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Casco Bay Weekly

PUMP UP THE VOLUME

The Washington, D.C., hardcore quartet Fugazi wears its working-class ethics on its sleeve, charging just five bucks for concert tickets and just nine bucks for a CD. The band's records, released on its own independent label, sell tremendously well. Dan Short reports on the Fugazi legend — and the music. (Turn to page 27.)



SEPT 9, 1993

HOW TO BURY YOURSELF



Marsha Campbell of Portland, with the shovel she used to bury her father's ashes: "If someone in the family wants something more formal they can let me know."

Portlanders in search of simplicity and dignity explore alternatives to funeral homes

■ By Mishe Pietkiewicz
■ Photos by Toney Harbert

B ois Campbell wanted something simple when he died. He didn't want people crying over his open casket. Nor did he want a procession of cars following his body in the hearse. "He didn't want us to spend lots of money on a fancy box that was going to be lowered into the ground," said his daughter Marsha Campbell, who lives in Portland.

Instead of placing the casket on view in an ornate funeral parlor, Campbell opted to have his father cremated directly, bypassing the services of a funeral home. And instead of an elaborate church service, she held a memorial during a Quaker meeting, where, according to custom, congregants stood up and shared their thoughts on her father and her loss. The ashes, placed in a simple cardboard box, were then buried in a small plot adjacent to the Friends Meeting House on Forest Avenue near the Portland city line. "A friend and I marked the site with a simple field stone," she said.

Campbell's experience with her father's death prompted her to become a member of the Maine Memorial Society, a 2,000-member, non-profit organization that aids its members in finding simple, dignified and inexpensive alternatives to funeral-home burials.

Society members say that everyone should know the options: You can choose an expensive service, complete with \$58,000 Cadillac hearse and a graveside service. Or you can choose direct cremation. You can choose to embalm, or not to embalm. You can even choose to bury your loved ones in your own backyard — a practice that's permitted in Maine, but not in nearby states, including New Hampshire and Massachusetts.

Not only will such an approach save money, but those who have done it say it's the most dignified way to show reverence to the dead.

Betty Fake of Lewiston, one of Maine's pioneers in alternative burial practices, admits that bypassing the funeral home may seem "a little peculiar." She insists, though, that it's more natural than calling in the undertakers, and better allows the living to begin the grieving process. "Nowadays people just call a funeral director to take the body away, curl the hair, put the make-up on and display the body in a fancy casket," she said.

"It's lacking in dignity," she added. "In fact, it's downright humiliating in some cases."

continued on page 8

THE WEEKLY WELLNESS DIRECTORY IS GOOD FOR WHAT AILS YOU. SEE PAGE 38.

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Leigh Sellick: "I check my traps every morning and if I trap [something], I put it in my truck and I drive into the big woods 30 miles away and release it into the wild, live."

A conversation with Leigh Sellick

Leigh Sellick of Portland is known as the City Trapper. A retired Portland firefighter, Sellick has trapped more than 1,000 animals since he started his business eight years ago. He typically arrives at a job in his red GMC pickup bearing traps, bait, rubber gloves and lots of Bounty paper towel. "I use lots of this Bounty," he says, "because there's lots of cucka on the bottom of these traps sometimes and I don't want no one getting a disease."

What kinds of animals do you trap?

I'm certified only for trapping home and garden pest animals. That would be skunks, raccoons, woodchucks, gray squirrels and porcupines.

What is your system for trapping an animal?

I go to a house and, due to a trained eye, I know that usually a woodchuck will dig a hole in the ground and basically a skunk will be under a building and a raccoon will be up in the attic or under the building. I look for

holes in the fence and trails in the grass or through the bushes and put the traps there.

What kind of bait do you use?

All kinds of bait. Skunks, it's primarily peanut butter. Raccoons, it's primarily sardines. Porcupines, it's salt. I take a salt lick and cut it like strips of bologna, and

talk

squirrels, it's peanut butter and sunflower seeds. Woodchucks, I use broccoli on occasion — when I'm using bait. You can use cabbage, but I use broccoli more. It seems to stay fresher.

Any unusual incidents come to mind?

Well, getting a skunk out of a decorative lobster trap on a lawn without the animal spraying me. I covered him with two yards of black corduroy and then I set my skunk trap up and I held the door open. Then I took my bait

stick, took a big gob of peanut butter and then I took my hammer and took one wooden lath off the bottom of the lobster trap. When that was done, I lifted the cloth slightly and then there was this big skunk face six inches from my nose. He followed the peanut butter right into the trap, and I had him.

How do you prevent a skunk from spraying you?

You just talk to 'em nicely. I tell 'em how pretty they are and how good they are. You have to talk constantly and you have to talk softly. That seems to soothe 'em.

Within species, do animals behave differently?

The animals definitely have personalities. Some skunks, you can walk right up to them and talk. Or you take their picture. Others are aggressive and mean. They growl and they're ugly. It's just like people.

By Wendy Keeler; photo by John Alphonso

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newsreal

A review of the top news stories
affecting Greater Portland
September 1 through 7.

Lobstermen may work bankers' hours to avoid a hike in the minimum legal lobster size. Federal regulators last month designated Gulf of Maine lobster as an "overfished" species. They told the lobster industry to develop a management plan by Dec. 27 to reduce the catch by 20 percent over the next five years. If no plan emerges, the minimum legal size of lobsters will be increased.

Lobstermen are meeting in several coastal towns this week, including South Portland, to debate limits that will satisfy regulators. Proposals include shorter workweeks, smaller crews and no fishing after 3 p.m.

Lobstermen backed time restrictions over a hike in legal lobster size at a recent meeting in Thomaston, according to David Cousens, president of the Maine Lobstermen's Association.

Tom Andrews will try to ban the use of defense conversion funds for arms exports. Andrews wants to amend the U.S. House defense spending bill so it will prohibit the financing of arms exports with conversion funds. His amendment—due to hit the House floor on Sept. 9—is aimed at defense contractors who would rather sell arms overseas than convert to commercial products. (CBW 6.24.93) Executives of the nation's largest defense contractors have lobbied Congress to spend \$325 million in conversion funds to underwrite \$5 billion in loan guarantees. The loans would provide foreign countries with the financing to buy U.S. defense industry products.

Andrews made a similar proposal to the House Armed Service Committee but it was defeated recently. Maine's First District Congressman believes his ban stands a better chance on the House floor. "It was soundly defeated in the committee, but that's where arms manufacturers have the strongest foothold. I'm hoping that the more we open this to public scrutiny and common sense, the stronger we're going to be. But I'm not betting the farm we're going to win," he said.

NAFTA was panned by Maine Attorney General Mike Carpenter. The state's top law enforcement officer warned that the North American Free Trade Agreement could undercut Maine's environmental, health and safety laws. Carpenter issued his warning in letters to Democratic congressional leaders and U.S. Trade Representative Mickey Kantor.

NAFTA is designed to phase out most barriers to free trade among the United States, Mexico and Canada. Opponents claim that NAFTA's sweeping language would supercede state laws. They say it will lead to less stringent environmental and labor standards as U.S. employers try to compete with Mexican companies. (CBW 6.17.93) The treaty is expected to be presented by President Clinton to lawmakers on Sept. 14.

Carpenter's anti-NAFTA statement was made, coincidentally, in the same week that he ruled out a run for the governor's office next year.

A police pepper spray caused a death in Concord, N.C., last week, which prompted police there to stop using it. A state medical examiner concluded the spray triggered bronchial spasms severe enough to kill a 24-year-old arrested during a July 11 disturbance at a restaurant. The incident raised questions about the spray, used by many police departments, including Portland's, to subdue unruly suspects.

In August, the Portland Police Department released a study indicating the spray cut down on injuries to both officers and aggressors.

They should have stayed for "Last Call." Portland police charged 15 people with drunk driving over Labor Day weekend. Most were stopped at a roadblock near the intersection of Brighton Avenue and Riverside Road. Traffic Sgt. Anthony Germaine said police usually bag fewer than half that many drunk drivers on an average weekend.

Meanwhile, nobody used Portland's "Last Call" taxi program. The program provides free Town Taxi rides to any patron who has been drinking in one of 30 participating bars and restaurants. Project Portland, a group of civic leaders fighting drunk driving, organized the "Last Call" program.

A suit was filed against FSU Posse members. Michael Wormwood, a gay man who was beaten by four teenagers last December, filed a lawsuit Sept. 2 in Cumberland County Superior Court seeking compensation for medical expenses and emotional distress he incurred from the beating. The youths' parents are also being sued under a Maine law that makes them partly liable for damages maliciously caused by their children.

Wormwood said he also filed the suit to send a message to the teenagers that "what they did was wrong and they can't get away with it."

The four youths—two of whom claim membership in a local gang, the FSU Posse—attacked Wormwood, 24, last Christmas Eve in front of Zootz, a Forest Avenue nightclub. The teenagers allegedly shouted anti-gay remarks at Wormwood as they assaulted him.

AIDS education will be taught at Deering High School. The Portland School Committee approved an AIDS course for Deering juniors by an 8-1 vote Sept. 1. The 13-week, non-credit course will be voluntary and require parental permission. That apparently has kept parents from protesting, according to school committee member David Ripley.

Ripley said he talked to some parents who had complained last spring about the school's Diversity Day, which featured discussions on sexuality by lesbians. But none of the parents balked at the AIDS course.

The course will be funded with a \$2,000 grant from the national Centers for Disease Control and Prevention. Portland High School isn't offering the course because it didn't apply for the grant.

