Hawn plays a con artist who has a one-night stand with an architect (Steve Martin), moves into the man's home and pretends to be his wife while trying to win his heart.

Howards End

In this adaptation of E.M. Forster's novel, the clash between different segments of early 20th-century British society is reflected in the relationships between the bohemian Schlegel sisters and the conventional Wilcox family. Starring Vanessa Redgrave, Anthony Hopkins, Emma Thompson and Helena Bonham-Carter.

Mo' Money

Damon Wayans plays Johnny Stewart, a con man who decides to put his shady life behind him when he falls in love with Amber Evans (Stacey Dash), a rising executive at Dynasty credit cards. He gets an honest job in the Dynasty mail room to be near his new love, but then decides he needs money to impress her. He starts stealing dead people's credit cards out of the mail, and is approached by mobsters already onto the scam who want him to join their operation. Peter MacDonald directs Wayans' screenplay.

Mom and Dad Save the World

While celebrating their 20th wedding anniversary, Mom and Dad (Teri Garr and Jeffrey Jones) are abducted and beamed up to the planet Spengo. The ruler of Spengo (Jon Lovitz) has designs not only on earth but on Mom as well. Mom and Dad must fight to escape and save Earth from destruction. Also starring Eric Idle and Wallace Shawn.

My Cousin Vinny

Joe Pesci plays the inept Brooklyn lawyer who comes to the rescue of his cousin and a friend (Ralph Macchio and Mitchell Whitfield), college students wrongly accused of murder in a rural Alabama town. Features a deliciously tawdry performance by Marisa Tomei as Pesci's body-suit-clad girlfriend, and a fine cameo by Fred Gwynne.

Patriot Games

Harrison Ford steps in for Alec Baldwin as CIA analyst Jack Ryan in this sequel to "The Hunt for Red October." International terrorists and an IRA splinter group target Ryan and his family after Ryan foils their attempt to kidnap a member of England's royal family. Also featuring Anne Archer as Ryan's wife and Thora Birch as their daughter.

The Player

Insider Hollywood satire about a movie exec suspected of having murdered a screenwriter. (Doesn't happen often enough.) Starring Tim Robbins and Whoopi Goldberg, with cameos by half the big names in "Tinseltown."

Shadows and Fog

Woody Allen plays a clerk who lives in a nameless European city in the 1920s. One night he is awakened by a vigilante band, who recruit him to hunt for a psycho stranger. Not quite sure of his role in this search he wanders around the city, encountering in his travels all sorts of strange people, including a circus sword-swallower, a mad scientist and a clown. The cast includes Mia Farrow, Jodie Foster, Madonna, Kathy Bates, John Malkovich, John Cusack and Lily Tomlin.

Sister Act

A trashy lounge singer (Whoopi Goldberg) goes into hiding in a convent after witnessing a crime. She takes over the choir and transmutes them into superb jazz singers, thereby attracting the attention of the thugs involved in the murder.



Stranger Among Us

Melanie Griffith stars as Emily Eden, a hard-nosed Irish cop who goes undercover to find a killer in the insular community of the Hasidim, an orthodox sect of Jews. During the investigation she falls in love with the murdered man's best friend (Eric Thal), who just happens to be the son of the rabbi, the community's leader. Directed by Sidney Lumet.

Universal Soldier

A reporter discovers a secret government experiment to create the ultimate fighting machines, genetically engineered soldiers made from dead GIs. But a flaw in the programming of the six prototypes enables them to break free from their masters. In the ensuing battle, one (played by Jean-Claude Van Damme) struggles to regain his lost humanity, subdue his rampaging companions and protect the reporter. Also starring Dolph Lundgren.

Unlawful Entry

After a young couple's home is vandalized, the police officer assigned to their case begins to terrorize them. Stars Kurt Russell, Madeline Stowe and Ray Liotta, who does a nasty turn as the cop.

WHERE'S WHAT

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

General Cinemas

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

Dates effective July 31-Aug 6
 No Aug 1, 2:30 show of Honey I Blew Up the Kid or 7 pm show of Lethal Weapon III

Lethal Weapon 3 (R)

4:15, 7, 9:35

Mom and Dad Save the World (PG)

12:45

Boomerang (R)

1:30, 4:05, 7:10, 9:40

Honey, I Blew Up the Kid (PG)

12:15, 2:30, 4:45, 7:20, 9:30

Stranger Among Us (PG-13)

12:20, 2:45, 5:10, 7:30, 9:50

Buffy the Vampire Slayer (PG-13)

12:30, 2:40, 5, 7, 9:10

Death Becomes Her (PG-13)

1:35, 5:30, 7:40, 9:50

Bebe's Kids (PG-13)

1:20, 3:25, 5:15, 7:15, 9:15

Hoys Clark's Pond

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

Dates effective July 31-Aug 6
 No Aug 1 show of Universal Soldier

Diggstown Aug 1 only

Batman Returns (PG-13)

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

Sister Act (PG)

1:30, 4:20, 6:50, 9:10

Unlawful Entry (R)

1:10, 4, 7:20, 9:50

Patriot Games (R)

1, 3:50, 7:10, 9:45

A League of Their Own (PG)

12:50, 3:40, 7, 9:40

Universal Soldier (R)

1:20, 4:10, 7:30, 9:55

Howards End (PG)

12:30, 3:20, 6:30, 9:20

Mo' Money (R)

1:40, 4:30, 7:40, 10

Diggstown

7:30

The Movies

10 Exchange St., Portland

772-9600

Matinees Sat & Sun

Delicatessen

July 29-Aug 4

Wed-Tues 7, 9; Sat-Sun 1, 3

Shadows and Fog

Aug 5-11

Wed-Thurs 7:15, 9

Sat-Sun 1:15, 3

Nickelodeon

Temple and Middle streets,

Portland

772-9751

Dates effective July 31-Aug 6

Basic Instinct (R)

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

The Player (R)

12:50, 3:50, 7, 9:40

Fried Green Tomatoes (PG-13)

12:30, 3:30, 6:30, 9:15

My Cousin Vinny (R)

7:10, 9:50

Beauty and the Beast (G)

1:20, 4:10

Alien 3 (R)

1, 4, 7:20, 9:55

Encino Man (PG-13)

1:10, 3:15, 6:40, 8:45

Pride's Corner Drive-In

651 Bridgton Road, Westbrook

797-3154

Dates effective July 31-Aug 6

Housesitter (PG-13)

8:15

Far and Away (PG-13)



Regina O'Malley as Beth and Kevin Bailey as Worth

Photo/Carol Rosegg for Martha Swope Assoc.

Mad Horse issues a challenge:

"An Unfinished Song" is courageous and thoughtful

James J. Mellon's "An Unfinished Song" is an entertaining, intellectual and thought- and emotion-provoking musical. Thematically, it's also highly contemporary and daring.

The excitement engendered by this play is partly due to the fact that something new has been born. If you're an avowed fan of great musicals, with their clever lyrics and lilting rhythms, and you know the words to every tune from *South Pacific*, meeting a new one is something akin to having a new child in the family.

The crisp, illusionary, three-dimensional set designed by Victor Becker engendered an immediate anticipation that this play was going to be good. A series of cloth pillars, like towering modern-day

stage
 See "An Unfinished Song," book, music & lyrics by James J. Mellon, directed by Michael Rafkin in a joint production with Tri-Angle Productions, through Aug. 16 at Mad Horse Theatre, 955 Forest Ave., Portland. 797-3338.

memories and those of their friends. This is the eighth set Becker (who also once designed a theater for the Dalai Lama) has designed for Mad Horse.

The lighting has equal depth. Patterns lie quietly across each other, filtering through the shoji screen, and coming from different directions — a prelude to the five separate-but-interlocked stories that are about to unfold, as well as the interplay between past and present.

The play, with book, musical score and lyrics by James J. Mellon, begins in the present as four people gather, "Big Chill" style, to attend to matters following the death of their mutual friend. The tale is tangled, involving interlocking human relationships and all of their attendant joy, anger, humor and heartbreak. Michael (James J. Mellon), the young composer who has died, is a pure-hearted idealist who believes firmly in living authentically. He believes the goals that people pursue — money, successful careers, social status — are all empty and meaningless when pursued at the expense of human values

like commitment and personal authenticity. You have to wonder, Michael challenges, whom you're doing it for.

He lays this challenge especially at the feet of a conservative young attorney who is aptly named Worth (Kevin Bailey). Bailey gives a convincing portrayal of the angst and ambivalence that Worth experiences, both a consequence of the fact that his life is a lie. Secondary characters who both observe and experience for themselves the problems of love and authenticity include Beth (Regina O'Malley), who suffers with alternating wit and despondency her unrequited love for Michael; and the zanily mismatched couple Brad (Ron LaRosa) and Debbie (Kymberly Dakin).

The play moves from deep introspection to grief to complete hilarity and back again repeatedly and seamlessly, carried by a dialogue that is fast and extremely witty. O'Malley plays the shelled but nonetheless committed lover with caustic, self-deprecating wit. And LaRosa and Dakin play off each other with equal verve, their theme being both an echo of and a variation on that played out by Michael and Worth.

The deep philosophical questions addressed are also carried by a musical score that ranges from poignant ballads to a lovely trio sung by the three men about the ambiguity of love, to a rapidly paced five-part syncopated piece about the struggles and torments of relationship ("I'm leaving"/"I'm coming"/"I'm staying"/"I'm going"/"How can you leave me?" all whirling around at once), to the musical and theatrical high point of the play: "Blond-Haired Babies," Debbie's bawdy and hysterically funny commentary on contemporary sexual mores.

The score, however, is uneven, as the serious ballads tend to drag a bit tunelessly. Mellon is much better, both as composer and lyricist, when he's being funny. "The Frying Pan," Beth's account of her nervous breakdown in Macy's, is a wonderful case in point.

Director Michael Rafkin has drawn an enormous range of hues from this New York cast superbly. The pacing is fine. Still moments are allowed to be still, and the rapidly moving ones fly with exhilarating speed. Indeed, the finely keyed tension was so magnetic it drew the audience right to its feet.

Margot Brown McWilliams

STAGE

"Aniky-Baniky"

A youth theater group of Moscow presents a rock musical of Russian Fairy Tales July 30-31 — Thurs-Fri, 8 pm — at Lewiston Junior High Auditorium, Central Avenue, Lewiston. Tix: \$6, \$4 children. 782-4683.

Bates Dance Festival Faculty Gala

featuring an evening of original modern dance and performance art Aug 7 — Fri, 8 pm — at Bates College, Lewiston. Tix: \$12, \$7 seniors and students. 786-6161.

"Carnival"

Windham Center Stage Theatre presents a musical about a young orphan girl who joins the carnival July 31-Aug 16 — Fri-Sat, 7 pm; Sun, 2 pm — at Windham Community Center, Windham. Tix: \$8, \$5 seniors and children under 12, \$1 preschoolers. 892-0241.

Comedians Tim Ferrell, Joanne Chesale & Kevin Stone ask the age-old question: Do you fear mimes, sad clowns and puppetry? Then you'll love the improvisational comedy of this demented trio, who take audience ideas and transform them into two hours of comic mayhem. Admission is \$3. Every Thursday at 8 pm at the Cave, 29 Forest Ave. 879-0070.

Continued on page 24

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Entertainment Weekly

Continued from page 23

STAGE

"Damn Yankees"

Ogunquit Playhouse presents this big league musical July 27-Aug 8 — Mon-Tues, Fri-Sat, 8:30 pm; Wed-Thurs, 2:30 pm and 8:30 pm — on State Road, Ogunquit. Tix: \$19, \$46-2402.

Doug Varone & Dancers

perform selections from their repertory July 30-31 — Thurs-Fri, 8 pm — in Schaeffer Theatre, Bates College Lewiston. Tix: \$12, \$7 seniors and students. 786-6161.

Leland Faulkner & Friends

present an evening of mime, magic and comedy July 31 — Fri, 8 pm — Celebration Barn Theater, Stock Farm Road, S. Paris. Tix: \$6, \$3.50 children. 743-8452.

"Jack and the Beanstalk"

The Theater Project's Junior Company presents this collage of fables, stories and nursery rhymes Aug 1 — Sat, 10:30 am — at the Theater Project, 14 School St, Brunswick. Tix: \$5, 729-8584.

"Jacques Brel is Alive and Well and Living in Paris"

A dance performance of "Department," a controversial satire on racism and homophobia Aug 1 — Sat, 8 pm — in Schaeffer Theatre, Bates College, Lewiston. Tix: \$12, \$7 seniors and students. 786-6161.

Jane Comfort & Company

A dance performance of "Department," a controversial satire on racism and homophobia Aug 1 — Sat, 8 pm — in Schaeffer Theatre, Bates College, Lewiston. Tix: \$12, \$7 seniors and students. 786-6161.

"Jesus Christ Superstar"

The Originals present Rice and Webber's musical July 31, Aug 1 & Aug 6-8 — Thurs-Sat, 7:30 pm — at Saco River Grange Hall, Bar Mills. Tix: \$8, \$6 seniors and students. 929-5412.

"Le Cope aux Folles"

Maine State Music Theater stages this Tony Award winner July 28-Aug 8 — Tues-Sat, 8 pm; Wed, Fri & Sat (first week of each new program), 2 pm; Tues, Thurs, Sat (second week), 2 pm — at Pickard Theatre, Memorial Hall, Bowdoin College, Brunswick. Tix: \$12-\$24. For reservations call 725-8769.

"Macbeth"

The Theater at Monmouth presents William Shakespeare's tragedy Aug 1, 6, 12, 15, 18 & 28 — 8 pm; Aug 22 at 2 pm — at Curnston Hall, Main Street, Monmouth. Tix: \$16, \$14 seniors, \$10 students. 933-9999.

Maine State Ballet

will conduct informal lecture performances each Wednesday at 7, through Aug 12, at the University of New England's campus center, Biddeford. Included in the one-hour performances will be excerpts from "Alice in Wonderland" and "Stars and Stripes Forever." Free. For more info call 878-3032 or 283-0171.

"Mystery Murders"

at The Mystery Cafe Dinner Theatre, Baker's Table Banquet Room, 434 Fore St, Portland. Shows every Saturday at 8. For info and reservations call 693-3063 or 1-800-834-3063.

"A Midsummer Night's Dream"

The Theater at Monmouth presents William Shakespeare's comedy Aug 7, 11, 20, 26 & 29 — 8 pm; Aug 8 & 30 at 2 pm — at Curnston Hall, Main Street, Monmouth. Tix: \$16, \$14 seniors, \$10 students. 933-9999.

"Moving in Movement"

Bates Dance Festival faculty present an evening of improvisational dance Aug 4 — Tues, 8 pm — Alumni Gymnasium, Bates College, Lewiston. Free. 786-6330.

"The Music Man"

Freepoint Community Players present Meredith Wilson's classic musical Aug 7, 8, 14 & 15 — Fri-Sat, 7:30 — at Freepoint High School, 30 Holbrook St, Freepoint. Tix: \$8, \$6 seniors and students. 865-0441.

"Noelle Doodle Box"

Theater Project presents a satire on the inner workings of theater and people July 8-Aug 2 — Wed-Sun, 8 pm — at 14 School St, Brunswick. Tix: \$10, \$8 seniors and students. 729-8584.

"Noelle Doodle Box"

The Vintage Repertory Company presents West Germany's most popular children's play July 29 and Aug 5, 12 & 19 — 4 pm — at Jordan Hall, Temple Avenue, Ocean Park, Old Orchard Beach. Tix: \$4, 828-4654.

"Peter Pan"

Clap your hands for Tinker Bell and join the Lost Boys in their adventures Aug 4 — Tues, 7 pm — at Scarborough High School, Route 114 at Oak Hill, Scarborough. Advanced tix: \$3, \$2 children, at door: \$4, \$3 children. 883-4723.

"Playboy of the Western World"

The Theater at Monmouth presents this romantic comedy set in Ireland Aug 2, 5, 8, 13, 16, 19, 21 & 25 — 8 pm; Aug 1 & 29 at 2 pm — at Curnston Hall, Main Street, Monmouth. Tix: \$16, \$14 seniors, \$10 students. 933-9999.

"Romeo and Juliet"

A rock musical version of Shakespeare's play presented by a youth theatre group of Moscow August 1 — Saturday, 8 pm — at Lewiston Junior High Auditorium, Central Avenue, Lewiston. Tix: \$6, \$4 children. 782-4683.

"Saint Joan"

The Theater at Monmouth presents George Bernard Shaw's play Aug 9, 14 & 27 — 8 pm; Aug 15 at 2 — at Curnston Hall, Main Street, Monmouth. Tix: \$16, \$14 seniors, \$10 students. 933-9999.