Autum Aquino's new school welcomed

her. Searsport held an informational meeting for parents who had concerns about how the local elementary school would deal with Autum, who is HIV positive. School doctor David Loxtercamp allayed concerns about the health risks for those close to Autum. "The greatest risk will be that all of you will get to love her and it will be hard to watch her suffer," Loxtercamp said. After the session, many parents eagerly introduced Autum to their children.

The 8-year-old survived a difficult year. She and her mother, Theresa Dannemiller, who had AIDS, moved to Florida last September because the warm weather was good for Autum's health. But they returned to Portland after being harassed and threatened in the Sunshine State. Autum and her sister moved to Searsport to live with her aunt and uncle after Dannemiller died this summer.

Maine has recorded 23 ozone alert

days this year, according to the state Department of Environmental Protection (DEP). Although there may be several more days of unhealthy air in 1993, it appears that

this year's total will fall below the 29 unhealthy air days recorded last year, and the 38 days in 1991, when the state first started keeping a tally. DEP air quality specialist Andy Johnson said he needed to study more weather data before he could explain the drop.

Meanwhile, a public hearing on Maine's proposed new auto emission standards was held in Portland on Sept. 2. The hearing was held by the Ozone Transport Commission (OTC), a group of top environmental officials from eastern seaboard states who are trying to solve the region's smog problems. Maine environmentalists and health experts told the OTC that the state's ozone alert days showed that tougher standards are needed. But lobbyists for the auto and oil industries, who followed the OTC up the coast like smog, argued against the standards.

Because some states are reluctant to adopt the standards, environmentalists want the OTC to ask the federal government to adopt region-wide standards. "My guess is that we'll be successful," said Conrad Schneider, a staff attorney for the Natural Resources Council of Maine. Schneider expects the OTC to reach a decision within six months.

A chorus of ayes went up for balconies in City Hall Auditorium. A year after their proposal to gut the hall caused static in Portland, the city's auditorium building committee unanimously accepted a plan that will improve the hall's acoustics while preserving its historic balconies.

The plan will cost an estimated \$7.9 million. Portland voters, however, only approved a \$6 million renovation. Committee member Peter Plumb said he expects private funds to make up no more than a quarter of the \$2 million gap. The committee planned to meet Sept. 20 to discuss asking Portland's voters to make up the remainder.

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

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CLEAT CITY



City dousing downtown trash burning

The city of Portland has started cracking down on apartment building incinerators — sort of.

"Cracking down" is probably too strong a term for the city's action, which amounts to asking building owners to stop burning trash because it's illegal. Building owners have responded by working to shut down their incinerators, according to Sam Hoffses, chief of the city's Inspection Services. But at 7 p.m.

newsreal

on Sunday, Sept. 5, dark smoke and an acrid odor were still chugging out of the chimney atop The Ambassador apartments at 118 Casco St. That building is one of five, according to Hoffses, that have operating incinerators. Others are the Trelawney Building at 655 Congress St.; Northgate Apartments at 231 State St.; Ricker Park at 290 Baxter Blvd.; and Shepley Apartments at 37 Casco St.

The apartment buildings still burn their trash because no one had ever told them not to, and because it's easier and cheaper than hiring someone to collect their garbage and haul it to Regional Waste Systems (RWS). Buildings with over 10 units are not eligible for the city's curbside collection service.

While building owners argue that incinerating their rubbish is less expensive and more sanitary than having it sit for collection, the burning is still prohibited by city ordinances, which ban even the burning of leaves.

Apartment incinerators are also prohibited by the state Department of Environmental Protection (DEP), which requires special licenses for any incinerators and special handling of the ashes they produce.

But until recently, the apartment buildings were allowed to burn whatever they wanted, whenever they wanted.

Needless risk

Responding to a complaint by a citizen, Mayor Anne Pringle got the city's enforcement action rolling. Pringle asked Hoffses how many buildings were burning trash and whether it was legal. Like Pringle, Hoffses had never looked into the issue before. "I thought the incinerators had been done away with years ago," Hoffses said.

Instead, he found that some were still burning. "It's nothing that the buildings had to report or register," Hoffses added, "so there was no way for us to know who's got incinerators or where they are."

Hoffses also discovered that the incinerators were illegal under city and state law. While the incinerators "are not the biggest air quality issue in the state," said Alan Morrison of DEP, "I look at them as a needless risk because there are other options. It costs a little more to bring the trash to RWS, but they've got a fairly effective pollution control method, plus disposal control."

Morrison said that apartment incinerators are illegal — unless they contain expensive pollution control devices — for two reasons: "They smell

and they're an unsightly nuisance," he explained. "That's why people call me, not because they're concerned about pollutants."

The incinerators also pose potential health hazards. "When you have visible emissions, you're going to get carbon monoxide, which is toxic," Morrison added. "You'll also probably have other toxic compounds. Our chief concern are metals like lead, cadmium and mercury, which can be produced by burning household batteries. There are also toxins like dioxin which come from plastic and any source that contains chlorine."

He also said the incinerators produce ash particles that are small enough "to get deep into your lungs." Although no one is sure of just how much trash the apartment buildings are burning, Morrison believes that the incinerators only create potential hazards in their immediate vicinities.

So far, DEP's enforcement action has been limited to writing warning letters to building owners who the agency has received complaints about.

Yet he said trash-burning has become "more and more of a concern" for DEP.

"They smell and they're an unsightly nuisance."

Alan Morrison of the state Dept.
of Environmental Protection on
apartment building incinerators

"Because the cost of municipal waste disposal is increasing, we believe people are going to look at burning as a more viable option in the future," he said.

Morrison pulled out a 1972 photo of Portland's West End and waterfront. The photo showed dark smoke, caused by open burning of trash, hanging over the landscape. "We've made some pretty big improvements in controlling air pollution since then," he said. "And we want to make sure we don't start slipping back due to economics."

Weaning off burning

City officials are sympathetic toward building owners, who must foot higher bills when they stop burning trash. The city hasn't levied any fines against building owners or set any deadlines for owners to stop burning.

Hoffses said he's been "trying to wean [owners] away from burning, by writing letters, telling owners they've got to cease and desist."

In a memo to Pringle, Hoffses said Ricker Park has shut down all but five of their 17 incinerators, and that the remaining five "will shut down in the near future." According to Hoffses, the Northgate and Trelawney buildings have been turned over to DEP for enforcement action, and the Shepley and Ambassador buildings "have been working with the Fire Department on a shutdown."

"I'd just like to sit down with building owners and figure out a plan to get them in compliance," Pringle said.

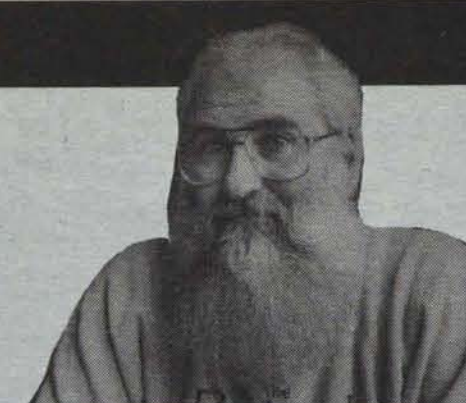
Meanwhile, the Portland Police Department has undertaken a yearlong investigation of trash haulers who've taken local rubbish to cheaper out-of-state landfills instead of dumping it at RWS, as required by city ordinance.

Yet Pringle admitted that city officials were late to consider that trash — and potential RWS revenue — has been going up in smoke at downtown apartment buildings.

Bob Young

politics & other mistakes

■ By Al Diamon



If I had no loot

Early next year, independent gubernatorial candidate Angus King plans to take a big risk. He promises to release a detailed outline of what the state budget would look like under a King administration.

That's a gutsy move no other candidate has come close to making.

Ask Republican Summer Lipman what he'd do to balance the books, and you'll get endless blather about growing the economy by creating jobs. Ask Lipman how he'd do that, and he'll talk about lowering workers' comp costs, reforming the environmental permitting process and reducing the size of the Legislature. The first two ideas might produce economic growth in the long term, but won't help with what could easily amount to a \$100 million-plus budget shortfall by the time the next governor assumes office in January 1995. Lipman's third proposal might save a couple million, but would require support from two-thirds of the Legislature. Expect UFOs to land in Monument Square first.

Lipman gets even foggy if asked to recommend specific cuts in state programs, but he's nowhere near as foggy as Democratic front-runner Joe Brennan. The last time Brennan said anything substantive about state spending was back in the 1990 governor's race, when he correctly predicted a huge state budget crisis. Asked what he'd do about it, Brennan announced he'd assemble a team of experts in government and business who'd think of something. Asked if there were any state programs he personally felt should be cut, Brennan gave answers that drew favorable comparisons to the Shadow's power to cloud men's minds.

Republican Charlie Webster is full of bluster about how the state wastes money. But when Webster is forced to get specific, it turns out he wouldn't cut education, the biggest chunk of the budget, and wouldn't do anything to raise local property taxes, which apparently means no reduction in revenue sharing to cities and towns. That leaves only one large pot of money, the Department of Human Services, but Webster catches a dose of the vagueness flu whenever he's asked if what he's really proposing is a reduction in spending on social services of 40 percent or more.

The rest of the gubernatorial field is equally flaccid in discussing budget balancing. Democrats Tom Allen, Jim Howanec and Duke Dutremble all want to create jobs. Republicans Judy Foss and Pam Cahill want to cut spending. Democrats Bonnie Titcomb, Donnell Carroll, Michael Carpenter and Richard Barringer, and Republicans Susan Collins and Jasper Wyman have all either said nothing on the issue, or said something so diffuse it failed to set off political smoke detectors.

There's a practical reason for this fog bank. While voters claim to want concise answers to tough questions, the Election Day results show the public is really more interested in being told what it wants to hear. Candidates who take clear positions

on controversial topics early in a campaign make themselves easy targets for twerps who pander to popular opinion. There's no issue where this is easier to accomplish than the budget.

That's because nobody pays much attention to the long-term implications of state spending. Taxpayers complain about what they'll have to pay this year. Tax recipients concern themselves with protecting what they receive right now. Legislators worry about covering their asses in the next election. No one sets priorities, or is concerned with how the current budget will affect state finances in 1995 or 2005. For a politician to argue that voters should consider how spending a dollar now could result in savings over the next decade is roughly the equivalent of writing a manual on how to commit political suicide, and then following the instructions.

Even over the short term the budget is treacherous ground for the intrepid office seeker. While everyone agrees state spending is rife with waste, inefficiency and fraud, hardly anyone agrees on exactly where those line items are located in the budget document. One person's wasted tax dollar is another's top government priority. No cut of significance can be proposed without provoking a ferocious turf battle that can't help but cause political damage.

So, it's no surprise that no candidate, Angus King included, has dared to engage in straight talk about the budget thus far. If King or any other potential governor actually risks telling voters what he or she would do with their money, that candidate faces the danger of spending the rest of the campaign on the defensive. Republicans, Democrats and independents alike would almost certainly blast away at the poor fool haplessly waving a budget proposal, since that's the easiest way for the other candidates to cover up the embarrassing absence of their own spending plans. King recognizes this pitfall, and is coupling his promise to reveal his budget priorities with a request the news media apply pressure on the other candidates to do the same.

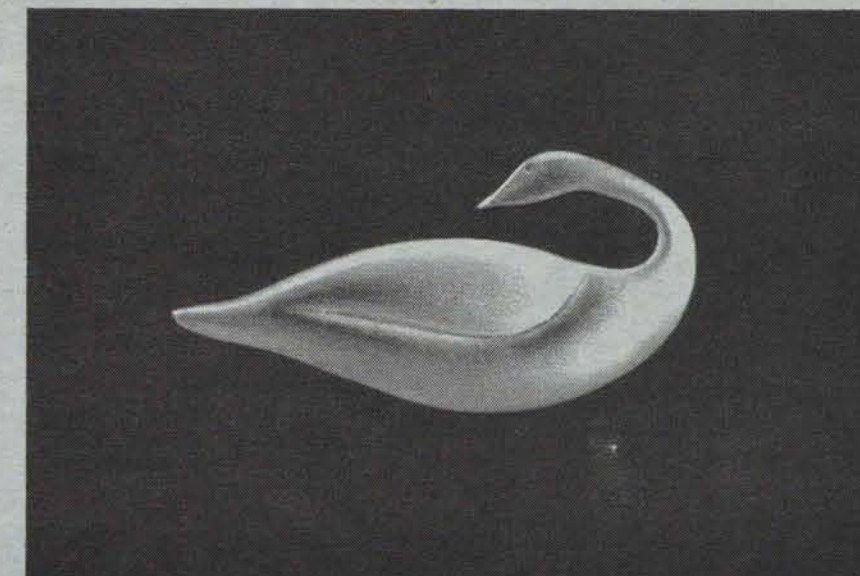
If reporters and editors go along with that idea, it could result in a 1994 campaign focused sharply on the issues, a campaign in which candidates would be required to rely on substance instead of sound bites, and voters would be forced to think instead of reacting to 30 seconds of video marketing madness. The streets would also be paved with gold.

The media are a notoriously lazy lot, and even more inclined than politicians to pander to the public's lust for sex, violence and dirt. Those things are fun to cover. The same cannot be said for trying to work out a comparison among six or eight competing state budget proposals.

Lotsa luck, Angus. You're going to need it.

Hold it. Don't throw out those slightly soiled news tips and bedraggled rumors. Recycle them through this column, care of Casco Bay Weekly, 551A Congress St., Portland, ME 04101. For free home pickup, call 775-6601.

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Karen Ritger of the Center for Grieving Children: "It's simply a matter of closing the eyes of the dead gently, and opening the eyes of the living gently."

INSTRUCTIONS FOR A DO-IT-YOURSELF CREMATION

Cremations can be performed through a Portland funeral director for approximately \$800, or for as low as \$650 through a cooperating funeral director if you are a member of the Maine Memorial Society.

Another option is to call Direct Cremation of Maine in Belfast, which will pick up a body in Portland and cremate it for \$685.

There is, of course, a third option. You can do it yourself. Here's how.

Equipment

1. Station wagon or covered pickup truck.
2. Coffin or alternative container. (Alternative containers can be made of cardboard, but must have a strong fiberboard bottom. They can be self-made or purchased from a local funeral director for approximately \$100. Dolby Funeral Home in Windham also sells plain pine coffins for \$200.)
3. A regulation body bag or plastic tarp.
4. Two or three pairs of plastic surgical gloves. (Available for less than \$5 at medical supply stores.)
5. Two blankets (\$20).

Death certificate

A death certificate should be obtained from the physician attending at death. If there is no attending physician, a family member or the person authorized by the family to care for the body must call Dr. Henry Ryan, the Maine State Medical Examiner at 624-7180. The fee for his services is \$15. Where the funeral director

continued on page 9, right

HOW TO BURY YOURSELF

continued from front page

It has always been legal to bury kin on your own in Maine. In fact, until the end of the 19th century, the traditional New England funeral was typically a front-parlor affair. The family washed and dressed the body, built a pine box out of local wood, laid the body out on the dining room table and dug the hole.

Over the last century, the funeral industry has changed all that, moving death from the front parlor to the funeral parlor. In the process, the industry has effectively redefined what Americans today consider a "traditional funeral."

Today, a death in the family requires a single phone call to a local funeral director. The body is whisked away. The details of the funeral are discussed in the funeral home's hushed offices. The paperwork is handled discretely. Then, with the client's permission, the corpse is embalmed, beautified and displayed in the funeral home chapel for public or private viewing.

The battle of the bearers

The convenience of a modern funeral service meets the needs of many people. It also meets the needs of the state's funeral directors. And they have fought to keep a lock on their business.

Fifteen years ago, the Maine Funeral Director's Association introduced three bills into the legislature. One would have prohibited anybody but a licensed funeral director from handling funeral arrangements. A second proposed to make it illegal for anyone but a funeral director to dispose of human remains. The third would have prohibited the transportation of dead bodies by anyone other than a funeral director.

Natalie Dunlop, a former president of the Maine Memorial Society, testified against the bills because they restricted consumer choice. "We were pretty aggressive in our opposi-

tion," she recalled. "The funeral directors were furious. One of them came up to me after the public hearing and said he'd be happy to handle my funeral at no cost, the sooner the better." Owing to the opposition, the bills were defeated.

State law still specifies that a number of steps be taken following a death. A medical examiner or doctor must be called to examine the body and issue a death certificate. A burial transit permit must be acquired. And the body must be held for 48 hours in the event that evidence of foul play surfaces and an autopsy is ordered.

In Maine, unlike many other states, you may bury a body on your land provided you follow certain guidelines. A family burying ground may be established by setting aside a piece of land no larger than one-quarter acre. It must be fenced in, or its boundaries marked in some permanent manner. The grave cannot be located within 100 feet of neighboring houses. Nor can it be placed within 200 feet of a neighboring well if a neighbor protests in writing.

The disposal of ashes from cremations is far simpler. Only two restrictions are mandated under state law: ashes may not be scattered over populated land areas from an airplane and they may not be scattered in Baxter State Park, owing to the wishes of benefactor Percival Baxter that the park not become a monument to an individual.

When Donald Gardner of Sebago died, his wife, Louise, wanted to bury the urn with his ashes in her backyard. She called Al Niles, a Universalist Unitarian minister and house painting friend of her husband, to help her dig the hole and perform a brief service.

Niles has assisted with many backyard services. He even builds containers for the ashes out of wood in his workshop. "There is something fitting, simple and dignified about burying an 80 year old in a container made of 100-year-old wood," he said.

"It gets the body back to nature as soon as possible, and putting a small urn of ashes in the ground requires nothing more than a shovel," Niles added. "Anybody can do it."

Tradition drives a dark hearse

Other than agreeing the law allows home burials, David C. Jones of Portland's Jones, Rich and Hutchins Funeral Home on Woodford Street had little to say about people burying relatives on their own. His family-owned business was opened in 1838 by Jones' ancestor, a cabinetmaker who made caskets on the side.

A grandfather clock stands soberly in the entryway, its pendulum ticking in a steady rhythm — like a strong heart. The front lounge is a blend of earth tones and pastels, with a couch and fragile china statuettes of dogs and cherubs in a glass display case. The box of floral Kleenex on the coffee table is within easy reach. The overhead sound system piped in a soothing instrumental version of the Beatles' "Yesterday." (Jones said the selection was coincidental, noting that he tried to avoid music with identifiable messages.)

Jones took over his father's business in the mid-1970s when he was 22 years old. He's proud of the home's close ties to the neighborhood. "We know a lot of the people we bury," he said. "Often it's the guy next door. That means a lot."

New Englanders are pretty traditional, according to Jones. He hasn't seen much change in his customer's desires over the years. Nor does he foresee Maine funeral homes moving into malls, as is the trend in other American cities.