Rob Salafia

presents an evening of tap-dancing, clowning, and puppetry Aug 1 — Sat, 8 pm — Celebration Barn Theater, Stock Farm Road, S. Paris. Tix: \$6, \$3.50 children. 743-8452.

"Tunes from Toons"

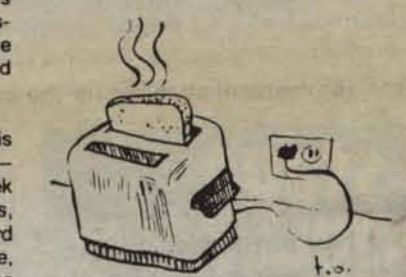
Schoolhouse Arts Center at Sebago Lake presents a family musical revue July 9-Aug 2 — Thurs-Sat, 8 pm; Sun, 5 pm — at the junction of routes 114 and 35, Sebago Village. Tix: \$8, \$5 children, \$4 children under 12 on Thurs. 642-3743.

"An Unfinished Song"

Mad Horse Theatre Company presents a new musical by James J. Mallon about searching for love and fulfillment in the modern world July 21-Aug 16 — Tues-Sat, 8 pm; Sun, 7 pm — at the Mad Horse Theatre, 955 Forest Ave, Portland. Tix: \$15 Tues-Thurs, \$17 Fri-Sun. 797-3338.

AUDITIONS

American Renaissance Theatre is holding auditions for "Henry V" Aug 8 from 7-10 pm and Aug 9 from 6-9 pm at the Center for Performance Studies, 29A Forest Ave, Portland. The theatre also needs volunteers for costuming and set design. For more info call 871-9325.



CONCERTS

THURSDAY 7.30

Chandler's Band (pop) 7:30 pm, Fort Allen Park, Portland. Free. 874-8793.

Catie Curtis (folk) 12 pm, Maine Savings Plaza, Portland. Free. 772-6828.

Normand Gagnon and Trio (traditional Quebecois) 6 pm, Olin Arts Amphitheater, Bates, Lewiston. Free. 786-6330.

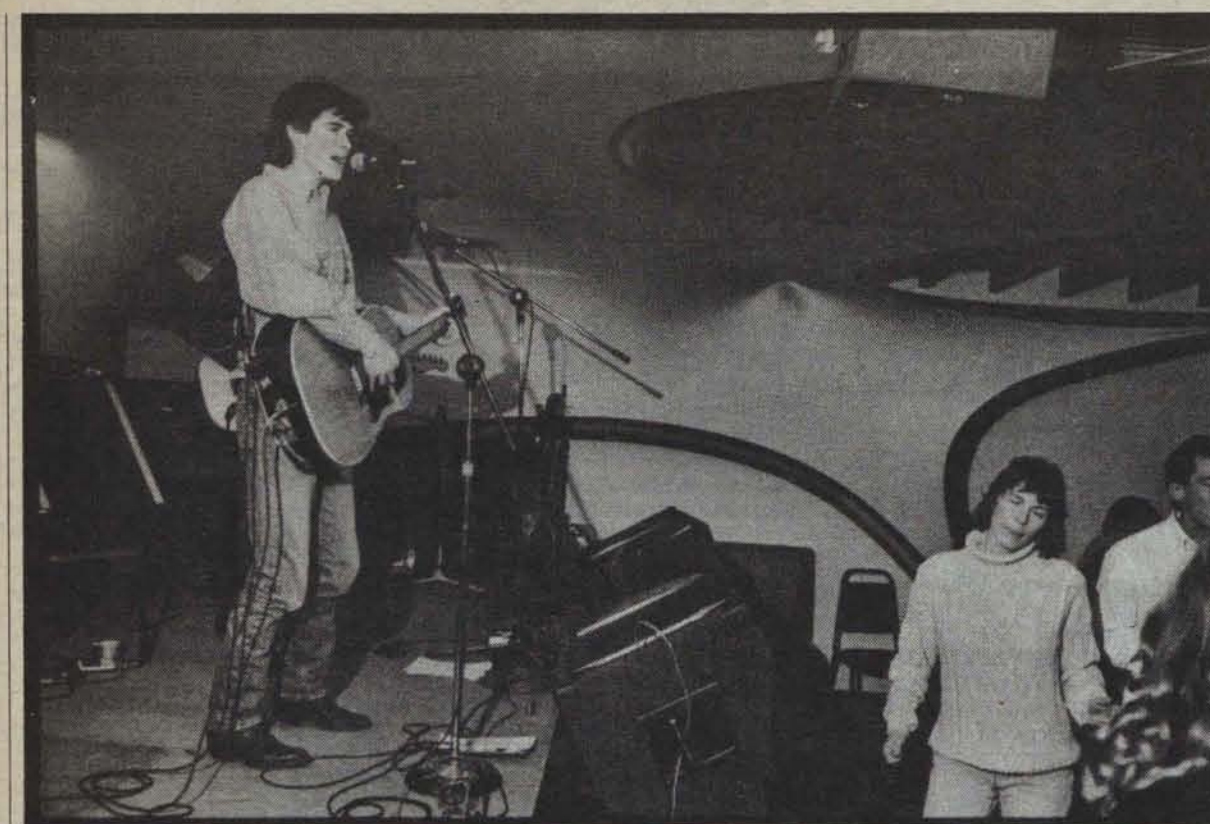
Woodman Viol Consort (English & French Renaissance) 7:30 pm, St. Alban's Church, 885 Shore Road, Cape Elizabeth. Tix: \$4, 767-7375.

FRIDAY 7.31

MusicFest Series (classical) 8 pm, First Parish Church, Maine Street, Brunswick. Poulenc's Trio for Oboe, Bassoon and Piano; Brahms' Paganini Variations, Books I & II for Piano; Schumann's Piano Quintet. Tix: \$12, 725-3895.

Portland Symphony Orchestra (Baroque extravaganza) 7:30 pm, Fort Williams Park, Cape Elizabeth. Advance Tix: \$36 for family of four, \$12, \$10 for children, senior citizens and groups of 10 or more; at gate: \$40, \$15, \$12. 773-9191.

Phil Verrill Fusion Band (jazz fusion) 12 pm, Portland Museum of Art, 7 Congress Square, Portland. Free. 772-6828.



Slaid Cleaves belts out a ballad at Raoul's Roadside Attraction, 1991.

CBW/Tonee Harbert

Cleaves gets the urge for going

"Sometimes I look at my mailing list and it's all women for 10 in a row and I worry if they're there to listen to my music or are they there to watch me? I worry about a record company saying 'We've got to push your face...'"

Slaid Cleaves settles his rangy 28-year-old frame into a chair at Little Willie's. It's another quiet evening with a few scattered patrons tossing off a beer on their way from work to their cars for the drive home. Cleaves has the boyish good looks of a teenager and his loose rockabilly-rolling-out-of-bed hair only adds to his appeal. The week-old stubble of a minimalist goatee fails to challenge one's first impression of him. He could be a contender. He could be the next big thing. The pleasant surprise is — he couldn't much care.

Slaid Cleaves has been, for many area music fans, the center of attention for the past couple of years. The buzz about him has been constant as he traveled around the coast playing solo

music

performances or with his band The Moxie Men. But now Cleaves, after an extended stay in Austin, Texas this past winter and spring, has decided to move there on a more permanent basis. In fact he's in Portland only until the end of September to build up a bit of a bank account, try to get his new recording "Life's Other Side" off the ground, and tie up loose ends.

After five years of working hard here, Cleaves felt the Old Port was not the beguiling open arts scene it once was. It was becoming a bit... well... old.

"At one point it was a really interesting group of people," says Cleaves. "Now it's just a bunch of rednecks getting drunk and tearing the place up. They're not there for new experiences. They're not into that." For the first time in his conversation he looks a bit bored. It's a foregone conclusion that there aren't all that many things that hold him here musically anymore.

For those who follow contemporary music there are certain towns known as "good music towns." The amount you hear about them correlates directly to how involved you are with the music business. Some "good music towns" have fading glory from decades ago, like Memphis or Nashville. Some are merely decade-long flashes in the pan like Athens, Ga. Last year's hot town can be next year's laughing stock. Seattle

has that potential. Then there are the couple of towns that are legendary; they loom large on the cultural horizon (if your cultural sense is circumscribed by a cleft).

Of course New Orleans is known for its long tradition of rhythm and blues. Then there's Austin: half a million people in a city known for its great bars, nightclubs and honky-tonks. If each of these "good music towns" are recognized for a certain style or attitude within their musical community, Austin is considered a magnet for those who believe in the straightforward song. Jimmy Dale Gilmore, Jerry Jeff Walker, Willie Nelson, Doug Sahm, Nancy Griffith, Joe Ely, Butch Hancock, Townes Van Zant, Lyle Lovett — the list is endless. Whether they live there or not, whether the style is Texas blues, Texas swing, country or folk, they're all associated with that cultural pebble on the lone-star landscape.

Cleaves smiles as he considers what he's about to do. Minneapolis and Toronto were too cold. Austin seemed like a good match for his singing, his songwriting and his companion's desire for a better climate. He takes it all in stride. Maybe the Moxie Men will also head south. Maybe they'll all be in a band together down there. Maybe they won't. He thinks it would be good for them. He recognizes the need to have a band in Austin because the days of being able to stand on a street corner and pull in \$10 to \$15 an hour are almost a memory.

"I did it in Austin. It sucked. I worked for three hours and made five dollars." Having learned everything from Springsteen to Hank Williams and Woody Guthrie from records over the years, and having written dozens of his own songs, he'll be traveling well-equipped in case he has to return to the "open-mike" nights and showcase gigs he pursued last winter. He'll also have plenty of work to do hustling the lean and simple songs of hard lessons learned that comprise "Life's Other Side."

Cleaves says the new recording is full of true stories because he doesn't possess a good imagination. But it's the directness of those stories that has kept him in such high regard in Portland.

"(I've liked) being a big fish in a small pond. It's time for me to be a small fish in a big pond," he says. "It's time for me to be in a bigger arena and see how I fare... I'm in it for the music. I'm not in it to be the star. I'm not in it to be a one-shot wonder. I'm in it for the long run."

Jim Pinfold

SATURDAY 8.1

Moxie Men and Slaid Cleaves (rock reunion) 9 pm, Norton's, Route 1, Kittery. Tix: \$4, 439-7892.

Portland Symphony Orchestra (baroque) 8:30 pm, Round Top Center for the Arts, Damariscotta. Tix: \$10, 563-1507.

Phil Verrill Fusion Band (jazz fusion) 12 pm, Portland Museum of Art, 7 Congress Square, Portland. Free. 772-6828.

SUNDAY 8.2

Bates Dance Festival Musicians (classical, contemporary, original) 8 pm, Olin Arts Concert Hall, Bates College, Lewiston. Tix: \$3, 786-6330.

Cormorant Chamber Players (classical) 8 pm, 82 Atlantic Ave, Boothbay, Maine. Tix: \$10, 772-6828.

John Weaver (classical organ) 7:30 pm, Portland City Hall Auditorium, 389 Congress St, Portland. Donation. 874-8683.

Arnie Krakowsky and Cheryl Browning (jazz) 7:30 pm, Kennebunkport Inn, Dock Square, Kennebunkport. Free. 799-7980.

TUESDAY 8.4

Rick Turcotte (folk/blues) 12 pm, Maine Savings Plaza, Portland. Free. 772-6828.

John Weaver (classical organ) 7:30 pm, Portland City Hall Auditorium, 389 Congress St, Portland. Donation. 874-8683.

Continued on page 26

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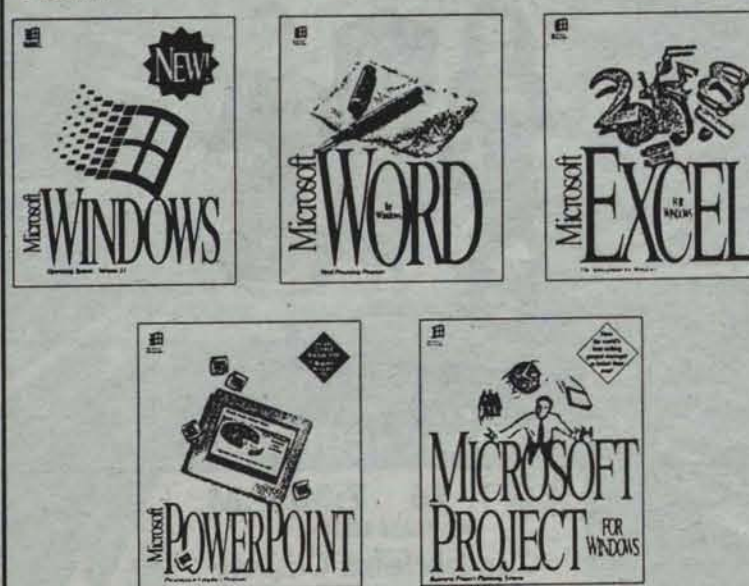
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Entertainment Weekly

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CLUBS

THURSDAY 7.30

The Creative Jazz Duo (jazz) cafe no. 20 Danforth St., Portland. 772-8114.
Spaced Basement (original rock) Geno's, 13 Brown St., Portland. 772-7891.
Thumper (thrash/rock) Granny Killam's Industrial Drinkhouse, 55 Market St., Portland. 761-2787.
Lime Rockets (rock) Moose Alley, 46 Market St., Portland. 774-5246.
Deillah (rock) Old Port Tavern, 11 Moulton St., Portland. 774-0444.
The Upstarts (R&B) Raoul's Roadside Attraction, 865 Forest Ave., Portland. 773-6886.
Deejay Rocket Rusty (karaoke) Spring Point Cafe, 175 Pickett St., S. Portland. 767-4627.
Cancer Benefit with the Port City All Stars (R&B) T-Birds, 126 N. Boyd St., Portland. 773-8040.
Deejay Greg Powers (karaoke) Tipperary Pub, Sheraton Tara Hotel, S. Portland. 775-6161.
Open Mic with Jesse Simone (b.y.o. acoustic) The Wrong Brothers' Pub at Port Billiards, 39 Forest Ave., Portland. 775-1944.

FRIDAY 7.31

Tom Kennedy (acoustic) Bramhall Pub, 769 Congress St., Portland. 773-9873.
The Gary Wittner Quartet (jazz) cafe no. 20 Danforth St., Portland. 772-8114.
Spaced Basement (original rock) Geno's, 13 Brown St., Portland. 772-7891.
Tasty Liens (Dead cover band) Granny Killam's Industrial Drinkhouse, 55 Market St., Portland. 761-2787.
Moxie Men (rock) The Living Tree Culture Club, 45 Danforth St., Portland. 874-0022.
Deillah (rock) Old Port Tavern, 11 Moulton St., Portland. 774-0444.
Broken Men (rock) Raoul's Roadside Attraction, 865 Forest Ave., Pld. 773-6886.
The Wavebreakers (R&B) Spring Point Cafe, 175 Pickett St., S. Pld. 767-4627.
Person 2 Person (rock) T-Birds, 126 N. Boyd St., Portland. 773-8040.
Arnie Schussler (acoustic) Tipperary Pub, Sheraton Tara Hotel, S. Pld. 775-6161.
Styglified (rock) The Wrong Brothers' Pub at Port Billiards, 39 Forest Ave., Portland. 775-1944.
Otis Coyote and Twisted Rattles (alternative rock) Zootz, 31 Forest Ave., Portland. 773-8187.

SATURDAY 8.1

Tom Kennedy (acoustic) Bramhall Pub, 769 Congress St., Portland. 773-9873.
The Gary Wittner Quartet (jazz) cafe no. 20 Danforth St., Portland. 772-8114.
Bates Motel and Ghandi's Lunchbox (original electric rock) Geno's, 13 Brown St., Portland. 772-7891.
The Bristolols (progressive rock) Granny Killam's Industrial Drinkhouse, 55 Market St., Portland. 761-2787.
Winston Grennan (reggae) The Living Tree Culture Club, 45 Danforth St., Portland. 874-0022.
Lime Rockets (rock) Moose Alley, 46 Market St., Portland. 774-5246.
Deillah (rock) Old Port Tavern, 11 Moulton St., Portland. 774-0444.
Broken Men (rock) Raoul's Roadside Attraction, 865 Forest Ave., Pld. 773-6886.
The Wavebreakers (R&B) Spring Point Cafe, 175 Pickett St., S. Pld. 767-4627.
Person 2 Person (rock) T-Birds, 126 N. Boyd St., Portland. 773-8040.
Chris O. Quintet (jazz) Tipperary Pub, Sheraton Tara Hotel, S. Pld. 775-6161.
Styglified (rock) The Wrong Brothers' Pub at Port Billiards, 39 Forest Ave., Portland. 775-1944.

SUNDAY 8.2

D.J. Landry (acoustic rock) Geno's, 13 Brown St., Portland. 772-7891.
Open Mic Night (b.y.o.) The Living Tree Culture Club, 45 Danforth St., Portland. 874-0022.
Mercy (rock) Old Port Tavern, 11 Moulton St., Portland. 774-0444.

Saffire (blues) Raoul's Roadside Attraction, 865 Forest Ave., Portland. 773-6886.
Dan Tonini (acoustic) Spring Point Cafe, 175 Pickett St., S. Portland. 767-4627.
National Headliner Comedy (stand-up) T-Birds, 126 N. Boyd St., Pld. 773-8040.
Ken Grimsley (acoustic) Wharfs End, 52 Wharf St., Portland. 773-0093.
Chris Goett (acoustic) The Wrong Brothers' Pub at Port Billiards, 39 Forest Ave., Portland. 775-1944.

MONDAY 8.3

Mercy (rock) Old Port Tavern, 11 Moulton St., Portland. 774-0444.
David Wilcox (folk) Raoul's Roadside Attraction, 865 Forest Ave., Pld. 773-6886.
Open Mic with Ken Grimsley (acoustic) Wharfs End, 52 Wharf St., Pld. 773-0093.
Human Rights (reggae rock) Zootz, 31 Forest Ave., Portland. 773-8187.

TUESDAY 8.4

Open Mic Night (b.y.o.) Granny Killam's Industrial Drinkhouse, 55 Market St., Portland. 761-2728.
Jenny Woodman (rock) Moose Alley, 46 Market St., Portland. 774-5246.
Legend (rock) Old Port Tavern, 11 Moulton St., Portland. 774-0444.
Castlebay (folk) Raoul's Roadside Attraction, 865 Forest Ave., Portland. 773-6886.
Open Mic Night with Peter Gleason (acoustic) Spring Point Cafe, 175 Pickett St., S. Portland. 767-4627.
Jim Duffy and Mary Jane (acoustic) Wharfs End, 52 Wharf St., Pld. 773-0093.
Terrance Simien and the Mallett Playboys (zydeco) Zootz, 31 Forest Ave., Portland. 773-8187.

WEDNESDAY 8.5

"Jacques Irel is Alive and Well and Living in Paris" (theatre) cafe no. 20 Danforth St., Portland. 772-8114.
Open Mic Night (acoustic) Geno's, 13 Brown St., Portland. 772-7891.



Seven League Boots (progressive rock) Granny Killam's Industrial Drinkhouse, 55 Market St., Portland. 761-2787.
Bachelors' Night (topless) Moose Alley, 46 Market St., Portland. 774-5246.
BeBop Jazz Ensemble (jazz) The Port-hole Restaurant, 20 Custom House Wharf, Portland. 772-5575.
Legend (rock) Old Port Tavern, 11 Moulton St., Portland. 774-0444.
New Band Night (rock) Spring Point Cafe, 175 Pickett St., S. Portland. 767-4627.
The Skeleton Crew (acoustic) Wharfs End, 52 Wharf St., Portland. 773-0093.
Open Mic Night with The Cool Whips (b.y.o. jam) The Wrong Brothers' Pub at Port Billiards, 39 Forest Ave., Portland. 775-1944.

DANCING

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Maine Ballroom, 614 Congress St., Portland. Every Sat 9-midnight. Cost: \$5. No reservations required. 773-0002.
The Moon, 425 Fore St., Portland. Open nightly, 8 pm on. Naked Thirstdays: no cover, drinks \$1.25 & drafts 25¢; Fri-Sat until 3 am; Sun-Mon: chem free. Cover: \$3. 772-1983.
Salutes, 20 Milk St., Portland. Open nightly until 1 am. No cover. 774-4200.
T-Bird's, 126 N. Boyd St., Portland. Sun: comedy night; weekdays: special events; Fri & Sat: rock & roll, dance. 773-8040.
Wherehouse Dance Club, 29 Forest Ave., Portland. Progressive music. Fri: chem free, all ages with deejay; Sat: women's night from 9-1 with deejay Deb. 874-9770.
Zootz, 31 Forest Ave., Portland. Wed: chem-free; Thu: cutting edge dance; Fri: live national acts; Sat: deejay till 2:30 am, live at The Cave; Sun: request night. 773-8187.

ART

OPENING

Congress Square Gallery
 42 Exchange St., Portland. Opening reception Aug 4 from 7-9 for "Coastal Landscapes," the oil paintings of Ileana Pardue and Gina Werfel. Through Sept 1. Group show by gallery artists continues through July. Gallery hours: Mon-Sat 10:30-5. 774-3369.
Gleason Gallery
 15 Oak St., Boothbay. Opening reception Aug 1 from 5-7 for paintings of Mitch Billis. Showing through Aug 22. "William Muir in Perspective," an exhibit of sculpture, watercolors and drawings continues through Aug 24. Gallery hours: Tues-Sat 10-5, or by appointment. 633-6849.

Greenleaf Galleries
 146 Middle St., Portland. Opening reception Aug 6 from 5-7 for new mixed media works on paper by Alison Goodwin. Through Aug 31. "Photo Realism," the paintings of Thomas Connolly continues through July 30. Gallery hours: Mon-Fri 10-5:30, Sat 10-5. 772-2693.
Hardware Café & Gallery
 115 Island Ave., Peaks Island. Opening reception July 30 from 4-8 for the photos of Stephanie Friel, the dolls of Carol Cartier and the whirly gigs of Harry Hults. Through Aug 12. Gallery hours: Mon-Fri 11-7, Sat-Sun 10-6. 766-5631.
Photography Co-Op
 547A Congress St., #33, Portland. Opening reception July 30 from 5-8 for "Sits and Pieces: The Changing European City," the color photographs of T.D. Nelson. Gallery hours: Tues 10-8, or by appointment. 799-0180.

Thomas Memorial Library
 6 Scott Dyer Rd., Cape Elizabeth. Opening reception Aug 9 from 2:30-5 for "Paintings and Records of the Haylart Art Society," a group formed in 1922 and disbanded in 1991. Showing from Aug 10-Sept 19. "Bursts in Natural Edge," an exhibition of woodturnings by Richard McFaul continues through August 1. Gallery hours: Mon, Wed, Fri 9-5, Tues-Thurs 9-9, 799-1720.

AROUND TOWN

African Imports and New England Arts
 1 Union St., Portland. Original artwork & advice to collectors. Hours: 10-9 Mon-Sat, 12-6 Sun. 772-9505.

Alberta's
 21 Pleasant St., Portland. "Felt Allegories," recent photographic posters of Denise Frolich, showing through Sept 5. Hours: 7 am-10 pm. 774-0016.

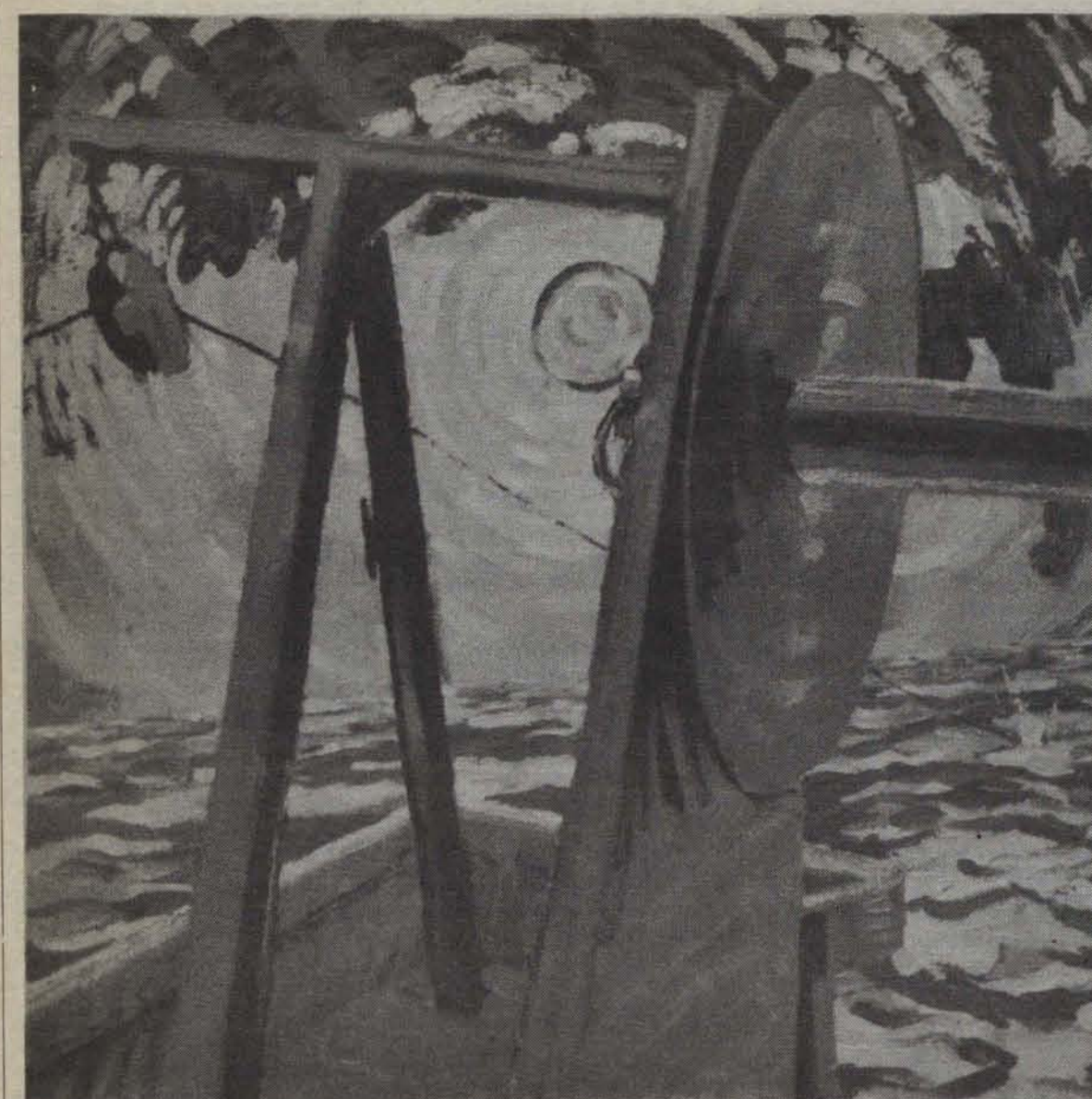
Art Gallery at the Phoenix
 630 Forest Ave., Portland. An exhibit of authentic batik paintings from Java, Indonesia, acquired by Lois Flaherty. Showing through July. Gallery hours: Thurs-Sat 10-5, Tues-Wed by appointment. 774-4154.

The Baxter Gallery
 619 Congress St., Portland. "Integration: Gender and Identity," an exhibition curated by Dozer Bell. On view through August 14. Gallery hours: Mon-Fri 9-4, 775-5152.

Chamber of Commerce of the Greater Portland Region
 145 Middle St., Portland. A group show of 11 local artists, including Gerda Andersen, David Dupree, Raymond Lord, Stuart Nudelman, Salazar, Steve Sechak, Lail Johnson, Glenn Murray, Lydia Pola and Laurie Hasty. On view through August. Gallery hours: Mon-Fri 8-5. 772-2811.

Elena's Cafe
 606 Congress St., Portland. Paintings and drawings of Portland artist Zoo Cain through Aug 15. Hours: Mon-Wed 11 am-12 am, Thurs-Sat 11 am-3:30 am. 871-8933.

Continued on page 28



Robert Dyer: "Net reel," oil on canvas, 28" x 28", 1992.

From ghetto to Maine's open ocean:

Bob Dyer turns oral tradition into oil tradition

The way Bob Dyer explains it, painting for him is something of a mission. "But I can't fish," he explains, "because I throw up. And I've tried being other things, but I'm no good at anything. So I paint."

This sense of mission came to Dyer — a Vinahaven native and a member of a patrician fishing clan — during the seven years he lived in Brooklyn. He's an amiable fellow who likes to go out for walks, chatting easily with whomever he comes across. Consequently he saw a lot on the streets of Brooklyn.

"The way I figure it," he says, "is that I'm a member of a generation. In a sense I represent that generation and this particular time of being alive. And because I have this particular capability to paint, I've got to record what I see. So I paint wherever I am, and chronicle what goes on around me."

What Dyer saw and painted on the streets of Brooklyn were hookers,

transvestites with needle tracks, shootings, crack deals and children beating up junkies. "Junkies are despised in the ghettos," Dyer says. "The neighborhoods are insular. They're usually run by a couple of extended families who are very rigid about what they will and won't accept on their streets." Consequently, he says, one two-block area will be a hellhole, and the next two blocks won't be. In this sense, Dyer says, Brooklyn's neighborhoods are not unlike Maine island communities, where Kangaroo courts are not unusual. He mentioned an incident recently in which a group of fishermen on one island drove an unsavory character off their island.

Dyer studied painting at the Portland School of Art, the University of Southern Maine and in Paris. He draws his inspiration from the wartime Expressionists. In his Brooklyn series, which are large (4' x 8' oils on canvas), there is an especially strong kinship to Norwegian painter Edvard Munch, who introduced into contemporary painting the demonic element

and visionary psychology that were jarring European viewers at the time. Munch depicted a world that was alien — a nightmare that crushed the soul and maimed the body. Harsh lines and jarring colors became the medium for conveying the raw psychic state of things.

Like Munch, Dyer uses raw color to convey raw emotion. Deliberately he sets one harsh color against another in order to shock the eye into feeling. In "Crack House: Bedford-Stuyvesant," Dyer paints with such aggressive blacks, reds and oranges, that both the place and the emotions involved appear to be on fire. The sense of terror and desperation is palpable. The human form is shattered by the violent color around it.

"Post-Sunday School Junkie-Beating" is a curious combination of historical artistic elements. It has all the emotional intensity of an Expressionist painting, as well as the formal composition of a pre-Renaissance fresco painting of the Passion of Christ. The painting is all the more powerful for the reversal of roles among the participants. The Christ figure, complete with halo-like white-blond hair, is a street junkie. And his tormentors, who surround him with jeers and taunts and menace him with rocks and sticks, are neighborhood children on their way home from Sunday school. They are attired in white, in sharp contrast to the dark, menacing colors in which the junkie is buried. There is a certain grim beauty to the scene. The children, in their pure white, are not shattered by color.

Another painting, "Hookers Under the BQE" (the Brooklyn-Queens Expressway) has the desolate feeling of a Hopper. Dyer, like both Hopper and Munch, uses real images, and then defines that image with color. In this the human image of a prostitute is set against the harsh, unnatural tones of the city, and the result is a powerful feeling of stark loneliness.

But interestingly, the best of Dyer's paintings is not of Brooklyn, but of Maine. In this he blends his experience of both worlds — the manmade machine one, and the clear, natural one of the coast. A circular piece of fishing machinery is set against a radiant sun. The two shapes echo each other, as do the ecstatic colors. In this pas-de-deux they make one complete statement, and nature and machinery are married. This marriage... is it possible?

Margot Brown McWilliams

"SUMMERTIME AND THE LIVIN' IS EASY"... at



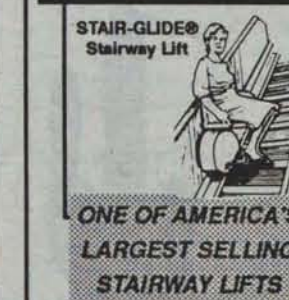
Music, theater, art, restaurants, shopping, special outdoor activities... it's all right up the street or just around the corner from BACK BAY TOWER. Or if you prefer the comforts of home - you can share a cool drink on the terrace with friends, swim in the private pool, workout in the exercise room and enjoy a sauna. Whatever you choose - out on the town - or the comforts of home - Back Bay Tower can make your summertime living easy. We provide state of the art security.

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 ~ LOUNGE Tues-Fri 11:30am-closing, Sat-Mon 4pm-closing ~

New METRO 1992
Route & Time Schedule
 (effective July 26th)

USE PUBLIC TRANSPORTATION
 SAVE OUR EARTH
 HOP ON METRO 774-0351

- New Sunday Service On Routes 3 & 6 and to The Maine Mall using new Route 85 (serving Clark's Pond)
- New mid-day trips will serve Warren Avenue and Riverside Street (serving BJ's WHOLESALE Club and Happy Wheels)
- Routes #1, #4, #5 and #8 also have both route and timepoint changes which may affect you

Please refer to your new METRO schedule for other additional minor changes in service and/or timepoints. The new 1992 ROUTE & TIME SCHEDULE will be available on Friday, July 24th.

New Metro Pulse at Elm Street Garage

- METRO dispatcher on duty to answer questions, disseminate route information and sell METRO monthly passes & tickets
- Inside and outside seating for waiting passengers
- Availability of information regarding various METRO programs, routes and timepoints

For further assistance, please call METRO at 774-0351 weekdays between 8 a.m. and 4 p.m.