The most significant trend he's noticed is an increase in cremations. State statistics bear this out. According to the Department of Human Services, the percentage of deceased Cumberland County residents who were cremated more than doubled in the past decade, rising from 16 percent of deaths in 1982 to 33 percent in 1991.

Jones also thinks funeral homes and directors have softened over the years. "People used to think of the funeral profession as these old men in black suits with black ties in dimly lit buildings. Hopefully, that's changed," he said.

Hay and Peabody, housed in an imposing brick Victorian building with a cast-iron Seth Thomas clock out front, is at the other end of the spectrum from the family-owned business. This Congress Street business is owned by Services Corporate International (SCI), a \$2.1 billion enterprise based in Houston. SCI has 664 funeral homes and 168 cemeteries in 39 states, and is considered

the single most powerful force in the funeral industry.

Fortune magazine reported that SCI had an operating profit margin of 28 percent — about double the industry average.

Funeral director Mark Kellerman moved from New York to run SCI's Portland business. He is flawlessly polite and a man accustomed to choosing his words carefully. He said he

welcomes increased consumer awareness of his industry. "The more people get involved in the funeral preparation, the better they will come through the death experience," he said. "As a funeral director I have to count on people telling me what they want."

Kellerman said it's not important how someone memorializes another's death, just as long as they do so. "If you want to do it with a party, that's fine. But the thing to remember is not to be selfish. The person who is dead does not receive the benefit of a funeral," he said. "The benefit is for the family."

According to Kellerman, it's best when planning a funeral to include things that reflect the person's life. If your father lived in a flannel shirt, jeans and a tie, he said, bury him that way. He recalled one funeral for an individual who loved race horses. "We drove the hearse down to Scarborough Downs

and drove the body around the track," he said. "When we passed the starting gate, we hit the gas."

Julie Ann Johnson is one of Hay and Peabody's funeral directors. A graduate of the New England Institute of Mortuary Science, Johnson is one of only about six women directors in the state. "When I went to school I was the only woman in my class," she said. "There is a great need for women in this business. A lot of families prefer to meet with a woman."

Johnson said she doesn't think people need to spend a lot of money on a burial. "As long as there's meaning, there's value," she said. "As for people wanting to do it themselves, in my eyes it's OK. I just think it may be less stressful for a family to engage a funeral home. Having everything go smoothly from start to finish makes a difficult time a little easier."

Scarborough resident Donna Hawks was looking for something formal but personalized when her 101-year-old grandmother, Leapha Turner, died last June. "My mother and her two sisters chose to have a closed casket funeral with a graveside service," she said, "but I needed to see her one more time so I asked if I could on the day of the funeral. My two children came with me."

Hawks said she placed an afghan her mother had made over her grandmother's legs and slid her grandmother's wedding ring on her grandmother's finger. "It was a hard thing to do, but it was really important to me because I was with her when she died. I had told her she didn't have to do this alone," she said. "I meant it."

The family decided not to have Turner embalmed once they found out how it was done [see "To embalm or not to embalm," page 13]. "We decided that she lived to be 101 and we should just let her go," recalled Hawks. "They had done her hair and she had a tiny bit of make-up on. Even though it was three days after she died, she looked quite beautiful without the embalming."

Searching for simplicity

After 25 years as a registered nurse and years of hospice work, Betty Fake is comfortable talking about death. She is equally comfortable assisting bereaved families looking for alternatives to funeral-home burials.

In 1981 the Maine Memorial Society asked Fake to create a pilot program to help its members arrange do-it-yourself cremations. The idea was to have Fake learn as much as

CREMATION *continued*

usually signs the certificate, the next of kin or the person with authority to carry out the disposition should sign his or her name. The Portland City Clerk's Office recommends asking for six certified copies. Copies cost \$5 for the first one, and \$2 for additional ones. (These fees will go up in October.)

Burial transit permit

This permit is necessary before you transport the body. It is issued through the city clerk's office at a cost of \$2. It can only be issued to a direct family member or someone with written authorization to act on the family's behalf. If the permit is needed during evening or weekend hours, Hay and Peabody Funeral Home and Jones, Rich and Hutchins Funeral Home are authorized by the city to issue burial transit permits during those hours at their discretion.

Procedure

Before moving the body from the hospital or other place of death, it's best to arrange in advance an acceptable time to deliver the body to the crematory. Brooklawn Memorial Park in South Portland, for example, is open Monday through Friday, 8 a.m. to 4:30 p.m., and by appointment. Brooklawn currently charges \$150 for a cremation.

If the body is at a hospital, those removing it must sign the register at the hospital, as well as the record book in the hospital morgue. It is often necessary to present the death certificate to morgue attendants.

Usually two or three people are needed to lift the body and place it in the body bag or tarp. Before doing this, survivors may want to wash and dress the deceased. Plastic gloves should be used to handle the body, and the blanket may be wrapped around the body bag before putting it in the casket or cardboard container. The second blanket can be placed over the container as it is moved to a waiting vehicle.

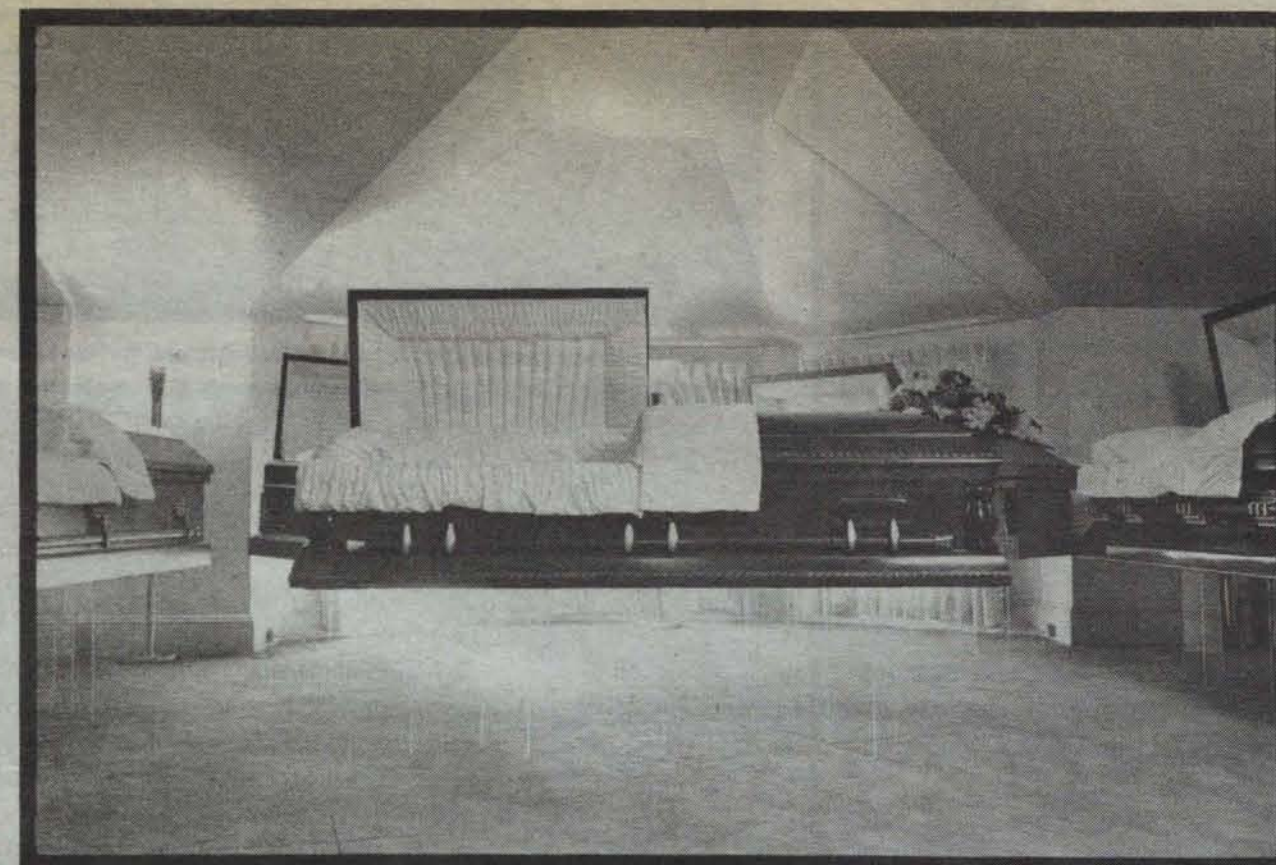
In accordance with Maine law, the body must be held 48 hours before cremation should evidence of foul play require an autopsy.

Cost

Based on the service fees and supplies listed above, the overall cost of a do-it-yourself cremation averages below \$350.

One minister, who was involved in a direct cremation of a family member, said it wasn't just cost savings that prompted the decision, but one of reverence. He described it this way: "It was a loving labor. This was the body of our dead — hard, but without contrived distractions or phony cosmetics. Here was the power, the terror, the pain, the finality of death and the truth fully present for us. Because we were personally and fully involved, directly and naturally, we were free to grieve and move into reality."

M.P.



The casket display room at a Portland funeral home.

possible about the process and to pull together consistent information to educate others about burial options. During the two-year program, Fake assisted 35 families with paperwork, preparation of the body and delivery to a local crematorium.

Tragically, Fake's first case was her husband. One month after his wife had completed her training for the program, William Fake drowned in the upper reaches of the Androscoggin River while leading a canoe trip for the Appalachian Mountain Club. His body was taken to a hospital in Berlin, N.H.