Entertainment Weekly

Continued from page 26

ART

Free Street Studio
 8 City Center, Portland. New landscapes and figurative works by Chris Mir. Showing through July. Gallery hours: Mon-Sat 10-7, Sun 12-5. 774-1500.

Free Gully Gallery
 411 Congress St. Portland. Work of gallery artists. Gallery hours: Mon-Fri 12-6, or by appointment. 773-2555.

Jewelry Work
 30 Exchange St. Portland. An exhibition of jewelry by eight designers. No set gallery hours.

Jewell Gallery
 345 Fore St. Portland. Impressionist and realist oils and watercolors by Bill Jewell, Paul Black, Cynthia McMullin and other local artists. Stained and painted glass by Bill Jewell and Burt Weiss. On view through August. Gallery hours: Mon-Sat 10-5, or by appointment. 773-3334.

Nancy Margolis Gallery
 367 Fore St. Portland. Ceramics, jewelry, glass, wood and metal work by 52 area artists. Through the summer. Gallery hours: Mon-Sat 10-6, Sun 11:30-4. 775-3822.



Meander Gallery
 40 Pleasant St. Portland. "Mythscapes: Aboriginal Dreaming," from Aug. 1-Oct. 31. "Spirit in Land: Heritage of the Australian Aboriginal," continues through July 31. Gallery hours: Tues-Sat 12-6, or by appointment. 87-1078.

Pine Tree Shop & Bayview Gallery
 75 Market St. Portland. "Three Views of Maine," the paintings of David Little, Brian Kiewer and Ron Goyette. Showing from July 31-Aug. 28. "The Marine Show" continues through July. Gallery hours: Mon-Sat 9:30-5:30. 773-3007.

Planets
 27 Forest Ave. The paintings of John Oakes, showing through Aug. 22. Hours: Tues-Sat 5 pm-1 am. 828-0112.

Portland Museum of Art
 Seven Congress Square, Portland. Hours: Tues, Wed, Fri & Sat 10-5, Thurs 10-9, Sun 12-5. Admission: adults \$3.50, senior citizens and students with ID \$2.50, children under 18 \$1, group rate \$3. Museum admission is free 10-noon Saturday. 773-2787.

Endangered Landscapes
 Lynn Butler photographs places threatened by development, from New York's Coney Island to the south of France. Through November 1.

The Holocaust
 Contemporary American sculptor George Segal has distilled the meaning of this atrocity in a life-size composition of haunting white plaster figures. Through Oct. 18.

The May Family Collection
 Twenty-two works from the 19th & 20th centuries that unite the cultural diversity of America from East to West. Showing through Sept. 6.

Artists You Love: Monet, Renoir and Other Masters
 Works by European masters of the past two centuries from the Joan Whitney Payson Collection and other private lenders.

Silent Witness
 Judy Ellis Glickman's photographs of Polish ghettos and death camps of Treblinka, Auschwitz and Birkenau, taken over the past four years. On view through Oct. 18.

Winslow Homer Watercolors
 Seventeen paintings from the Museum's permanent collection. On view through Sept. 6.

The Elegant Auto: Fashion and Design of the 1930s
 One-of-a-kind automobiles, art-deco furniture and jewelry, period paintings and other products from this era of revolutionary industrial design. Through Nov. 8.

Robert J. Barnes Interiors

One Monument Way, Portland. Paintings and handmade paper art by Larry Plass and Padi Mayhew Bain, showing through Aug. Hours: Mon-Fri 11-6, Sat-Sun 11-3. 773-3481.

The Stein Gallery

20 Milk St. Portland. New work from Rick Eckerd, John Littleton and Kate Vogel, Treloven Landing, Peaks Island. Cost: \$150. For more info call 766-4454.

Individual Artist Fellowships
 This year's competition is open to artists in the performing, media and traditional arts disciplines. The application deadline is Sept. 1, 1992. For more information call 289-2724.

"Intaglio Printmaking"
 Printing classes using an etching press begin Aug. 4 for four weeks, Tues and Thurs from 2-4, at Ionta Institute, Island Avenue and Treloven Landing, Peaks Island. Cost: \$75 plus materials. For more info call 766-4454.

"Migrant Within — Franco-American Artists of New England"
 Juried exhibition reflecting aspects of Franco-American heritage, which will travel throughout New England and Quebec. All media accepted. Submit slides by August 20. For more info, contact The Danforth Gallery, 34 Danforth Street, Portland, ME 04101, or call 775-6245.

Portland Public Library
 Invites area artists to submit applications for a one-month exhibition within the library's Lewis Gallery. Call 871-1758 for more information.

"Replay: Games, Sports & Pastimes of Your Youth"
 Danforth Gallery is accepting submissions from senior artists statewide for its juried exhibition. For more info send #10 SASB to Danforth Gallery, 34 Danforth St., Portland, ME 04101.

The Shaker Museum
 is offering a oval box-making workshop July 30-31 from 9-4. Cost: \$75. All tools and materials are provided. For details call 926-4597.

United Maine Craftmen
 sponsor a craft show at the Cumberland Fair Grounds Aug. 6-9 from 10-5. The craft show features over 250 craftsmen and lotsa food. Cost: \$2, children under 12 free. For more info call 443-2787.

Yankee Artisan
 is looking for Maine craftspeople to participate in a juried year-round retail craft cooperative. Applicants must be residents of Maine. The next jury will be held Aug. 10. For info call 443-6215.

Cry of the Loon Art Gallery
 Route 302, S. Casco. Paintings of Joe Ferrigno and pottery of Eric Schottin. Through Aug. 10. Gallery hours: Tues-Sun 9:30-5:30. 655-5060.

Elements Gallery
 19 Mason St. Brunswick. "Farewell Drums," a group show of handmade drums, rattles and other percussion instruments. Through Aug. 29. Gallery hours: Tues-Thurs 10-4, Fri-Sat 10-5. 729-1108.

Icon Contemporary Art
 19 Mason St. Brunswick. Paintings and drawings of Peter McGlennery. Through Sept. 25. Gallery hours: Mon-Sat 1-5. 725-8157.

Museum of Art of Ogunquit
 183 Shore Rd. Ogunquit. Hours: Mon-Sat 10:30-5, Sun 1:30-5. 646-4909.

"American Master"
 The paintings of American impressionist Walt Kuhn, through Sept. 15.

"Paintings and Drawings"
 The work of figurative luminist Brett Bigbee, through Aug. 12.

"Images and Words"
 Abstract expressionist paintings and drawings of Henry Meloy, through Sept. 15.

Museum of Arts
 Olin Arts Center, Bates College, Lewiston. "Philip Barter Retrospective," an exhibition of Maine landscape paintings, prints and sculpture. Showing through August 7. Gallery hours: Tues-Sat 10-5, Sun 1-5. 786-6158.

New Art Space
 USM at Gorham. Sculpture installation and drawings by Lauren J. Zust. Through Aug. 6. Gallery hours: Thurs-Fri 12-4, or by appointment. 799-0275.

O'Farrell Gallery
 58 Main St. Brunswick. "What the Natives Saw, What the Tour Bus Missed," the drawings, paintings and illustrations of Tim Sample; "The Navy Drawings" of Bill Muir, and sculptures of Wally Warren. Through Sept. 4. Gallery hours: Tues-Sat 10-5. 729-8228.

Sobascodegen Artists Gallery
 Route 24, Great Island. Works by 21 Maine artists. Gallery hours: Tues-Sun 10-5. 833-5717. 882-7682.

York Institute Museum
 371 Main St. Saco. "Kaleidoscope: Maine Contemporary Artists," an invitational show of painting and sculpture, showing through Sept. Hours: Tues, Wed & Fri 1-4; Thurs 1-8. Sat 1-4. 283-3861.

Other
 Artists preparing work for the Air Quality Art Show should contact the show's coordinator, Roy Rike, PO Box 489, Brunswick, ME 04011, if they have not already done so. The show will be held at the Trove Gallery, 112 High St. Portland, Sept. 3-27.

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Zazette Larsen
 discusses her experiences as a child hidden in a convent during the Nazi occupation Aug. 6 at 7:30 pm in Room 204, Carnegie Science Hall, Bates College, Lewiston. Free. For more information call 786-6330.

The Art Gallery at Six Deering

is accepting submissions Aug. 17-22 from 10-5 of paintings no more than 32" by 36", including frame, for its juried exhibition held Sept. 11-26. For more info call 772-9605.

"Drawing in Nature"
 A five-day intensive Aug. 3-7 from 9 am-12 pm at Ionta Institute, Island Avenue and Treloven Landing, Peaks Island. Cost: \$150. For more info call 766-4454.

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Continued on page 30



Momma Tongue and Pura Fé on the Festival Stage, 1991.

Get in on the act: Maine Festival celebrates the arts

The 16th Maine Festival highlights the visual and literary arts, providing a forum of outstanding breadth and quality for Maine's artistic community. This annual explosion of culture offers audiences contemporary, jazz and folk music (including the Maine Fiddling Championship); shows spanning the spectrum of performance arts; Kids' Day; Visual Arts Day; a Literary Arts Cafe; Folk Arts Tent; an eye-opening variety of arts workshops and Art Market, fireworks;

Championship Poetry Slam; storytelling; and a hands-on Artists-in-Residence Tent.

The Maine Festival runs Aug. 6-9 at Thomas Point Beach, which is 2.5 miles south of Cook's Corner Shopping Center in Brunswick. Use Cook's Corner exit off Route 1, then take Route 24 south from Cook's Corner and follow signs. Tickets are \$4-\$10 at Shop 'n Save supermarkets and at the gate.

Call Maine Arts at 772-9012 for full schedule information. Find selected offerings below.

festival highlights

Thursday, Aug. 6

Theater Tent
 1-5 Life mask-making with Randy Fein and Louis Ann

12:30 & 3:30 Robert Shetterly — two-hour drawing workshop (15 people per session, bring your own sketch pad and pencils)

Artist-in-Residence Tent
 Paint your own festival shirts with Paul Brahm

Festival Cafe Stage
 2:15 & 5:15 Lance Gunderson, classical guitarist

Lawn
 7:15 Perennial Effects Dance Company in "Ancient Voices" with music by Kay Gardner

8:45 Art fireworks by Bluehill Pyrotechnics

2:15 & 5:15 Jam session at Jim Doble's musical sculpture "Jungle"

Friday, Aug. 7

(Kids' Day)

Children's Activity Area
 12:30-5:30 Artists offer ongoing activities with clay & papier mache, papermaking, building giant birds' nest, making bird hats & noisemakers; Maine Audubon teaches bird calls

Folk Arts Tent
 12:30-5:30 Ongoing demos and hands-on activities for kids including porcupine quill jewelry, wooden decoys, cedar and canvas canoes, 4' model boat, Native American flutes, David Sanipass, Micmac basketry, dog sleds, all-day checker tournament

Traditional Tent
 3:15 Family Storytelling workshop with David Neufeld

Traditional Stage
 12 Krakow Youth Jazz Ensemble (10 young players on tour from Poland)

1:45 & 4:45 Sandy River Ramblers & Hickory Flat Express (bluegrass & Appalachian clog dance)

6 Traditional Ethnic Dance Party with caller/instructor Marie Wendt, music by The Huddled Masses

Literary Arts Cafe
 1:45 "Living the Mind's Eye" — Explore the universe of your choice in our spaceship, the *Image*, in an out-loud, group poem with Martin Steingesser

Artists-in-Residence Tent
 1:45 & 4:45 "People of the Dawn" Passamaquoddy songs, dances and stories

3:15 & 6:45 Learning Native American songs and round dances with Pura Fé

Festival Stage
 1 & 4:2 Fresh 2 B-Hype (young rap group from Boston)

2:30 & 6 Rick Charette & the Bubblegum Band

7:30 Devonsquare

Saturday, Aug. 8

Children's Activity Area
 12:30-5:30 Balance of Nature mobile making and Tibetan Prayer Flag making

1:30-4:30 Tin foil sculpture making with Robert Wilson

2:15 Punch & Judy Show by Nance Parker of Shoestring Theater

2:45 Learn to juggle with Zachary Field & "Tom the Fool"

Maine Folklife Center Textile Exhibition Tent
 3 "Men and Textile Arts" — a discussion led by Dr. Margaret Slocum of George Mason University

12:15 Maine Folk Art Sampler: Samaki Ensemble/Portland (traditional Cambodian), Wasyl Moros/Richmond (Ukrainian accordion) and Dot Canwell & Richard Fells/Oxford Hills (Old Time Maine Grange program)

3 & 6 Maine Storytellers: Kendall Morse, Grace Cleaves, John McDonald

Traditional Stage
 12:45 & 3:45 La Famille Gagne (Jig dancers from Quebec)

2:15 & 5:15 The Blind Boys of Alabama featuring Clarence Fountain (gospel)

Literary Arts Cafe
 1:30 Poetry Reading: Gary Lawless & The Spindeworks Poets

3 Panel on "Banned Books" Orlando Delague, moderator

4:30 Fiction Reading: Cathie Pelletier

6 Poetry: Betsy Sholl, Tom Fallon, Lee Sharkey, Steve Luttrell

7 Maine Festival Championship Poetry Slam with the best poets from qualifying slams at Raffles Cafe Bookstore and Maine Writers & Publishers Alliance

Theater Tent
 7:30 Michael Menes (the amazing "Thinking Man's Juggler")

8 Great Northern Jugglers Convention Finale

Lawn Area
 3 & 6 Sonny's Service Station Museum & Curio Shop with Benny Reehl

7:30 Perennial Effects Dance Company in "Fire in the Melting Pot" and "Ancient Voices"

Sunday, Aug. 9

Children's Activity Area
 1:30 & 3:45 Jack & the Fox — A collage of fables, stories and nursery rhymes woven together by the Young Company of the Theater Project of Brunswick

12:45 & 3:45 Ongami workshops with Ned Carr

Folk Arts Tent
 12:30-5:30 Ongoing demos with special focus on theme of The Sea, including cleaning & filleting fish

2:15 "Textile Arts as Rites of Passage," discussion led by Maine Folklife Coordinator Teresa Hollingsworth

3:45 "Quilts: A Family Tree" a presentation by UMO professor Kristin Langellier

Traditional Tent
 5:15 Sr. Maine Fiddling Championship Finals

Traditional Stage
 12:15 & 3:45 Sophia Brides Greek Ensemble

1:30 & 6 Inca Son (the instruments & music of the Andes)

4:30 & 7:30 Maine French Fiddlers

Literary Arts Cafe
 12:45 Workshop: How to get published! Edite Kroll, moderator

2:15 Reading: Historians of the Maine Frontier: Laurel Thatcher Ulrich & Alan Taylor

3:45 Reading: Denis Ledoux and Barbara Hope, Maine Arts Commission

Individual Artist Fellowships
 Fiction Writers & Jack Rogers, winner of 1991 MAC Chapbook Competition

5:15 Reading: Essayists of Maine Alice Bloom & Bill Roorbach

12:45 & 5:15 In Spite of Life Players (Maine's theater of anarchy)

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New York Times

Mad Horse

GOOD COOKIN' KATAHDIN

It has been so nice this summer to have people from away return to Katahdin while on vacation. Often they have asked their waitress if the food was as good as last year. Overwhelmingly, dinner guests have said that they enjoyed it more.

Thanks to the cool and rainy weekends, the tourist season isn't what it was last year. So the lines here at Katahdin are much shorter on the weekends. Generally during the week there are no lines at all — Good Cookin' in Good Time.

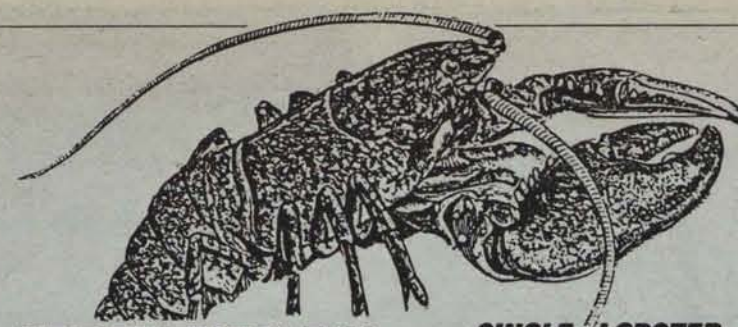
Our idea when we opened was to cook the best, highest quality food and to offer it at very reasonable prices. Our prices have not increased since we opened a year and a half ago, and in some cases are lower. We have been offering fresh bluefish, three vegetables, a salad, buttermilk biscuits and Aunt Nina's pickles for \$9.95. Homemade Saffron Pasta with fresh seafood in full and half orders for \$12.95 and \$6.95. We try to keep in mind that not everyone is rolling in money these these days and we do our best to be affordable to all.

There is lots of free parking around here. The city lot across the street is free in the evening, there is parking next to the restaurant on High Street and two doors away, between the Cumberland Club and WCHS, the lot is free after 6:00.

The art on the walls has changed again recently. In addition to Caitlin Cavanagh's incredible steel sculptures, we have floral water colors by Kate Merrick. Beginning this week we have the good fortune to be showing paintings by David Cedrone.

Good Cookin', Good Prices, Good Parkin'!

774-1740 • SPRING AND HIGH STREET
MON-THURS 5PM - 10PM • FRI AND SAT 5PM - 11PM



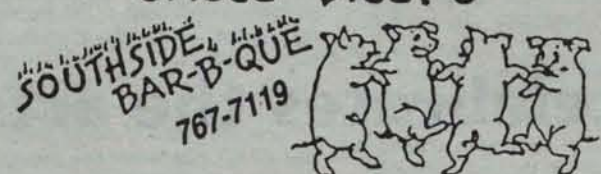
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THURSDAY

Visual Arts Day (attend this day and get a two month subscription to the Maine Times free!)
THURSDAY AFTER 5 PM
All tickets \$2, fireworks and dancing!

FRIDAY

Kids Day with "Art That Flies!" and Kids parade.
FRIDAY AFTER 5
Devonshire and family feast.

SATURDAY

Boukman Eksperians, world beat band from Haiti, Five Blind Boys, gospel from Alabama, Patty Smith, jazz dance from Vermont, Great Northeast Jugglers Convention.

SUNDAY

Cris Williamson and Tret Fure, folk rock from California, Pura Fe, Native American Singing and percussion, Mac McNally, country singer song writer from Mississippi, Maine French Fiddlers!

All four days, folk arts demonstrations and performances, art market including over 60 of Maine's finest crafts people, literary arts tent, great workshops, activities for kids and downeast gourmet foods.

Tickets \$4-\$10 at Shop n Save Supermarkets and at the gate.
Buy before August 1 and save. Call 772-9012 for more information.

Entertainment Weekly

Continued from page 29

SENSE

Amy MacDonald and Eric Overmyer read selections from their works July 30 at 7:30, Luther Bonney Auditorium, USM/Portland. For more info call 780-4200.

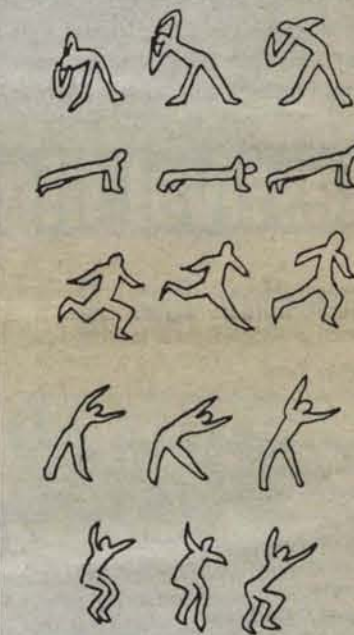
Poetry Reading
Robert Farnsworth reads from his collections "Three or Four Hills and a Cloud" and "Honest Water" as well as new selections July 30 at 7:30 pm, Lecture Hall 105, Olin Arts Center, Bates College, Lewiston. For details call 786-6330.

"Publishing Short Fiction"
Michael Curtis lectures Aug 4 at 1:45 pm at Luther Bonney Auditorium, USM/Portland. For more info call 780-4200.

Stonewall Readings
Students read selections from their works July 30 at 1:45 at Room 113, Masterston Hall, USM/Portland. For more information 780-4200.

Susan Shetterly and Cheryl Drake read selections from their works Aug 5 at 7:30, Luther Bonney Auditorium, USM/Portland. For more info call 780-4200.

Writing Workshops
Maine Writing Fellow Denis Ledoux teaches a series of workshops every other Tuesday from 7-9 pm through August 18, at Soleil Press, Lisbon Falls. Call 353-5454 for details.



WELLNESS

Aikido
is a martial art used to increase flexibility, stamina and 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, 1:15-2:15 pm. Classes held at Portland Aikido, 25A Forest Ave., Portland. For further info call 772-1524.

Astrological Adventures
An introduction to the basic energy triad — Sun, Moon, Ascendant — Aug 6 from 10 am-12:30 pm at Ionta Institute, Island Avenue and Trefethen Landing, Peaks Island. Cost: \$20. For more information call 766-4454.

Astrological Tango
What does your sign really mean? Find out Aug 15 from 7-9:30 pm at Ionta Institute, Island Avenue and Trefethen Landing, Peaks Island. Cost: \$30/couple. For more info call 766-4454.

Buddhist-Oriented Meditation
Group meets every Sun from 10-11 am at 1040 Broadway, S. Portland. Small donation. For more info call 839-4897.

Cancer Support Group
A cancer support group will meet the first three Wednesdays of the month from 2-3:30 pm at Williston West Church at 32 Thomas St., Portland. The fourth Wednesday the group joins United Methodist Church group at 7:30 pm, 280 Ocean House Road, Cape Elizabeth. Call 773-0652 for more info.

Chakra Energy Workshop

Using tarot imagery and chakra energies, explore the link between the body and the unconscious. For more info call 799-8648.

Childbirth Classes

Discovery Education offers six-week prepared childbirth classes including anatomy & physiology of labor, relaxation & breathing techniques, pain management options during labor, role of coach or support person, physical & emotional changes after birth, and much more. Classes are held Mon or Tues eves from 7-9 for six weeks. Cost: \$60, including handbook, gift packs and articles. To register call 797-4096.

Dharma Study Group

Weekly non-denominational meditation practice every Tues from 7:30-9 pm at 98 Maine St., Brunswick. Although the group is aligned with Tibetan Buddhism, general Buddhist meditation instruction is available on request. For more info call 666-3396.

Exploring Buddhism & Feminism

A retreat for beginning and experienced meditators July 31-Aug 2 at Greenfire Farm, Tenants Harbor. The weekend will include silent sitting, walking and eating meditation; group discussions; and ritual. Cost: \$71. For more info call 354-6930.

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. For info about location call 642-2128.

Harvesting Local Medicinal Herbs
Corinne Martin teaches you to identify, harvest and use local wild medicinal plants Aug 8 from 10-3 in Bridgton. Cost: \$40. For details call 647-2724.

Herbal Workshops

Crystal Springs Farm & Center serves as a learning center and provides a variety of herbal and educational workshops: Aug 2 from 2-4 "The Path of Herbs," \$20; Aug 9 from 1-4 "Your Own Herbal Preps," \$35; Aug 16 from 2-4 "The Path of Herbs," \$20. Held at 70 Hollis and Buda roads, Dayton. To register call 499-7040.

The Maine Head Injury Foundation sponsors a conference for survivors of head injuries and their families Aug 22 from 8:30-4. Registration deadline July 31. Cost: \$12 conference, \$14 conference and one overnight, \$16 conference and two overnights. For more info call 496-6362.

My Choice Pregnancy Resource Ctr offers counseling, referrals and housing for women and teens experiencing an untimely 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. For more info call 772-7555.

Natural Foods Solutions
Learn all about the purchase and preparation of whole foods vegetarian meals in your home. For more information call 774-8889.

Outdoor Yoga Classes
Early morning classes in Cape Elizabeth, Falmouth Foreside and Gorham. Classes include stretching postures, meditation, breathwork, visualization and self-healing techniques. Call Noonday Sun Center at 839-LIFE for more info.

Partners in Massage
Learn how to give and receive Swedish massage Aug 15, 22 & 29 from 12-2 pm at Ionta Institute, Island Avenue and Trefethen Landing, Peaks Island. Cost: \$20/session, \$45/couple for all three sessions. For more info call 766-4454.

Peaks Island Flower Essences
Flower essences offer subtle healing for the mind and body. Learn about the essences where you live Aug 11 from 7:30-9:30 pm at Ionta Institute, Island Avenue and Trefethen Landing, Peaks Island. Cost: \$15. For more info call 766-4454.

Planned Parenthood
of Northern New England helps teenagers at its Walk-In Clinic: Fri, 1-4:30 pm and Sat, 9 am-noon, at 500 Forest Ave., Portland. Confidential services include birth control, pregnancy tests, pap smears, STD screening and treatment. Fees based on ability to pay. For further information call 874-1095.

Sahaja Yoga Meditation
Experience thoughtless awareness Wednesdays at 7 pm in the Faculty Lounge, USM at Portland. Free. For more info call 799-5749.

Special Yoga Workshop
George Purvis, nationally respected Iyengar Yoga teacher, teaches classes August 15 from 9-11:30 & 4-6:30 and August 16 from 9-11:30 & 5-7:30. Class size is limited. Call 797-5684 or 799-4449 for more info.

Shiatsu Acupressure
Ann Foster Tabbutt offers a lecture and demonstration Aug 6 from 7-9 pm at Ionta Institute, Island Avenue and Trefethen Landing, Peaks Island. Cost: \$10. For more info call 766-4454.

Stretching the Spirit
A yoga class of gentle breathing and stretching ending in deep relaxation. All are welcome to this creative approach to body, mind and spiritual well-being. Bring a mat. Weds from 5:30-6:30 pm, Sats from 9-10 am at the Swedenborgian Church, 302 Stevens Ave., Portland. Donation: \$3. For more info call 772-8277.

Tai Chi Ch'uen

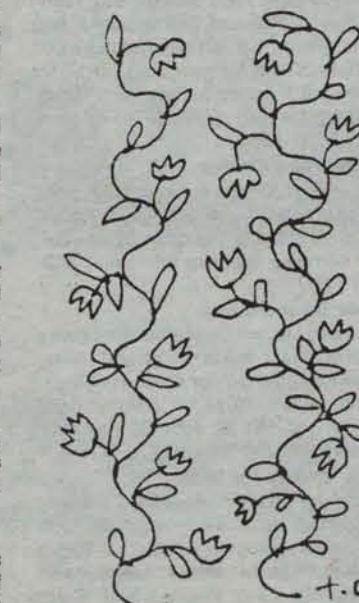
is an ancient Chinese martial art based on mental and physical balance. It's good for spiritual growth, physical health and for reducing the effect of stress and tension. Beginners through advanced classes ongoing. For more info call 772-9039.

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.

Women's Meditation Workshop

Learn to listen to your inner voice. For more information call 781-0944.



OUTSIDE

Bicycle Club of Casco Bay

Join the club for a one- to two-hour ride every Thurs at 6 pm along the ocean and marshes of Scarborough and Cape Elizabeth. Pizza and socializing afterwards, swimming optional on warm evenings. Meet at Pat's Pizza, Route 1, near Oak Hill, Scarborough. Cyclists of all abilities welcome. For further info, call 799-1065.

Casco Bay Rowing Center seeks to provide the place, equipment and people necessary for a safe and enjoyable rowing experience. Services offered include storage, a sheltered tidal river, a gathering space and more. Classes and clinics, suitable for all levels, are ongoing. For more info call 846-5139.

Disabled Outdoor Experiences
sponsors a wilderness rendezvous exclusively for people with limiting physical disabilities Aug 2-5 in Jackman, Maine. The event will feature an old-fashioned turkey shoot, archery, black powder shoots, pistol and rifle competitions and a tomahawk throwing event. There will also be pontoon boat and float plane rides, fishing and moose watching. For more info write to D.O.E., PO Box 567, Jackman, Me 04945, or call 668-3301.

Maine Maritime Museum
offers upcoming cruises: Aug 4 from 9-2 "Into the Over Mouth" on Sheepscot River, \$28 non-members, \$26 members; Aug 11 from 9-4 "Damariscove," a visit to a bird sanctuary, \$34 non-members, \$32 members; Aug 14 from 8-10 pm "The August Sky," a constellation cruise, \$15 non-members, \$12 members. Call 443-1316 for more info.

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. Upcoming: Aug 1-2, Lake Umbagog hiking and boating weekend (772-2311); Aug 5, monthly meeting, 7 pm at North Deering Congregational Church, 1364 Washington Ave., Portland; Aug 21-23, Black Angel trail maintenance (893-6788). Ongoing: Mackworth Island walk Thurs at 6 pm. For updated trip info, call the Outdoor Hotline at 774-1118. For club and membership information call 772-9831.

Outdoor Trip Line
For the latest bicycling, hiking and other outside activities info, sponsored by Casco Bay Bicycle Club and Maine Outdoors Adventure Club, call 774-1118.

Sunday Nature Series
Wolfe's Neck Woods State Park offers daily nature programs through July. Upcoming: "Bird Behavior," July 30, "Hiking for Exercise," July 31, "Before Our Time," Aug 1, "Children and Parents Together in Nature," Aug 2, "Talking Trees," Aug 3, "Hiking for Exercise," Aug 4, "Edge of the Sea," Aug 5. Meet at 2 pm at the benches in the second parking lot. For more info call 865-4465.

Continued on page 32

Pool Pool Pool Pool Pool Pool!

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FRIDAY JULY 31

SATURDAY AUGUST 1

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Entertainment Weekly

Continued from page 31

FOR KIDS

Art Classes

South Portland Recreation offers classes in clay sculpture, jungle murals, mask making, found object instruments and watercolors June 30-August 20 at the rec center, 21 Nelson Road, S. Portland. Cost: \$20 children 6-12, \$15 children 4-5 with adult. For more info call 767-7650.

Basketball Camp

for boys entering grades 3-9, Aug. 3-7 from 9-3 at South Portland High School, 637 Highland Ave., S. Portland. Cost: \$50. For more info call 767-7650.

Cross Country Running Camp

for children entering grades 6-12, Aug. 10-14 at the Portland High School Track, 637 Highland Ave., S. Portland. Children entering grades 6-8 meet from 9-10 am and those entering grades 9-12 meet from 10-11 pm. Cost: \$10. For details call 767-7650.

Drawing & Painting Classes

Artist and Craftsman offers classes beginning Aug. 4 at 10:30-12 for children ages 4-9 and 1-2:30 for children ages 10-14. For more info call 772-7272.

Julie & Brownie
 perform music for children Aug 3 from 12-1:15 pm at Tommy's Park, Portland. Free. For more info call 772-6828/797-5483.

Lonnie Manchester

provides musical entertainment Aug 5 at noon at Royall River Park, Yarmouth. Free. For more info call 846-3895.

Outdoor Adventure Program

S. Portland Parks & Recreation offers excursions for children grades 6-10: Aug. 4, bicycle to Ferry Beach; Aug. 11-12 canoe trip and hike on Saco River. For more info call 767-7650.

Peaks Island Children's Festival
 A day of entertainment, food, children's games and crafts Aug. 16 from 11:30 am-2 pm at Greenwood Gardens, Island Avenue, Peaks Island. Cost: \$6 families, \$2 adults, \$1.50 children. For more info call 766-2854.

Sculpture Classes

Artist and Craftsman offers classes beginning Aug. 6 at 10:30-12 for children ages 4-9 and 1-2:30 for children ages 10-14. For more info call 772-7272.

Silly Saturdays

Portland YMCA presents a series of summer workshops for preschool-aged kids on Saturdays from 9-12 at 70 Forest Ave., Portland. Cost: \$15. For information call 874-1111.

Soccer Camp

for children in grades 1-6 in August at South Portland High School, 637 Highland Ave., S. Portland. Two sessions: Aug. 3-7 for grades 1-3, 9-10 am for boys and 10:30-11:30 am for girls; Aug. 10-14 for grades 4-6, 9-10 am for boys and 10:30-11:30 am for girls. Cost: \$20. For more info call 767-7650.

STAR Science Center

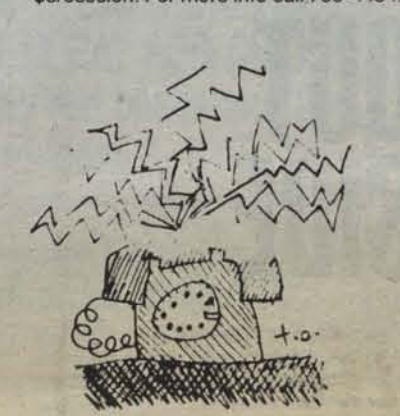
has openings August 3-7 for children ages 7-12 interested in animals, Native Americans and inventing machines for an overnight camping trip. For info call 1-800-675-7363.

Summer Dance Camp

Casco Bay Movers Dance School offers a program of jazz, ballet, mime and choreography August 3-7 for children ages 8-11 and August 10-14 for children ages 12-14 at 147-151 St. John St., Portland. For more info call 871-1013.

Theatre Games for Kids

Classes for children ages 10-17 to encourage them to develop imagination and freedom beginning Aug. 5 from 1-2:30 pm at Ionta Institute, Island Avenue and Trellethen Landing, Peaks Island. Cost: \$6/session. For more info call 766-4454.