Fake received a late-night phone call from the hospital informing her of the accident. She woke her 22-year-old son and set off with him to pick up the body. "It was 2 a.m. and we had to drag the city clerk out of bed to get the burial transit permit," she recalled. "At first he was uncooperative. But

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HOW TO BURY YOURSELF



Hay and Peabody funeral director Julie Ann Johnson: "When I went to school I was the only woman in my class. There is a great need for women in this business."

continued from page 9

when I told him I was a widow who didn't have the money to pay a funeral director, his attitude changed and he became very helpful. It was something he could understand."

Fake said she wrapped the body in a hospital sheet and, with her son's help, slid her 6-foot-2-inch, 180-pound husband in her car and drove him home. "I kept him in the garage for 48 hours, as is required by law, and then took him to the crematorium," she said. "We had a memorial service nine days later with four pastors taking part."

"One of the great things about doing it this way is that you can have the service when you need to," she said. "You're not dependent on the disposal of the body."

Fake urged people to have some sort of a memorial service — even if it's as simple as sitting around the kitchen table and recalling the deceased with tales and anecdotes.

Fake still volunteers part-time for the memorial society, which was formed in 1972 as a chapter of the Continental Association of Funeral and Memorial

Societies — a national organization with a membership of more than 500,000.

Jack Mathison of Gray, the current president, said the society does not advocate do-it-yourself burials over other options. But for a \$20 fee the society will provide information on all options including direct cremations and burials through one of its co-operating funeral directors. The society also has made arrangements with Maine funeral homes to offer simple, low-cost burials.

In addition, the society records members' wishes and pre-planned arrangements for the benefit of next of kin, and monitors state legislation pertaining to funeral practices to insure that freedom of choice is preserved. "We believe in dignity and economy in funerals," Mathison said.

Paul Vogel of Portland, who sits on the board of the national memorial society, thinks funeral directors in Maine do a good job. "It's just that they're in the business of making a profit and they have to cover their overhead," he said. "The way I see it, in

the future funeral homes are going to have to simplify."

Your way is the best way

Jacob Watson, a Portland therapist who specializes in grief, said talking about death is essential to accepting loss. "If grief doesn't have a way out emotionally, it manifests itself physically," he said.

"One hundred years ago, when we were a more agricultural society, we saw the cycle of life — the animals, the seasons, the person in the front parlor," he said. "There were no funeral homes to take death out of the home and out of mind."

Watson said many cultures have different rituals around death, but lack of ritual is the hallmark of American treatment of death. "A funeral is too automatic to be a ritual. A ritual has to have life and meaning. That's been lost in funerals," he said. "The funeral industry hasn't been rooted enough in our own needs."

He does, however, agree with funeral directors that it is important for the family to see the body in order to begin grieving. "It gives them the sense that person died," he said. "People tell me, 'If only I'd been able to see him or her, I would have been able to say goodbye,'" Watson said. But he noted that the viewing of the body needn't happen in a funeral home — it might take place in the hospital, or at home after the person dies.

According to Watson, the AIDS epidemic has led people in their 20s and 30s to thinking and talking about death at an earlier age than in the recent past. Sandy Titus, support services coordinator for The AIDS Project in Portland and a former hospice worker, said that it's been difficult for people in that age group, whose concerns tend to revolve around careers and relationships, to make death a natural part of their lives.

"Death has been seen as an isolated experience only in the last 20 to 30 years," she said. "Before then, death involved a lot of community grieving.

AIDS has brought us back full circle in that sense."

Titus said people infected with HIV learn to deal with very small losses in preparation for the final loss of life. That process, along with the economic and social disenfranchisement that often accompanies the disease, makes a big difference in how people plan their death, she said. "I have helped officiate many AIDS-caused funerals. One man I know planned his funeral with his spouse before he died. He picked all the music and who he wanted to talk. We even had a tape of him singing," she said. "We held the celebration in a field of flowers in Yarmouth."

Titus emphasized that it's actually liberating to prepare for death, to heal relationships, to write a living will, to make one's funeral arrangements. "Doing these things leaves us free to really live," she said. "It erases the burden of unfinished business."

And planning for death doesn't apply just to those with terminal illnesses. Betty Fake said that everyone should plan for their funerals and involve their families. It's not enough to simply become a member of a memorial society, she noted. "It's survivors who make the decisions. Putting your wishes in a will is not enough since wills are often read after the funeral," she said. "Talk to your family and friends a lot. If you have not impressed on them enough what you want, you're not going to get it."

Talking with family members will not only ensure you'll get the burial you desire, but it will also start children thinking about death before the loss of someone near forces the issue. It's particularly important to talk with children about death, said Karen Ritger, a facilitator at the Center for Grieving Children in Portland. "This society needs death education the same way it needs sex education. Children have their own ways of grieving, and they need to be allowed to express that."

Marsha Campbell began talking with her own children, aged 14 and 20, after she buried her father's remains at Portland's Quaker Meeting House. "I

sat around the kitchen table with my two daughters and we discussed what we wanted done if we died. They were very comfortable about it," she said. "People know they will be faced with grief but, until you go through it, you don't think of the hassles of taking care of the details. And simplicity can be seen as slighting the dead unless those wishes are explored beforehand."

Ken Turley, the minister of Portland's Swedenborgian Church, believes it is essential to view death as a natural process. "I see death as a transition, not as an end," he said. "We are who we are by virtue of our spirits — by virtue of what we love and value — and that remains unchanged by the death of the body."

Turley urged people to avoid judging other forms of grieving and ritual. "Some people focus very little attention on the body; for others, the body is an important part of saying goodbye. It's a dangerous presumption to judge other people's methods for honoring their spirituality and their experience of death," he said.

"Everyone has their own way."

Mishe Pietkiewicz is a freelance writer in Gorham. She plans to donate her body to medical researchers if they will have her.

THE COSTLY FARE OF LEAVING THIS WORLD

Meredith Monte buried her husband in a Portland cemetery in 1989. She bought a full-service funeral. "It was what you were supposed to do. Nobody at the funeral home forced me to do anything," she said. "They just made suggestions. I told them I didn't want to pay more than I needed to and that I was living on a limited income."

Her total bill, including the burial plot and marker, came to \$5,534.64.

The itemized charges were as follows

Casket	\$995
Vault	\$450
Wake/one night	\$130
Refrigeration of body	\$165
Casketing	\$100
Copies of permits	\$15
Digging grave	\$285
Burial vault installation	\$45
Family Flowers	\$288.75
Plot and marker	\$1,686.64
Funeral	\$165
Staff services	\$650
Transportation costs	\$320
Clergy	\$75
Newspaper notice	\$164.25

Monte said she was lucky — she had an aunt in Portland to help her cover expenses. "You're kind of numb. You don't think too much about it at the time. You want to make the whole family happy," she said. "I remember my father dying. He had a full funeral, but it only cost about \$400 back then. Sometimes you wonder what would happen if you said, 'Go ahead and keep the body.'"

A 1975 Federal Trade Commission law requires funeral directors to provide itemized price lists of their services upon request.

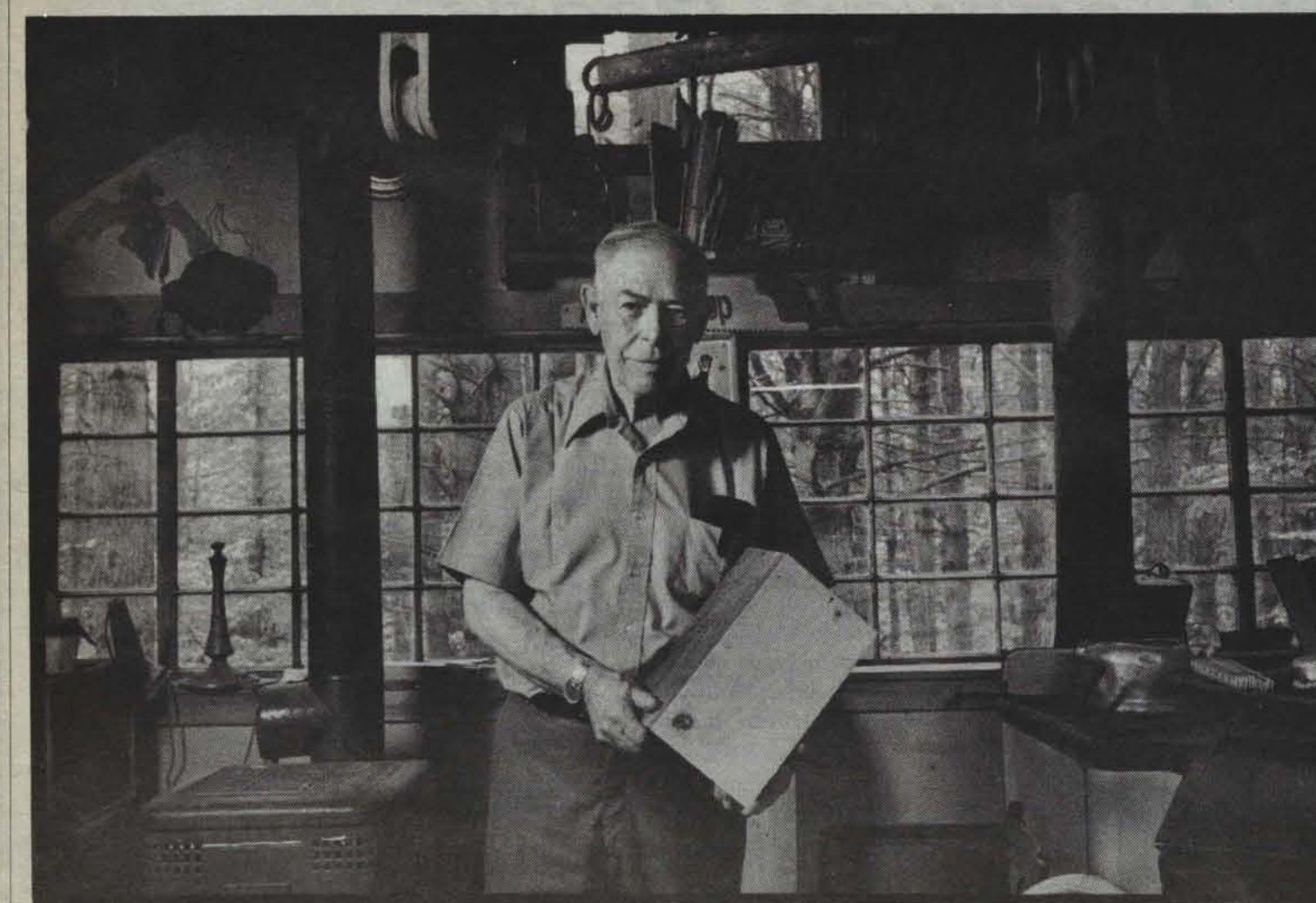
David Jones of Jones, Rich, and Hutchins said his firm has done that all along, but that a layperson looking at a funeral price list without understanding what it means might think the industry was taking advantage of the aggrieved. "That's just not the case. We have not been in business for 150 years because we've gouged the public. The funeral industry has always been the target for bad publicity," he insisted. "If I went on a talk show to talk about my profession that is all people would want to talk about — cost. Those same people don't mind spending \$5 on a bottle of imported beer."