SPORT

Aqua-Aerobics

Stretch and do calisthenics while immersed in water beginning Aug. 10, Mon, Wed & Fri, at 6:45 am at the Riverfront Pool, 1600 Forest Ave., Portland. Registration deadline is July 31. For more info call Lifeline at 780-4170.

Aquatic Fitness

USM Lifeline offers programs beginning Aug. 10, Mon, Wed & Fri, at 6 at the Riverfront Pool, 1600 Forest Ave., Portland, and at S. Portland Municipal Pool, Evans Street, S. Portland. Registration deadline is July 31. For more info call 780-4170.

Archery Lessons

L.L. Bean offers introductory lessons Aug. 4 from 6:30-8 pm at the Fog House, Desert Road, Freeport. Cost: \$15. For more details call (800) 341-4341.

Baseball for Men 30+

Portland's Senior Baseball League is now forming for the 1992 season. Call 773-0787 for more info.

Canoe Instruction

L.L. Bean offers lessons in solo canoe handling July 30 from 6:30-8 pm at Royall River, Yarmouth. Cost: \$15. For more details call (800) 341-4341.

Golf Fit

A new 3-month program by USM Lifeline combining weight training and cardiovascular exercises specifically aimed at strengthening "golfing" muscles. For more info call 780-4170.

Golf Scramble

Tee off August 11 at the Sable Oaks Country Club, 500 Country Club Drive, S. Portland. All proceeds go toward the purchase of a new van for the youth programs at the Portland YMCA. Cost: \$50, includes green fees, cart, buffet lunch, prizes. For more info call 874-1111.

Padding Sessions

Join Saco River Outfitters Wed at 5:30 pm for padding sessions at East End Beach, weather permitting. For more details call 773-0910.

Portland Rugby Club

The Portland Rugby Club welcomes new and old players to join them for practices and touch rugby at 6 pm at the Fox Street field, just off exit 7 off I-295 in Portland. For more info call 839-3861.

Continued on page 34

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real puzzle By Don Rubin

Easy as Pi!

We got this readout - a pretty decent approximation of the transcendental number pi - by pressing eight buttons on this calculator. What were they?

Can you solve the Real Puzzle? There is a \$20 gift certificate from Alberta's for the first-prize winner.

The second-prize winner receives two free passes to The Movies at Exchange Street. Winners will receive their prizes in the mail.

Drawings are done at random. Contestants are ineligible to win more than one prize in a four-week span. Only one entry is allowed per person per week.

All entries for this week's puzzle must be received by Wednesday, August 5. The solution to this week's puzzle will appear in the August 13 issue of Casco Bay Weekly. Send your best guess to:

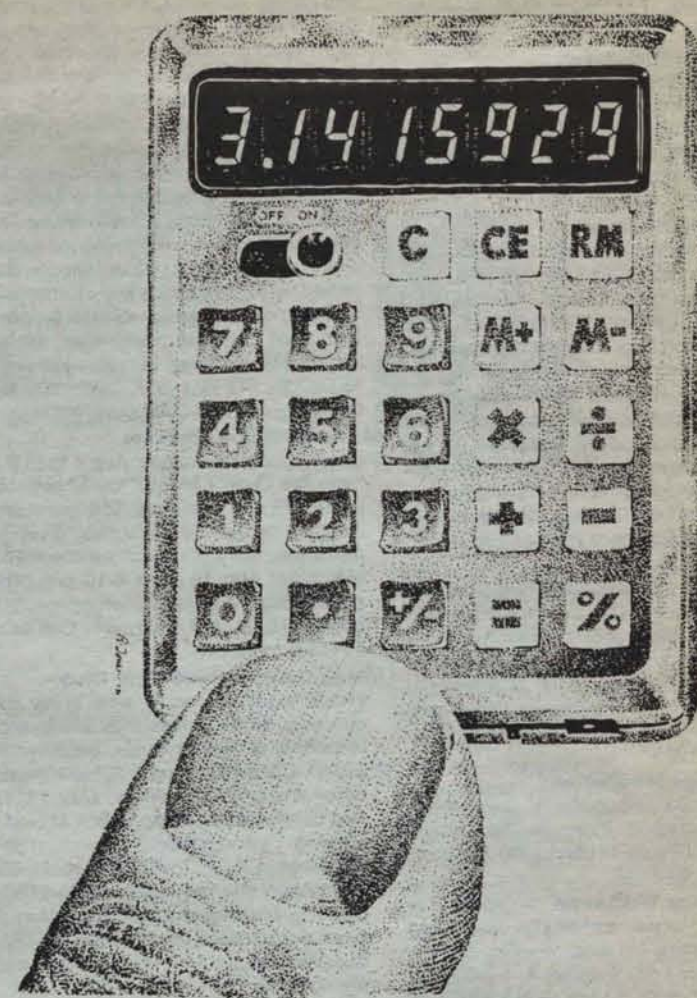
Real Puzzle #133
 Casco Bay Weekly
 551A Congress St.
 Portland, Maine 04101

* 1992 United Feature Syndicate.

Solution to Real Puzzle #131 ("Mathemagic")

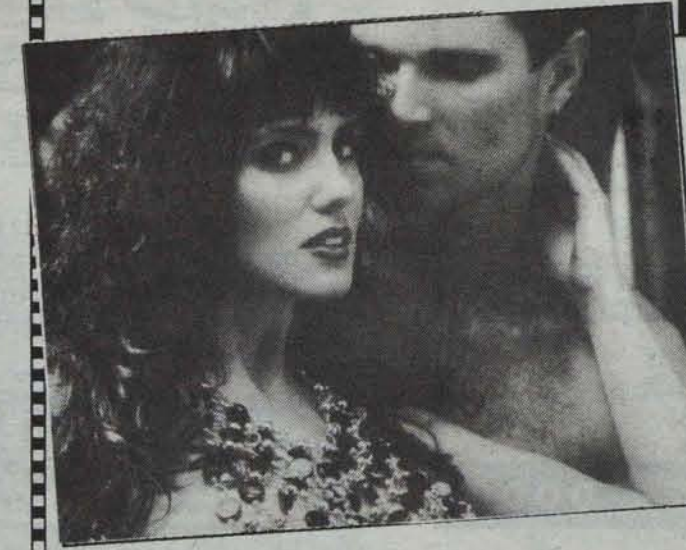
This week, Joan Kirby and a friend will dine at Alberta's. Shawn Seeley and a friend will take in a movie at The Movies at Exchange Street.

(Don Rubin's book, BRAINSTORMS, was recently published by Harper and Row.)



$$\begin{array}{r} 625 \\ 46 \overline{) 28750} \\ \underline{276} \\ 115 \\ \underline{92} \\ 230 \\ \underline{230} \\ 0 \end{array}$$

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Playboy Model

Star of Playboy's Bathing Beauty Issue

Melissa Wolfe
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 Fri-Sat: 1, 4, 6, 8, 10, 12, Doors open at 12 noon.

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Special Sale ends August 31

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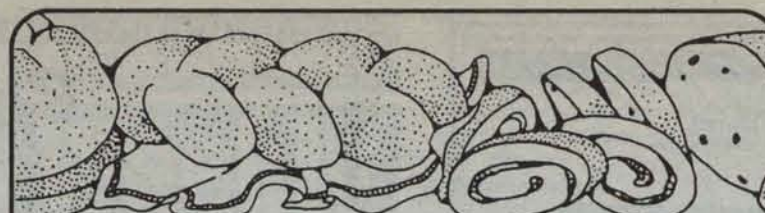
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Portland Aikido

ADULT CLASSES

MON & WED 5:30 to 6:15pm basics
MON/WED/FRI 6:30 to 7:30pm mixed
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3:45 mixed

Children's Classes Resuming in September
Sat 1:15 to 2:15 pm

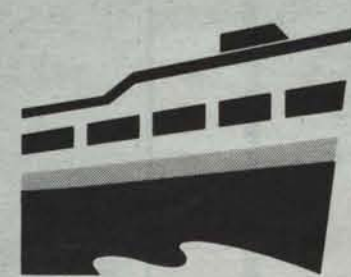
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Let the good times float!

Portland's newest nightclub sails Casco Bay:
Casco Bay Lines.

		Adults	Seniors	Children
Music Cruise	Big Chief & The 3 hrs. Sundays 5 PM	\$10.00	\$9.00	\$5.00
Continental				
Music Cruise	(Over 21 only; State ID Required.)			
Red Light	3 hrs. Fri./July 31: 7:30 PM	\$10.00 In advance		
Revue				
Active Culture	3 hrs. Wed./Aug. 5: 7:30 PM	\$10.00 In advance		
The Sense	3 hrs. Wed./Aug. 12: 7:30 PM	\$10.00 In advance		
Jenny & The Wood Men	3 hrs. Wed./Aug. 19: 7:30 PM	\$10.00 In advance		
Broken Men	3 hrs. Fri./Aug. 21: 8:00 PM	\$10.00 In advance		

And much more scheduled throughout the summer season.
Tickets available at Casco Bay Lines Ferry Terminal.
Cash bar. No one under 21 admitted. Official State ID only.



Casco Bay Lines

Casco Bay Ferry Terminal, Commercial & Franklin Streets, Portland 774-7871
Owned and operated by the Casco Bay Island Transit District.

Entertainment Weekly

Continued from page 32

SPORT

Rolling & Seakayak Rescue Clinics
sponsored by Saco River Outfitters, run Sat nights at a cost of \$40. Call Saco River Outfitters at 773-0910 for more info.

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. Call 780-4170 for more info.

Thirty Somethin' Soccer
People 30+ meet to play soccer Sunday evenings at 6 on Middle School field, Scott Dyer Road, Cape Elizabeth. Events include pick-up games, challenge matches and occasional tournaments. For more info call 799-8669.

USM Lifeline
offers membership to the general public in its gym activities program. Squash, weight training facilities, racquetball and basketball courts, etc., are available. Several membership options. USM Campus Gym, 96 Falmouth St. For more info call 780-4170.

Volunteer Coaches
South Portland Recreation is looking for adults interested in coaching youth soccer, flag football or tackle football this fall. Coaches will be provided with opportunities to participate in the National Youth Sports Coaches Association training sessions. For more details call 767-7650.

Walk/Jog/Aerobics
USM Lifeline is offering a 10-week session starting Aug 10. Classes are offered three times a week at a variety of times and locations. Call 780-4170 for more information.

Women on the Water
Women boaters and potential boaters are invited to a seminar on powerboat handling and sportfishing July 31 from 9-4:30 at Spring Point Marina, S. Portland. For details call 283-9674.

Women's Rugby
The Portland women's rugby team welcomes new players of all abilities and fitness levels. They practice Mon & Weds from 7:30-9 pm at Baxter Boulevard field, Portland. Call 828-1213 for more.



ETC

ACT UP/Maine (AIDS Coalition To Unleash Power)
is a diverse group committed to non-violent, direct action to end the AIDS crisis. Our goals include the establishment of a Maine AIDS Resource Center and the self-empowerment of People Living with AIDS Community. Meetings open to the public and held every Mon from 7-9 pm at 72 Pine St. Portland (Andrews Square Building). New members welcome. Wheelchair accessible. For more info write ACT UP/Maine, P.O. Box 5267, Portland 04101, tel. 774-5082 or 828-0401.

ACT UP/Portland
Are you angry that people are dying because individuals in the federal and local government are ignoring the fact that we are in a health crisis — and that because of their ignorance, prejudice and fear nothing seems to be getting done? Join us. We are a grassroots organization of volunteers dedicated through non-violent direct action to ending the AIDS crisis by dispelling ignorance through education. Open meetings are Sundays at 7 pm at the YWCA, 87 Spring Street, Portland. Wheelchair accessible. For more info call 828-0566.

Anything Goes
Maine State Music Theatre presents an auction Aug 3 at 6:30 pm at the Atrium Convention Center, Cook's Corner, Brunswick. Desserts and coffee served. All proceeds to benefit the theatre. For details call 725-2650.

Equal Protection/Portland
Volunteer to preserve Portland's Human Rights Ordinance. Help guarantee all Portland residents, workers and visitors equal protection from discrimination in employment, housing, credit and public accommodations regardless of sexual orientation. For more info call 879-5360 or write Equal Protection/Portland, P.O. Box 1894, Portland, ME 04104.

Feminists Against Rape (FAR)
meets Tues at 7 pm for discussion and planning. If you are a feminist determined to help make Portland a city free of sexual violence, call 772-0935 or 772-5941 for location.

Get Up & Act
New York-based actress Debra Cole supervises improvisational theatre games for people ages 17-117 Monday evenings from 7:30-9:30 pm beginning Aug 3. Participants may land cameo appearances in Peaks Island's own ongoing soap opera. Meet at Ionia Institute, Island Avenue and Trefethen Landing, Peaks Island. Cost: First class is free; all others \$6/session. For more info call 766-4454.

The Great Maine Duck Race
Thousands of little rubber ducks race from the Presumpscot River in Westbrook to Riverbank Park on Aug 1. The race benefits the Maine Center for the Blind and Visually Impaired. Prizes are awarded for the fastest ducks. For more info call 1-800-773-DUCK.

Greater Portland Landmarks
is looking for volunteer guides for the Portland Observatory. Training provided. Flexible hours. For more information call 774-5561.

"How to Read Between the Labels"
The Enriched Golden Age Center presents speaker Dr. Kathleen Moody to discuss this issue Aug 12 at 12:30 pm at 297 Cumberland Ave, Portland. To make reservations call 774-6974.

Intentional Communities Group
If you are looking for a community, come exchange ideas and meet people Tuesdays from 7-9, 35 Saunders St. Portland. For details call 773-6132.

Learn to Read Better
Project Link offers free information, referrals and support to all Cumberland County residents. For more info call 874-1140 or 1-800-696-4959.

MaineShare
needs volunteers to represent the group in the workplace. MaineShare member groups address AIDS, the environment, health care, violence against women and more. For more info call 622-0150.

Names Project/AIDS Memorial Quilt
holds a panel-making workshop the first and third Sun of each month. For more info call 774-2198.

Open House
The public is invited to witness the restoration efforts to preserve the historic First Universalist Parish Church Aug 2 from noon-5 at the corner of Broadbent Road and Route 22 on the Scarborough/Buxton town line. Free. For more information call 929-8584.

People Against Crime
provides classes in personal defense strategies at 565 Congress St, Suite 207, Portland. Cost: \$10 or \$15 for private instruction. For further info call 799-0607.

Queer Nation
is a militant group dedicated to the subversion of heterosexism through non-violent actions that celebrate and flaunt sexual diversity. Meetings are held the first and last Wed of every month at 7 pm at 72 Pine St, Portland. For more info call 828-4024.

Scarborough Historical Society Museum Fair
offers sales of antiques and other treasures plus plenty of food Aug 1 from 9-3 at U.S. Route 1, Dunstan Corner, near to Engine 6 Fire Station. For more info call 883-3216.

South Freeport Summer Festival
Food, crafts, music, dancing, pony rides and more July 31-Aug 2 at the South Freeport Church, South St. S. Freeport. All proceeds to support the missions and ministries of the church. For details call 865-1801.

Volunteer Center
needs teens to mediate conflict situations with families, four guides/docents and child care workers who would enjoy spending time with infants, toddlers and preschoolers. Call 874-1000 for further information.



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★ PROVEN plan of permanent weight loss.

Andover College, Aug. 5, 1992, 6:30 - 9:30 p.m. \$29 includes FREE Motivation Workbook and Lowfat Cookbook
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- 1/2 SANDWICH AND SOUP \$5.00 -

Open Seven Days A Week, Lunch & Dinner
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Just off Route 127 South, Robinhood, Maine 04530
(207) 371-2530 Reservations appreciated.



May Sarton: In Her Own Words

A Luncheon Tribute to Southern Maine's Literary Legend
Readings by May Sarton and Susan Sherman
For the benefit of the Visiting Nurse Service Endowment Fund

Thursday, August 20 • The Cliff House, Ogunquit

11:00 a.m. - 11:30 a.m. Private Book Signing, Reception
11:30 a.m. - 2:00 p.m. Luncheon Tribute

Donation: \$35 for Private Book Signing, Reception & Luncheon
\$25 for the Luncheon Tribute only

Books will be available for purchase or you are invited to bring 2 of your personal copies
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Attend a Career Fitness Planning Seminar

Topics will include:

- career planning
- skills assessment
- job search strategies
- educational opportunities
- Myers-Briggs type indicator

When: July 15 and 22 or August 11 and 18

from 4:00 to 6:30 p.m.