Jones said it's like anything else. "You get what you pay for. If you go to a hotel, you can get a \$300 room or a \$50 room. It's up to you."

Mark Kellerman, the managing funeral director at Hay and Peabody in Portland, said funerals can run anywhere from \$300 to \$8,500. "We have even done funerals for free," he said. "We obviously can't always do that, but if the family is honest we can take it from there."

The thing is, said Kellerman, "Some people want that \$58,000 hearse. They don't want you to drive up in the Buick."

M.P.



Universalist minister Al Niles, who makes wooden boxes for burying cremation ashes: "There is something fitting, simple and dignified about burying an 80-year-old in a container made of 100-year-old wood," he said.

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TO EMBALM OR NOT TO EMBALM

Funeral directors often tell customers that embalming, followed by cosmetic restoration, is essential. Survivors benefit emotionally and psychologically from viewing the dead, they say, and the dead should look their best during the viewing. In addition, many funeral directors insist that embalming is performed for sanitary and public health reasons.

Portland funeral director David Jones of Jones, Rich and Hutchins Funeral Home said, "Psychiatrists from all over the country have proven that the 'memory picture'—that last view of the body—is a necessary part of grief therapy. Furthermore, if I kept someone in the chapel for two days without embalming them, not only would their fingers turn blue, but there would be unpleasant body discharge and odor."

Funeral director Mark Kellerman of Portland funeral home Hay and Peabody said his firm would not do an open casket viewing of an unembalmed body unless the decision not to embalm was made for religious reasons.

However, no scientific evidence or long-term studies have proved that grieving is aided by open-casket viewing, nor that an unembalmed body poses a health hazard. In fact, Federal Trade Commission regulations mandate that funeral directors inform customers in writing that embalming is not required by law. In Maine, embalming is only required if the body is to be transported out of state by a common carrier such as a train, plane or boat.

The practice of viewing the body is a ritual peculiar only to the United States and Canada. According to the editors of Consumer Reports, embalming has no religious roots in either the Christian or Judaic religions. In fact, it is contrary to Orthodox Jewish law.

Embalming has historic precedents, of course. The Egyptians pioneered embalming. Jessica Mitford reports in her book "The American Way of Death" that Alexander the Great was preserved in wax and honey; Charlemagne was embalmed, dressed in imperial robes and placed in a sitting position in his tomb; and Lord Nelson, as befits a hero, was returned to England from Trafalgar in a barrel of brandy.

Consumer Reports claims that in the United States embalming began during the Civil War, when embalmers prepared soldiers' bodies for shipment home: "The embalmers became aware that the process was profitable. Since that time, the embalmed 'viewable body' in the open coffin has helped make

funerals more expensive."

In fact, Messrs. Strub and Frederick write in their basic embalming text, "The Principles and Practice of Embalming," that embalming "forms the foundation for the entire funeral-service structure. It is the basis for the sale of profitable merchandise."

The question is whether consumers, who agree to the \$200 to \$300 procedure, know what they are agreeing to. Funeral directors rarely, if ever, go into details about embalming procedures.

In an effort to throw some light on this mysterious art, Portlander Karen Ritger, who has worked with Hay and Peabody embalmer Mark Beaulieu, described the process step-by-step.

"First the body is gently washed with Dial disinfectant soap and the facial features are composed," she explained. "Then a syringe gun loaded with wire is inserted between the two upper and the two lower front teeth. The wire is shot through the gun and then the gun is twisted, increasing the tension until the chin lifts into that rest-in-peace position we associate with open caskets."

The lips are then composed and cotton is stuffed under lip and cheek to give the face the fullness it may lack in death. The eyelids are closed with velcro. At that point, the embalmer is ready to flush out the body fluids.

Incisions are made into major arteries and veins—usually one in the neck and one in the groin. Clear tubing is inserted into the openings; the other end of the tube is hooked up to an injector, a tabletop machine that looks somewhat like a food processor. A saline solution is run through the body, pushing out all the dry blood and clearing the channels. The blood is flushed down the drain, and into the city sewage system.

Next, the embalming fluid—generally a mixture of chemicals including borax, glycerin and red coloring—is inserted to replace the lost body fluids. "The body then 'pinks up,' becoming more soft and supple," said Ritger. "At that point the embalmer inserts the trocar—a metal harpoon—into the sternum to suck out the rest of the blood and waste from the internal cavities."

Before the body firms up, the hands are crossed, left over right. The body is dressed in whatever clothes the family brings. "If the face is blotchy or blue, foundation can be applied either by hand or with a spray can," Ritger said. "The hair is styled... and finally the dead body is laid in the casket and put out for a viewing."

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Deconstructing Portland's great wall of timber

By Claire Holman

Commercial Street's Great Wall of Timber — a pile of tree-length logs some 25 feet high and a half-mile long on the Portland waterfront — was loaded on a slow boat to China over Labor Day weekend. Agents at S.D. Warren Co., the Westbrook company involved in the deal, hope for a repeat performance — possibly in February or March.

A number of firms and people stand to do well with this new export trade — among them, the S.D. Warren Co.; Julian M. Sobin, a Boston-based consultant who packaged the deal; and the C.P. Group, a Thai trading company who is marketing the hemlock logs, valued at \$3 million, to Chinese buyers.

But how does the state of Maine fare in the deal? It all depends on whom you talk to.

Eastern hemlock is used primarily for rough construction — piers, landscaping ties, concrete framing and the like. It usually brings a poor price. So poor, said Reed Johnson, S.D. Warren's export manager, that the same logs would have gone for pulp chips last year.

Not so this year. Woodlot owners and loggers are pleased with the good prices they're receiving for China-bound logs. Jim Chandler, who manages C.A.T. Lumber in Strong, said he's getting \$800 a truckload for export, compared with only \$500 at the local sawmill. "We were unhappy with our hemlock log markets, and so

was everyone else," he said. "That's why we're cutting them while this outfit's buying. If you have a woodlot somewhere in Maine that has hemlock on it, you ought to cut it right now while they're buying, because I don't think it's going to last."

While the overseas buying spree lasts, local sawmill owners and other wood processors who use Eastern hemlock say it's hard to make a buck. Hal Bumby owns The Maine Wood Treasures, Inc. in Mechanic Falls. Bumby said that fewer loads of hemlock lumber are coming into his plant now, and the mills who contract with him are all having problems getting hemlock.

And it's ironic, Bumby said, because products like landscape ties have gone up in price this past year. "That would imply that these mills would have made a good living this year," he said. "Instead, the logs have cost more, much more, than the increase in the selling prices" of the finished products.

Environmentalists worry that the attractive prices of the export market will create a boom mentality, which will hasten the depletion of Maine's reserves. Northern forest activist and author Mitch Lansky of Wypitlock said that one problem with exporting logs is that the region takes on the characteristics of a "Third-world type economy," in which raw materials are shipped out without processing. "We're losing all the jobs that would have come from sawmills," Lansky said.

In an unusual convergence of opposing views, hemlock users like Bumby agree with environmentalists that exporting whole logs should be controlled in some manner. Sawmill owners want to protect their business, as well as capture some of the export market. Environmentalists want to slow the pace of harvesting and discourage the "gold-rush" mentality. While both groups may have differing ideas about preserving the forest, both want Maine to have an ample supply of trees in the future. And both see job creation as one way to meet that goal.

Spencer Phillips, an expert on Northeastern forests at the Washington, D.C., office of The Wilderness Society, said generating more jobs for every tree cut is important for the sustainability of the forests. Earning more profit from each tree would lessen the urgency to cut trees rapidly to generate cash, he said. Phillips' group advocates some variety of a log export ban, or price supports on finished products in order to "give secondary wood product manufacturers a chance to catch up," he said. "Then they can begin to offer the higher prices for the logs," reducing the amount exported.