Where: USM's Portland Campus

Cost: \$30.00

For registration information call Advising & Career Services
780-4220

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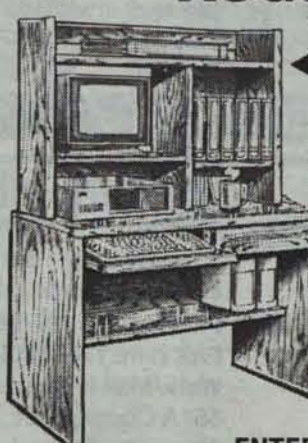
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Versatile and

Sturdy!

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and one pencil/storage

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TV cart with solid oak doors. Perfect size for many

different sizes of TVs, space for VCR and plenty of

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Great for Nintendo! Tough enough for kids.

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body & soul

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CONTRACEPTIVE BLUES? The tried & true cervical cap is here! FDA approved. Comfort. Spontaneity. Effective. Affordable. A barrier method renaissance. For information call Casco Bay Midwifery and Well Women Care. 799-4457.

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

DEEP MUSCLE MASSAGE- Massour trained in yoga, Buddhism, Zen meditation, and macrobiotics. Learn to get rid of what bothers you. Apts by hour and half hour. Keith 774-7648.

EUROPEAN PSYCHIC- Jonathan Marks, M.D.-Predicting & analyzing past happenings, present problems and future events. 12-hour sessions. Psychic, Tarot & Counseling. Portland, 775-2213.

EXPLORE CHANNELING IN A GROUP- 772-8256.

Fall Semester On-going Personal Growth Therapy Group: FROM SURVIVAL TO THRIVING. New groups begin the week of Sept. 21st. Call Michael Dwinell at 799-1024. Residential Weekend Retreat/ Workshop: IMPERATIVES OF THE HEART: AUTHENTICITY AND VOCATION. Sept. 25-27 at Geneva Point Conference Center, Lake Umbagog, NH. Call (603)253-4366.

FITNESS- All aspects: Competitive, personal and home gym weight training. Specialized nutrition advice. Let a former Mr. Maine and female diet expert help. 773-3647.

LESBIAN THERAPY GROUP- Ongoing lesbian therapy group accepting new members. Meets Tuesday evenings 5:30-7:30pm. \$7/monthly. Confidentiality respected. Call 775-7927.

RELEASE PENT-UP ANGER and pain, and heal up to pay the spiritual bill! Individual and group therapy available. Call Jane Gair, LCSW, 774-8633.

SHIATSU OR SWEDISH MASSAGE- Shiatsu/Japanese-style massage. Special introductory offer of 20% off regular fee. Keith Hintz MST 828-2023. Portland license.

TAI CHI CHUAN is an ancient Chinese Martial Art, based on mental and physical balance. One learns to blend with an opponent's force to control it. TAI CHI is a fluid system based on meditation in movement. Excellent for spiritual growth, radiant physical health and unequalled in reducing the effects of stress and tension in one's life. Beginners through advanced classes, including Push-Hands. Visitors welcome. For information call Gene Golden, 772-9039.

THE FOOD CHAIN- to stay at the top eat from the bottom. Add Super Blue Green Algae to your diet for health, energy and mental clarity. Nature's first miracle. Please telephone 781-4457 for complete information.

TRANSCENDENTAL MEDITATION- TM, the most scientifically researched, effective technique to remove stress and to unfold full potential. Classes can be offered in your home. Call Don at 865-3467 for more information.

WOMEN SURVIVORS OF CHILDHOOD SEXUAL ABUSE- Current openings in on-going group. Focus on empowering the individual and healing the inner child. Ten weeks, with option to continue. Please contact Judith Day LCSW, at 773-2622.

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• Body Image
• Sexuality
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Expressive Therapy Center

Shaping Our Stories - Moving Our Lives

a two-day Authentic Movement intensive we will gather to journey, to share... to celebrate the community we create.

August 15 & 16 9:30 am to 4:00pm each day

Facilitated by Caroline Loupe M.A., ADTR, Registered Dance Therapist. Call 871-8274 for registration. Space is limited. 150 St. John Street, Portland

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Check your attic, basement, your closets or garage... take stock of what you see and ask yourself, "Would I rather keep this, or have \$92 in my pocket?" If you've chosen the cash, send a 15-word description of the item in question to Casco Bay Weekly, (use the coupon below), ask \$92 for it, and CBW will run your ad for 4 weeks **ABSOLUTELY FREE!**

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| <input type="checkbox"/> land sale | <input type="checkbox"/> boats |
| <input type="checkbox"/> auctions | <input type="checkbox"/> theater arts |
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| <input type="checkbox"/> jobs wanted | <input type="checkbox"/> animals |
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Display ads: Friday at 5PM
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roommates

BEAUTIFUL HOME, PORTLAND- Prefer professional female, N/S, ND, to share. Lovely neighborhood, \$350/mo. Includes everything. Must love dogs. 772-2427 or 871-9065.

CUMBERLAND AVE. - Female roommate wanted to share 1 BR apt. w/other female. Must be clean & responsible. N/S. \$200/mo. +1/2 util. 761-9042.

DEERING OAKS- M/F N/S, prefer vegetarian to share large apt. on first floor of great old house in beautiful, quiet neighborhood. Must like cats. 774-1183.

EAST PROM- Neat prof. female, 25-35 to share 2 BR, 2 bath, ocean view, swimming pool. \$450/mo. includes all utils. Call Benita, 773-3176. Leave message.

EASTERN PROM- Roommate wanted by older law student. W/D, first floor. Contact 772-9838 after 6 and weekends.

FALMOUTH COUNTRY HOME- N/S lesbian wanted to share fireplace, outdoor hot tub, acres of beauty and tranquility. Twenty minute drive to Portland. We are a lesbian couple with diverse interests including two dogs. \$290/mo. +utils. 781-4747 before 10pm.

GF Seeking N/S roommate to find 2 BR apt in Portland area. I have 1 cat. Need to find place by late August. (603)431-2506, eves.

GM, 30, seeks smoke/chem free roommate to share 2 BR security apartment. \$275 plus 1/2 utilities. Quiet and convenient North Deering area, pool, tennis court. No additional pets. (I have a cat.) Available mid-August. 797-2680, leave message.

GREAT LOCATION In The Heart of the Old Port! M/F to share 2 BR condo. Rent \$245 + 1/2 utilities. N/S preferred. Call anytime! 874-0691.

HALLOWELL- GM would like to share an apt. on Rt. 201 with a N/S roommate. Lots of storage. Avail. now. \$250/mo. includes all. 623-8717.

MATURE, responsible, reasonably neat person with healthy lifestyle wanted to share large, sunny furnished (your room furnished or unfurnished) apartment. Nice neighborhood, W/D, decks, storage. cat. \$275/mo + 1/2 util. References 773-6212.

MY ROOMMATE MARRIED AN ALIEN- Now we need a human subject to occupy the void in this 3BR Washington Ave apt. 2nd floor, spacious, W/D, off-street parking. \$225/mo + 1/3 utils. Sec. dep. Avail. 8/1. 879-6088.

NEEDED: M/F, 30ish, for quiet Woodfords area apt. Avail. 8/1. Washer, great porch. \$155/mo + sec and 1/4 util. Call Bill, 871-7028

NORTH DEERING AREA- M/F N/S, angry efficient home, sunny, W/D, off-street parking, yard, screened porch, quiet neighborhood, storage. \$260/mo. +1/3 utils. No couch potatoes. 797-9424.

PEAKS ISLAND- Start September. Comfortable home. Easy access to store and ferry. Off heat. Child welcome. \$250 + 1/2 utilities. 766-9774. Please leave message.

PORTLAND- seeking responsible person committed to keeping clean apt. w/ 3 cat artist. Spacious, furnished, sunny, 1965 house. Parking, W/D, yard, water view, smoker welcome. Security. \$350/mo. incl. heat. 871-0151 eves.

ROOM & OFFICE in exceptional 3 BR South Portland house. Fireplace, DR, 2 baths, 2 car garage, all appliances, great yard. \$325/mo. +utils. 799-1073.

SEEKING RESPONSIBLE N/S FEMALE, over 30, with quiet lifestyle to share large 3 story duplex in nice neighborhood for Sept. 1. Must enjoy cats, but please have none of your own. Prefer someone open-minded to spiritual/midwifery. Do not need much furniture. Security deposit, \$265/mo. +1/2 heat. 874-6997.

STARTING SEPTEMBER- Share spacious Peaks Island house w/ 2 others. Large lawn, garden, near ferry. N/S, no pets. \$185/mo., 1/3 util. Call Beth or Jeff 766-4425.

YARMOUTH- N/S, M/F, to share 2 BR apt at Junipers. No pets, plenty of parking. \$350/mo. +security. Includes heat and HW. 846-0435.

apts/rent

167 DANFORTH ST. - Large, light, newly redecorated studio, hardwood floors, \$375/mo. includes heat/utills. Call Stuart, 879-2478.

54 STATE ST- Large 162 BR apts. Nicely decorated. \$475-\$525/mo all utils incl. Lease, deposit. Call 761-0557 or 772-7977.

ATTRACTIVE, CLEAN, QUIET, SUNNY ROOM in Westland Townhouse. Shared kitchen and living space. Avail. immed. Security dep. + references. \$310/mo. Call 775-7022.

CUMBERLAND CENTER- 2 BR apt. w/ hardwood floors, basement storage and nice backyard. Trash & snow removal. \$550/mo. Call 865-6473.

DEERING OAKS (98 GRANT)- 2 BR Condo on third floor in secured building. LR, DR, loads of closet space, hwd floors throughout. Heat and HW inc. at \$500/mo. FOREST AVE (756)- Newly renovated, 2 BR, LR, DR, 1.5 baths, beautiful hardwood floors, oil heat, parking, small back yard. \$575 + utils. USM FESSENDEN ST- Spacious, sunny, 3 BR, LR, DR, with W/D hookup in pantry off kitchen, hardwood & carpet. Oil heat, off street parking. \$550 + utils. Phillips Property Management, 772-5345.

D.H.S. AREA- OVERSIZE, 3 BR RANCH w/ much potential, fireplace, full basement, 2 car garage, oil heat, private yard, walk to schools. New paint inside & out. \$95,500. Tel 773-6081 by owner, no brokers.

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EAST END- Attractive and interesting 4 room apt w/ lots of sunlight & great views. Dishwasher & extra storage space and off-street parking included along with heat & HW. \$475-\$520/mo based on # occupants. This is an excellent value; so keep it simple by calling 772-2570.

MAINE MED AREA- Lg sunny 3 BR, loft, w/w carpeting, w/heat, & HW, parking. \$625/mo. Call 871-1503.

MUNJOY HILL- Two large sunny 2 BR apts. in newly renovated Victorian 3-unit, \$550/mo. includes heat, water & parking. One available immediately. Call 773-9549 evenings.

PORTLAND- Clean, furnished room. \$55/wk. Avail. only 8/1/92 - 9/5/92. Back entrance, parking, kitchen. Apt. with N/S father and son. Good privacy week-ends, 2 refs. & 1 wk security. 774-7029. Ask for Tony or leave message.

ROOM FOR RENT- At Willard Beach-SMTC. Kitchen, laundry privileges, share bath, \$75/wk, female preferred, student welcomed, on busline. 799-8626 or 799-1555.

WEST END- Exceptionally clean & sunny 2BR, w/ hardwood floors, parking, gas heat and deck w/ attractive yard. Offered at \$550/mo. + utils. S/D & refs. 879-7120. No smokers. Ask 871-879-7120

WOODFORDS- 1 BEDROOM, DINING, living, kitchen, bath, hardwood floors, storage, 2 car parking, washer/dryer, \$465 871-7142, LMTC.

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PORTLAND- 311 CUMBERLAND AVE., corner of Elm St. Heavy traffic. Excellent visibility, 1,600 sq. ft. store/office, heat included, parking available. 772-6527.

studios/rent

STUDIOS, ARTISTS ONLY building. All inclusive, tin ceilings, artists sinks, high ceilings environment. Darkrooms to suites with views. \$95 to \$250/mo. 799-4759.

real estate

2BR HOME- 1/2 acre, nice starter, good location on Scarborough, VA assumable or use own financing, by owner. Call after 4pm weekdays or weekends. 772-500.

D.H.S. AREA- OVERSIZE, 3 BR RANCH w/ much potential, fireplace, full basement, 2 car garage, oil heat, private yard, walk to schools. New paint inside & out. \$95,500. Tel 773-6081 by owner, no brokers.

DID YOU SELL YOUR REAL ESTATE and hold a mortgage? We purchase mortgages on which you receive payments. Call American Capital 774-6577.

real estate

DO YOU HAVE A HOUSE FOR SALE? Why not advertise it through THE SURE SELL? Call 775-1234 or 883-4149.

PAST PARSONS FIELD, 2 acre wood lot paved Rd frontage, good for home or trailer \$14,500. Call after 4pm, week-days or on weekends 863-2421.

LUV Homes, buy where your neighbors buy!

\$150 for 180 mos. \$1,599 down or \$15,995 Apr 9.5% (1993) • 3 BR., Fireplace, Dishwasher, Skylight, Paddle Fan, Stereo
• 2 BR, \$18,995. • 4 BR, 80' \$19,995.
• Double Wide, 3 BR, 2 Bath. \$24,995

LUV HOMES

Daily 10-8 • Sunday 11-5
Rt 1A, Holden, ME
207-898-7644

MOVING SALE

We're moving to Auburn and all homes got to go!

We have new Champion 14' wides from \$17,637, Fleetwood 14' wides from \$14,495. Double wides from \$22,465. Imperial 14' wide \$22,599, double wide from \$29,314. Norris 14' wide \$26,636, 16' wide \$29,337, used 1985 and 1986 at \$8,995 and \$9,995.

LUV HOMES

Daily 11-8, Sun 11-5 • Closed Tuesday
Rt 28, Oxford, ME
207-539-4759

child care

EXPERIENCED DAY CARE PROFESSIONAL would like to babysit your children in my home. Close to park. Lunch provided. Any time, any age. Mon-Fri & weekends. 874-0536.

PRIDES CORNER NURSERY SCHOOL 235 Pride Street, Westbrook, Maine 797-4689. FALL OPENINGS AVAILABLE 3-5 years old. M-W-F or T-H, 9:00-11:30.

TWO WEEKS PER MONTH- 15 hrs/wk, friendly and competent help for older children. Must have car. West End. Please call 828-1489.

A B CHILD CARE DIRECTORY C B

On August 13 Casco Bay Weekly will present a special advertising supplement for providers of Child Care Services throughout the Greater Portland community. Categories will include Before School Care, After School Care, and Full Day Care Providers.

Don't miss this opportunity to reach the readers who care about quality care for their children.

Deadline August 5, call 775-1234 and ask for Sheila or Michael

help wanted

\$40,000/YR! READ BOOKS and TV scripts. Fill out simple "like/don't like" form. EASY! Fun, relaxing at home, beach, vacations. Guaranteed paycheck. 24-hour recording reveals details. 801-379-2925. copyright #ME114EB.

APPRENTICE Position for male or female with secretarial skills, part-time (1-6 PM, 5 days/wk) at musical entertainment booking agency. Preferably with some graphic arts (PageMaker) knowledge. Some phone sales. Non-smoking, hard worker, organized, ambitious, relaxed work environment. Room for advancement. Send resume with references to: CLASS ACTS, P.O. Box 641, Freeport, ME 04032. No phone calls please.

FOR MORE INFORMATION AND ASSISTANCE regarding the investigation of financing, business opportunities and work at home opportunities, Casco Bay Weekly urges it's readers to contact the Better Business Bureau, Inc., Maine Division, 812 Stevens Ave., Portland, ME 04103-2648.

OFFICE PERSON- People With AIDS Coalition of Maine- Part-Time Position- Interested in person with sensitivity to HIV/AIDS issues to handle one person office for non-profit service organization 20 hours per week. Office and computer experience required. Submit resume to PWA Coalition of Maine, 377 Cumberland Avenue, Portland, ME 04101.

Classifieds: 775-1234

PART-TIME JOB- Earn \$20-\$30 per week for 4-5 hours delivering PennySavers and Magazines. Walking and driving routes available. Call Advanced Delivery 883-1735.

PROFESSIONAL ARTIST SEEKS Male model for figure studies. No experience necessary. Excellent pay. CBW Box 098.

STAY HOME and make up to \$100 a day or more. Over 400 companies need home workers/distributors NOW! Call for amazing recorded message. 919-406-9432.

WMPG COMMUNITY RADIO is seeking a health-care professional with a broad knowledge of public health issues to develop and coordinate a weekly one-hour radio program. This is a volunteer position; WMPG will provide training and technical assistance. Please call 761-2820 or 780-4424.

Advertising Account Executive Casco Bay Weekly has an opportunity for an energetic account executive to join our sales team. We are looking for an experienced, dynamic and highly motivated sales representative to pioneer and maintain new accounts as well as service existing ones. You must be organized, creative and possess excellent interpersonal skills. You will work as an integral part of the sales team while aggressively developing and independently managing your own territory. Familiarity with Greater Portland market will be a plus. This position pays a base salary plus commission. An ambitious sales person will earn 18K-40K plus health coverage and benefits.

If you are enthusiastic about advertising sales send a cover letter and resume outlining why you'd like to work for Casco Bay Weekly.

Send it to:

Casco Bay Weekly 551A Congress St., Portland, ME 04101
Attn: Larry Haws, Sales Manager
CBW is an Equal Opportunity Employer.

help wanted

Is your job fun?

Do your goals match your skills? Do you know how to market yourself? Are you tongue-tied at interviews? There *is* a job for you.



207/799-3344

jobs wanted

JACKSON STRONG-STEP WOKOUT. Light strength and endurance training. Low impact aerobic conditioning. South Portland Dance Center, Wednesdays 8:30am. Some steps available. \$4 drop-in. First Class FREE. Call 929-4846, or come try it!

LIBRARY CATALOGER, CA 20 years experience seeks same or other detail-oriented position, FT or PT. Resume on request. Please leave message 799-1639.

RESPONSIBLE WOMAN seeks live-in position with elderly person. Experience, references. 872-5268. Leave message.

SEA NYMPH 1991- 15 1/2 ft aluminum fishing & pleasure, 15hp Johnson motor, trailer & acc. Used twice \$3,900, 883-3108.

LIGHT TRUCKING- Hauling rubbish, brush, wood, demolition, misc. 7 days/week. Call 772-7719.

LOTS CLEARED- 10/40 sq. ft., stump removal, wood harvesting, 37 years experience. Will pay top dollar for standing timber or logs. Call for your free estimate. 943-2688/933-1043.

MOVING? D.C. PACKING SERVICE- Household office goods, light hauling, insured. Reliable. 15 years experience. Free estimates. Donald, 823-5417, message. Call between 9am & 9pm.

STONEWALLS- DRY STACKED OR MORTAR, free standing or retaining. Walkways, Patios: flag stone or brick. Shrubbery, tree and lawn installation. All aspects of landscape maintenance and restorations. Lou 642-4128 or 839-4621.

SUNSHINE CLEANERS- Housecleaning, weekly or bi-weekly, by professionally trained staff. 16 years experience. Affordable rates, excellent references, insured/ bonded. Free estimates. Greater Portland, 799-5323.

TREESCARE- Natural landscape company specializing in naturalistic landscaping, trailwork, brushcutting, thinning, pruning, chipping, bushhogging, fences, wildlife planting, birdhouses, lawns, and lot clearing. Satisfaction guaranteed. 761-0480.

WANTED: DIRTY WINDOWS- Professional window cleaning service will take on large or small jobs. Free estimates, reasonable rates. Call J.S. Enterprise, 934-1737 or 934-4215.

WHAT'S THE BIG DEAL? The "56 WGAN Tag Sale" every Sunday, 9am-11am. BUY, SELL or TRADE! Tune your radio to the "56 WGAN Tag Sale".

WINDSURFING PACKAGE, board, mast, adjustable boom, mast base, Marlin 5.5 sail, used 4 times, excellent condition \$475 or negotiable 883-3074.

\$92 Stuff for Sale
19" RCA Color TV, older model. Good condition & working order. (VHF only) \$92. 799-3056.

1976 POSTAL JEEP- low miles, great for parts or fix. Interesting? \$92 call Jay 828-4062

1982 CHEVETTE- Tie rods springs muffler, Ball joints alternator, tires all recently replaced. Call 772-5813.

ACOUSTIC GUITAR- Honda six string with case. Sounds great! 92 smackers, please. 839-6232.

AIRLINE TICK

stuff for sale

\$92
Stuff
for Sale

BICYCLES: Girl's 24" Schwinn, Boy's 26" Grants. Both 5 speed, both new cond. \$92. 829-3426.

BIKE TRAINER- Magturo II. \$175 new. Hardly used. \$92. 729-6465 after 4PM.

CAPTAINS BED- Twin-size (drawers fit underneath) includes mattress. \$92. 998-4228.

CHAIRS, ladder back w/ rush seats, set of 4 \$92/80 729-6465 after 4PM.

COMBINATION Buffet and Dining Table. Self-contained six leaves. Seats 12. Light oak. Perfect cond. 797-5537.

COMPUTER DESK- 49 x 24 with full book shelf, good cond. \$92. 772-2249.

COMPUTER MONITOR- NEW! TAXAN 12 inch amber display- safe for your eyes. \$92. Call Kathy 773-0682.

COUNTRY PINE Table w/6 chairs. \$92. Good condition. Moving must sell. Call 773-4334.

COUNTRY TABLE w/6 chairs- dark pine. Moving must sell. \$92. Call 773-4334.

FOOT-BALL TABLE for sale. \$92. Call Greg at 282-2190.

FOR SALE: Duofone cordless phone, works fine! Panasonic answering machine. \$92 for both. 799-7044.

GAS GRILL- Like new, hardly used. Moving must sell. \$92. Call 773-4334.

HEWLETT PACKARD Business Consultant 18 Financial Calculator w/ manual. \$92. Dave 775-5234 days.

HIGH VOLUME Direct Drive Squirrel Cage Blower moves 1180 CFM, with capacitor motor. \$92. 926-4608.

IBANEZ GUITAR with soft shell case. Must sacrifice. \$92. Mark. 828-0576.

KODAK Carousel or Rollei Carousel 35mm projector with lens, excellent condition. Either for \$92. 967-5607.

MEN'S 10 speed bike, 25" Frame good cond, great components. 20 lbs. \$92. 926-4608.

MOVIE HOUSE MOVIE- Mystic Pizza. \$92. 839-5469.

NINTENDO plus three games, ask \$92. Call Dan at 871-7074.

NURSE'S SHOES- size 5, Weight Bench, Typewriter, Stereo. \$92 takes all. 998-4133.

OAK DOUBLE BED- Platform style, ideal for futon (not incl.) \$92. Please call 871-9341.

Pair custom-made Schumacher drapes for tall window. 6 ft., floral on creamy white. \$92. 846-3912.

PHONE and Answering Machine. Micro wave oven \$92 takes all. G.E. Microwave oven \$92. 767-8058.

RED SIX FOOT SOFA & Medium Futon with mattress. \$92 each. 775-4938.

SCUBA EQUIP.- Fins, mask, snorkel, wt. belt, air gauge, compass. \$92 or B.O. 657-3726.

SHARP Electronic Typewriter- Excellent cond. \$92. DIAMOND Cut/Florentine gold "L" initial ladies ring. \$92. 797-8978.

SOMMA QUEEN SIZE Water Bed mattress, cover, liner & tubes. Great shape, great deal. \$92. 926-4608.

TECHNIQUES LINEAR, Programmable turntable \$92. CASIO CZ101 \$92. SEGAW 6 tubes, gun, trackball \$92. 772-0137.

THE BEDROCK- Fits most small cars. \$92. Call 773-0578. Leave message.

TRUCK BED TOOL BOX- Fits small truck, Sears X-cargo, excellent condition, \$60. Sears Excer-cycle. \$92. 871-7232.

TWIN MATTRESS & Box Spring- Frame w/ cherry spindled head & foot. Great shape! \$92. 998-4133.

VWRABBIT- 1979 Runs. No sticker. Needs work or great parts car. \$92. 871-9377.

WETSUIT- Ladies large Henderson lined farmerjohn with jacket, hood, boots. Prime Condition. \$92 or B.O. 657-3726.

WINDOW-SIZE AIR-CONDITIONER, Kenmore. Great buy! First \$92 takes it! 799-0090.

WOOD hand-seasoned 1yr. 1 cord for sale. Moving must sell. \$92. Call 773-4334.

WOOD hand-seasoned 1yr. 1 cord for sale. Moving must sell. \$92. Call 773-4334.

YAMAHA 80cc Trail Bike- Starts, but needs 1 gear in the clutch. Great parts bike. 799-7044.

wanted

ADOPTION- DON'T GIVE UP! Young childless executive Dad/ Full-time Mom seek to adopt newborn to 2 months. Will provide loving, secure Christian home. Call Sandy & Jeff, 1-800-538-7957. In compliance with Title 22, chapter 1153.

ADOPTION- We have hugs and laughter for your newborn. Coastal Maine couple with adopted daughter want to adopt again. Please call Lynn and Peter collect at 244-5862. In compliance with Title 22, chapter 1153.

HOUSE/COTTAGE or large apt. to rent from Aug. 8-22 for 2 N.Y.C. couples w/ Portland references. Portland area or Peaks Island. Must be reasonable. Will care for pets/plants and/or exchange N.Y.C. apt. if desired. East Village. Please call immediately. (212)533-0757.

JUNK CARS & TRUCKS wanted. Free pickup. Call Dumbo Enterprises 854-2068.

WANTED: PINE LOGS- Will pay top dollar! Ask for Candie. 893-1043.

learning

DANCE WORKSHOPS for kids. (Aug. 3-7, ages 8-11). (Oct. 10-17, ages 12-14). 9:30-1PM daily. Includes Jazz, Ballet, Mime, Choreography. Casco Bay Movers 151 St. John St. Portland. 871-1013.

MUSIC STUDIO

VOICE/PIANO INSTRUCTOR
Classical, Opera and Broadway Musicals

871-0138
871-0210
879-2606

377 Fore St., Portland

wheels

\$5 CASH CASH CASH \$5- WE HAUL AWAY JUNK CARS AND TRUCKS, any condition, seven days a week, 9-9. 773-6878.

1966 BUG- rust-free body, engine needs minor, interior semi-major work. \$4000 or B.O. Call Elizabeth. 774-1539.

1968 BUICK SKYLARK restorable classic. Runs well less than 100,000 miles. Needs some bodywork and muffler 934-2700.

86 BUICK SKYHAWK STATION WAGON CUSTOM. Burgundy, roof rack, 3 new tires, AM/FM stereo, trailer hitch, good condition, asking \$2,600 (mid 70's mileage). 797-8427 after 4pm.

CHEAP! FBVU S. SEIZED: '89 Mercedes, \$200; '86 VW, \$50; '87 Mercedes, \$100; '85 Mustang, \$50. Choose from thousands starting \$25. 24-hour recording reveals giveaway prices. 801-379-2929, copyright #ME114JC.

CHEVY CITATION 1981- Brown, auto-matic, 4 door, nice cond, a/c, ps/pb, 79000 miles, well maintained. 761-1705, leave message.

CORVETTE, \$400, BRONCO, \$50; '89 Mercedes, \$200; '87 BMW, \$100; '65 Mustang, \$50- U.S. Public Auction, druglord properties. Choose from thousands starting \$25. 24-hour recording reveals giveaway prices. 801-379-2930, copyright #ME114JC.

SAAB 1980- Two door, 100,000 miles, very good condition, two owners, all work receipts. Call Elizabeth 774-1539. \$1500 or B.O. I need a truck.

SAAB 900 1983- Blue, 5 spd, 155K. Runs and looks great. Must sell. Price cut to \$1200 or B.O. 797-7844.

TOYOTA CAMRY DX 1992- Excellent condition, light blue, 5 spd, AC, CD player, 8300 miles. \$14,500. B.O. Moving, must sell. 773-0806, leave message.

VW RABBIT, 1981- Runs great, but needs mechanical owner. \$250. Call 775-7515.

Try our
Wheels Deal!

We'll keep it running 'till it SELLS!

Describe your car, truck, or cycle in 25 words or fewer and we'll run your ad for four weeks in front of over 100,000 readers.

FOR ONLY \$25!
If your vehicle doesn't sell, just notify us in writing after the fourth publication and we'll run your ad again. **FOR FREE!** There's no limit \$25 really does sell your car.

Classifieds 775-1234

Ad changes are \$5. No refunds. Private party only. Casco Bay Weekly 551 A Congress St., Portland, ME 04101

THE SURE SELL

music

DRUMMER & SINGER (rhythm guitar and songwriting skills a plus) needed to round out new power-post-punk-folk-funk outfit to perform in Portland with mostly originals. In the spirit of Husker Du, Pixies, L7, Fugazi, Chis, Lemonheads. Lady bashers encouraged to respond. Call Harold or Ralph at (207) 797-PEPA.

SUMMER BARGAIN- 5 one-hour Voice, Guitar, or Piano Lessons valued at \$25, only \$92. Teacher in convenient location, Master's Degree, 15 yrs experience. 772-2029.

PORTLAND YARD SALE- Lots of books, comics, art, skis, records, singles, furniture, clothes, cameras, musical equipment, etc. etc. etc. 139 Brackett St. in the West End, across from Rieche School. 9-4 Saturday.

TEACH YOUR DOG TO OBEY- 6 week beginner course \$25. 5 week puppy class \$15. Your dog deserves the best. Instructions with 8-30 years experience. Dogs In Training. Portland/693-6212, 774-3792 or 852-8374.

LIVE PSYCHICS INTERPRET YOUR PAST, PRESENT & FUTURE THROUGH THE POWER OF THE TAROT

1-800-454-1444
1-794-1111
1-800-955-5580
info@csmemberships.com
Whurind, IL

Help Save a Tree:
Recycle this Paper

Free Headline: (15-character limit)

Free 25-word Personal Ad:

Guidelines:

Personal ads are available for single people seeking relationships. Ads seeking to buy or sell sexual services will be refused. No full names, street addresses or phone numbers will be published. Ads containing explicit sexual or anatomical language will not be published. We reserve the right to edit, refuse or re-categorize any ad. Advertisers must be over 18 years of age.

First 25 words & headline: FREE

add'l words @ .50 each: FREE

Personal Call: FREE

CBW Box or P.O. Box (add \$20):

Total:

First 25 words & headline: FREE

add'l words @ .50 each: FREE

Personal Call: FREE

CBW Box or P.O. Box (add \$20):

Total:

FORD ESCORT PONY, 1991- 22,000 miles, standard 5-speed, \$5,000. Brunswick, call Diana. 725-6062 after 4, 725-3800 before 4.

GMC 1/2 TON, 1986- 60K miles, V-6, 4 new tires, bed-liner, runs great! \$3,300. Portland, 828-0952.

MERCURY COUGAR, 1987- A/C, power windows/locks, auto., 45,000 miles, serviced regularly, burgundy, AM/FM cassette. Moving, must sell. \$5000. B.O. 772-9707.

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Describe your car, truck, or cycle in 25 words or fewer and we'll run your ad for four weeks in front of over 100,000 readers.

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Help Save a Tree:
Recycle this Paper

Free Headline: (15-character limit)

Free 25-word Personal Ad:

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CBW Box or P.O. Box (add \$20):

Total:

The Ad:

The Results:

I'm always so impressed with the caliber of people who respond to my apartment for rent ads in Casco Bay Weekly. I meet people who I'd like to have as friends, applying to be tenants. It's reassuring to advertise in a paper with a readership of such high quality. It's the only paper I advertise my apartments in, and it never fails to yield responsible, reliable tenants who I truly enjoy renting to. Thanks, Casco Bay Weekly!

Brice Courtis
Portland Apartment Owner

Classifieds—It's the reach you need! 775-1234.

lost & found

LOST A PET? Call The Animal Refuge League, 854-9771.

boats

16FT MIRRORCRAFT, 60HP, JOHNSON galvanized trailer. Extras \$3,000 or B.O. Call John at 883-4990 leave message.

AVON 13FT RUBBER RAFT, work boat model. 30hp Tohatsu motor, used mainly in fresh water. Calkins trailer \$2,700 for all 767-4337.

BOAT SLIP FOR SALE- at Jordan Bay River Condo, Sebago Lake, up to 26'. Call Roger 892-2612.

DWF, 43 Y.O., WITTY, emotionally stable, independent, all around nice lady, looking for same in gentleman over 30, not too thin or heavy, age 40-50, Portland area. CBW Box 101. #5833 (8/10)

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DWF, 43



nutri/size™
10

The biggest surprise is how little it costs.

See what the Nutri/System® program can do for you. You'll be surprised how little it costs ... and amazed how much it's worth.

old size
14



nutri/size™ your life.
nutri/system

Heidi Van Lier
Nutri/System client

© 1992 Nutri/System, Inc.

Weight loss and maintenance vary by individual.

Brunswick 729-8733
Auburn 786-0653
Augusta 622-5847

PORTLAND 773-1845
Westgate Shopping Center
1362 Congress St.

Windham 892-1525
Waterville 873-7108
Rockland 594-7881
Kennebunk 985-4931

\$19 GET STARTED PROGRAM

3-weeks of Nutri/System Program Services. Food not included. Participating centers only. Offer expires 8/15/92.

\$19 FREE Food

FREE FOOD with purchase of Program for new clients on third week of Program. Must be accompanied by coupon. Participating centers only. Offer expires 8/15/92.