Bumby agreed, noting that as much as he hates government meddling, he saw the standard of living in his native British Columbia rise following the ban on exports of whole logs a couple of decades ago.

But the pace of log exports doesn't seem to be slackening. In 1988, only one percent of Maine's harvested hemlock was exported; exports rose to 11 percent in 1991. (Figures for the past two years aren't yet available.)

Over the next several months, a total of 20 million board feet of hemlock and white pine — including the 5.5 million just shipped from Commercial Street — will head overseas to China and Turkey from Eastport, Portsmouth and Portland. Peter Lammert, a state forester, said that Maine exported more whole logs than any other type of wood product.

And that's only the tip of the iceberg — in 1991, the equivalent of some 430 million board feet of unprocessed timber was shipped out of the country from Maine, mostly to Canada. In other words, the huge log pile on Commercial Street represents about 1.3 percent of all logs shipped out of the state.

And as huge as that pile of timber seems, Lammert calculates that the entire 11,000-cord pile would still need to be expanded by some 700 cords to meet even one day's supply for Maine's pulp mills.

Can Maine's forests support this pace of cutting and shipping to meet global demand? Nobody is certain. The federal Forest Service performed its last forest inventory in 1982. Lammert hopes that the service will be back for another survey next year. Until then, the state of Maine's forests is anybody's guess.

And in the meantime, expect the logs to continue piling up on Commercial Street.

Claire Holman is a freelance writer who lives in South Portland.

Casco Bay Weekly

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Maine needs a far-sighted timber policy

Cash today, timber shortages tomorrow?

By Penny Guisinger

When those of us at the Maine People's Alliance (MPA) learned that our offices would be moving to a building on western Commercial Street, we looked forward to the waterfront view. The

citizen

prospect of watching boats entering and leaving the port was appealing. But we got more of a view than any of us had expected. Instead of water we got trees. Dead trees. A long, unsightly row of cut trees stacked and ready for shipment overseas.

For weeks we watched the pile of timber grow. As the stack grew, so did our concern and anger at watching raw logs shipped to China and Turkey.

MPA representatives canvass door to door nightly across the state, talking to Mainers about a wide variety of issues. The citizens of Maine have told us that the number one issue in the state is jobs.

With that in mind, we're encouraged that Maine people are being employed as foresters, loggers, truckers and log brokers in the export trade. We're also happy to see Maine landowners earn some profit. But we think it would be even more exciting to see Maine mill those logs here and create even more jobs for Mainers. Milling lumber creates a multitude of products, all of which need to be managed. More products means more jobs, and that's what our economy needs right now.

It seems there is very little public debate over decisions concerning forestry in Maine. There needs to be more. The export of whole logs raises many complicated questions. Among them: Can Maine create more jobs by promoting value-added industries rather than the shipment of raw products out of the country? Can we participate in international trade while building capital in Maine? Who benefits from this current practice, and who ultimately pays?

Export supporters have said that the stack of logs on Commercial Street should be of no concern — those logs are just Eastern hemlock, for which there is little demand by Maine sawmills. But sawmill operators have told us that the state is facing a potential spruce shortage, and hemlock serves as a substitute when spruce is no longer available. Will we have hemlock when lumber-grade spruce is no longer an option?

What's needed is a comprehensive forest management program — and broader public debate about how it should be developed and implemented. Maine must be able to measure short-term gains against long-term problems. What's more, Maine needs to take better stock of its natural resources. The most recent forest survey took place nearly a dozen years ago. Without accurate information on the state of Maine's forests, how can we possibly know how much we can safely export?

Most industrialized nations have gone the route

of simply banning the export of raw timber. We could go that route, but not without infringing on free trade, and not without hurting small-woodlot owners.

Federal action is needed, but it may come too late to help many sawmill owners. Can't we find a way to create tax incentives to better encourage the export of finished products rather than raw materials?

Everyone whose livelihood depends on the forest needs to organize. Sawmill owners, woodlot owners, log brokers and concerned Mainers must speak loudly in the debate. They should address our legislators, and urge them to take a leadership role. Legislators need guidance to create a forest management policy that is economically viable, socially responsible, and ecologically sound. And it must apply fairly to small-woodlot owners and paper companies alike.

We suggest a working partnership between legislators and experts in tax policy, forestry, international trade and economics to develop a solution to this very complex problem. We encourage a spirited public debate. The citizens of Maine deserve a clear choice between short-term gain and long-term economic development.

Penny Guisinger is an organizer at Maine People's Alliance.

Dr. Strangelog ...

Or how I learned to stop worrying and love the logs

By Bob Young

I love those logs piled 25 feet high and a half-mile long on Commercial Street. I know, it sounds about as politically correct as being president of the Ron Zuba fan club. But unlike most Portlanders, I don't look at the logs and see the rape of wilderness. Instead, I see the growing potential of Portland's working waterfront. And that potential hasn't even been mentioned in the public debate about the logs.

Since the city's divisive waterfront zoning debate was settled last January, the logs have been

citizen

the only visible sign of change to our port, besides the "whaling wall" at the Maine State Pier and the touristy sunset festivals held in the shadow of the frolicking whales.

The logs seem to be a perfectly benign use of previously derelict land — land that's zoned specifically for industrial uses that need to be located on the water. They also are more beneficial to the local economy than a few touro-dollars. For Portland, the logs represent more shipping activity, more jobs and a chance to compete against ports in other cities, such as Portsmouth, which also has a pile of logs waiting shipment overseas. For those reasons, the logs should be cheered, not feared.

A little background on how I learned to love the logs: When they first showed up in late May, I thought we might be getting a glimpse of dreaded deforestation. But I discovered that the logs were Eastern hemlock, a species that's under utilized in Maine.

How under utilized? According to Dick Anderson, former commissioner of the state Department of Conservation, Maine's inventory of eastern

hemlock is approximately 3.7 billion board feet. The logs in Portland amount to 5.5 million board feet. So there's got to be a heckuva lot more cutting and shipping before our supply of hemlock is threatened. (By my calculations, it would take about 750 piles of 5.5 million board feet to exhaust the supply, assuming no new trees were planted.)

The state Forest Service doesn't see any harm in exporting the logs. Instead, the Forest Service believes that the exports could actually improve timber management by encouraging landowners to grow more hemlock. (People worried about the rape of the wilderness would be better off watchdogging U.S. Secretary of the Interior Bruce Babbitt, who recently approved the sale of five million acres of federal forests in Idaho and Montana to timber companies.)

The logs are going to China — which has a shortage of timber — where they will be used for bridges, piers and other heavy building structures. That means they won't be coming back to the United States as products finished abroad at slave wages.

Yet local sawmillers are angry that the logs aren't being milled here. And they've got a legitimate gripe. But can you blame the Chinese for wanting to save some money and put their own people to work?

And this isn't the first time that Maine's raw timber has been exported to other countries. "The fact is that Maine has been exporting raw logs for generations to Canada. It's not something new," said P.D. Merrill, president of Merrill's Marine Terminal. "But they've been going on back roads to our neighbors to the north." So they've been out of the sight of urban environmentalists.

What is new, however, is putting that stretch of

land along Commercial Street to use for shipping activities. The land — which is owned by the giant railroad company, Guilford Transportation — has been sitting fallow for decades.

Now Merrill has leased the land in the hope that it will give his company, and the port, a boost. "It's one of the larger shipments we'll handle over the entire year," he explained. "And it gives us a good possibility of going beyond [the 500,000 tons of cargo his company has handled, on average, every year since opening in 1982]."

The log shipments also mean extra work for local pilots, tugboats, shipping agents, freight brokers and chandlers. "There are literally dozens of professionals involved," Merrill said. "Plus you have the crew [of the ship carrying the logs to China] here for a week and provisions being bought for the vessel. It's all money for the local economy."

More important, the logs enable Portland to compete for a share of the action in the increasingly global economy. "It's a very significant item to our business," Merrill said. "We are in competition with a very aggressive port development effort in Portsmouth."

Portland would be well-served by more shipments of logs. The only downside of the logs is that they block the view of the waterfront for motorists. And that's a small price to pay for bolstering Portland's standing as the 50th largest port in the country in terms of cargo tonnage handled, and helping it to gain a toehold in the global economy.

Bob Young is News Editor of Casco Bay Weekly.

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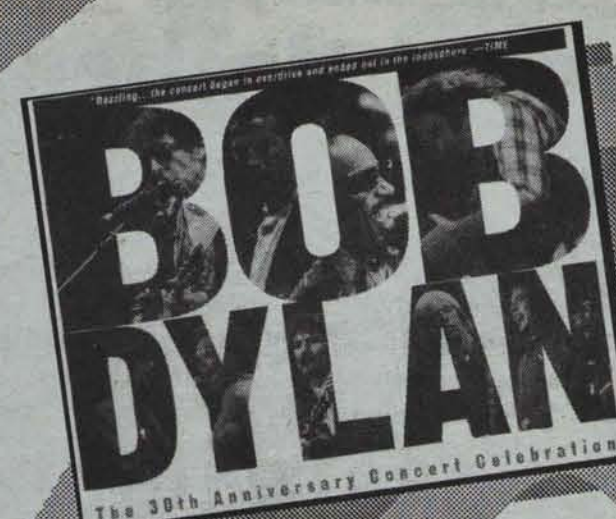
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Prejudice rears its ugly head

■ By Mishe Pietkiewicz

David Lynch's 1980 black-and-white cult film version of Bernard Pomerance's play "The Elephant Man" catapulted artsy groupies into their coffee shop hovels to philosophize about a new aesthetic. The truly beautiful could only be found at the heart of the visually horrifying.

Actor John Hurt wanted nothing left to the imagination in that respect. He wore more layers of makeup than Michael Jackson to transform himself into the character of John Merrick, a man disfigured by an untreated case of neurofibromatosis and exhibited as a sideshow freak before being rescued and befriended by a young doctor named Frederick Treves.

Brian P. Allen, who plays Merrick in the Brunswick Theater Project's upcoming performance of "The Elephant Man," is taking a more subtle approach. He's wearing no makeup at all.

Instead, Allen relies solely on body language. The play opens with Allen standing motionless as Dr. Treves, played by Chris Welch, delivers a mock medical lecture to the audience describing the physical characteristics of Merrick's disease. "The right arm was of enormous size and shapeless," lectures Treves. "It suggested but was not elephantiasis, and was overgrown also with pendant masses of the same cauliflower-like skin."

As Treves talks, Allen's body begins to contort, internalizing Merrick's posture. A once healthy arm now hangs heavily at Allen's side, his right hand becoming "clumsy — a fin or paddle rather than a hand."

Allen, who is also directing the show, said he is shaping the play as a metaphor for people living with AIDS and the HIV virus. Allen sees a powerful analogy between the reaction of Victorian Londoners to a disease they did not understand and the reaction of today's society to AIDS and HIV; to heighten the urgency and timeliness of the subject, Allen portrays Merrick in modern, rather than Victorian, costume. The analogy is doubly significant since all the production's proceeds will benefit Merrymeeting AIDS Support Services in Brunswick.

"What Merrick went through is typical of what many people living with AIDS go through," Allen said. "He was an outcast. People looked at his condition and not at the human being underneath. Like many of the people I've worked with who are living with HIV, what Merrick wanted most in life was to be like other people."

continued on page 21

"The most striking feature about

him was his enormous head. Its

circumference was about that of a

man's waist. From the brow there

projected a huge bony mass like

a loaf, while from the back of his

head hung a bag of spongy

fungous-looking skin, the surface

of which was comparable to

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Bernard Pomerance, "The Elephant Man"

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Calendar Girl It's 1962. Three recent high school grads pursue their lifelong dream of meeting Marilyn Monroe. Will they meet her? Will they get to go on a date, singly or as a group? Will they now become implicated in the Marilyn murder conspiracy? Will they be directly linked to her suicide? Stars teenybopper heartthrob Jason Priestley of "Beverly Hills 90210" fame. Oh, boy.

Dennis the Menace A tow-headed hellion (Mason Gamble) drives his parents and his 70-something neighbor (Walter Matthau) up a wall. But when a truly menacing character comes to town to rob houses, Dennis saves the day. Also stars Christopher Lloyd and Joan Plowright.

The Firm Tom Cruise plays a Harvard Law School grad who joins a small but cash-rich law firm in Memphis. Within weeks of accepting the position, he's approached by an FBI agent who tells him the firm is laundering money for the Mob and his own life may be in danger. Mitch realizes he's trapped: The FBI will bust him if he doesn't cooperate, and the firm will kill him if he does. Also stars Gene Hackman.

Fortress Christopher Lambert ("Highlander") plays an unjustly convicted man confined in a super-maximum security prison of the future. Lambert, unwilling to be a subject in the government's bizarre breeding experiments — they're trying to cross men with machines, for God's sake — concocts a daring escape plan. The goal: to reach his pregnant wife on the outside. The obstacle: the prison warden and his robotic right-hand man.

Free Willy A troubled boy bonds with a troubled killer whale at an aquatic park. When Jesse learns the park's owner has grim plans for the whale, he decides to return him to the sea. Stars Jason James Richter, Lori Petty and Kelso the whale.

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

Hard Target Hong Kong action film director John Woo teams up with macho martial arts man Jean-Claude Van Damme in this tale of sadistic hunters who prey on homeless veterans in New Orleans' French Quarter while — yikes! — the police are on strike. Wang Butler is forced to play Van Damme's love interest.

In the Line of Fire Frank Horrigan (Clint Eastwood), a maverick (though aging) Secret Service agent is a man with a past: He's convinced he let JFK die in Dealey Plaza by not moving fast enough. When a psychotic (John Malkovich) decides he wants the current president's head on his trophy wall, Horrigan gets a shot at redemption.

Jurassic Park Entrepreneur John Hammond (Richard Attenborough) finances the creation of genetically engineered dinosaurs in hopes of opening the ultimate amusement park. Who wouldn't want to spend the day with a bunch of huge reptiles? The thrills and chills become a bit much when *Tyrannosaurus rex* et al. break out of their carefully constructed environment and run amok, as dinosaurs are wont to do. Stars Sam Neill, Laura Dern and Jeff Goldblum. Directed by Steven Spielberg.

Léolo Jean-Claude Lauzon's surreal comic tragedy about a boy growing up in a Montreal tenement, trapped in a family from Hell. Léolo's parents are obsessed with bowel movements, his sisters spend an inordinate amount of time in psychiatric wards and his grandfather tries to drown him. What's a boy to do but escape into fantasy? Supposedly, this film is semi-autobiographical.

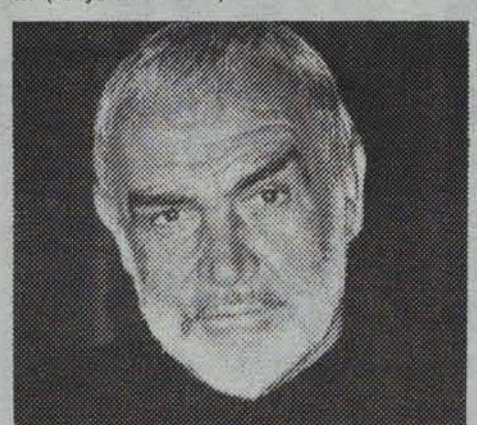
Manhattan Murder Mystery Long-married couple Larry and Carol Lipton (Woody Allen and Diane Keaton) are bored with each other and dissatisfied with their marriage until Carol becomes convinced that a neighbor is a killer. Pretty soon the two become involved in investigating the "murder." They get some help from a writer who works for and is in love with Larry (Anjelica Huston) and a writer who has a crush on Carol (Alan Alda).

The Man Without a Face Mel Gibson picks Maine for his directorial debut. Chuck (Nick Stahl) is a confused, fatherless teen raised in a family of intelligent (though dysfunctional) women. Desperate to escape his home environment, Chuck tries to get into a prep school but fails the entrance exam. So he secretly enlists Gibson, a disgraced recluse — and former prep school teacher — to be his tutor. (Half his face is, to quote Mel, "really gross.") Tragic past circumstances are brought to light and force the two apart.

Much Ado About Nothing Kenneth Branagh's adaptation of Shakespeare's satire revolves around two sets of mixed-up lovers. Adonis (Jude Law) and Beatrice (Emma Thompson) and Benedick (Kenneth Branagh) become betrothed as a result of the clever schemes of their friends, each one being told that the other is pining away in unrequited passion. Meanwhile, back at the villa, the young Count Claudio (Robert Sean Leonard) woos Hero (Kate Beckinsale) with the help of Don Pedro (Denzel Washington). Also stars Keanu Reeves and Michael Keaton.

Needful Things Set in the fictional town of Castle Rock, Maine (which some say is Bridgton), this thriller concerns a devilish antique shopkeeper who plays townspeople against each other with increasing maliciousness. Yes, of course it's based on a Stephen King novel. When the shopkeeper's evil plans become apparent, the town bands together to fight him. Max von Sydow plays the shopkeeper, Ed Harris the town sheriff; Fraser Heston, son of actor Charlton, directs.

Poetic Justice Janet Jackson stars as Justice, an 18-year-old hairdresser who lives and works in South-Central, L.A. Scared by the pain of urban life, she finds solace in her work and in her poetry (actually written by Maya Angelou). She also falls in love with a struggling postal worker/musician named Lucky (actor/rapper Tupac Shakur). Directed by John Singleton ("Boyz n the Hood").



Rising Sun Two American cops investigate a young woman's murder in the Los Angeles headquarters of a large Japanese corporation. The murder is captured on security cameras, but the killer's identity is obscured by shadows. Still, detectives Wesley Snipes and Sean Connery press on, learning a great deal about business deals and the malleability of videotape in the process. Sounds good, but actually it's overlong, boring and sexist — in short, altogether vile. Based on the best-selling novel by Michael Crichton ("Jurassic Park"), Harvey Keitel also stars.

Robin Hood: Men in Tights Wacky screenwriter-director Mel Brooks ("The Producers," "Blazing Saddles," "Silent Movie") is back with his latest spoof. This time Cary Elwes ("The Princess Bride") leads a merry band through Sherwood Forest in search of cheap laughs. His troupe includes Richard Lewis, playing a neurotic Prince John; Amy Yasbeck, as a chastity-belted Maid Marian; and Tracey Ullman, as a sorceress named Latrine. Isaac Hayes of "Shaft" fame also does a turn as a super-cool mystic.

Rookie of the Year Twelve-year-old Henry Rowengarter (Thomas Ian Nicholas), attempting to impress his coach, goes for a foul fly ball and winds up breaking his arm. When his arm comes out of the cast, he discovers that he can throw a ball 100 miles an hour. Drafted by the Chicago Cubs, he leads his team to the World Series. Also stars Gary Busey.

The Secret Garden After her parents are killed in an earthquake, a spoiled and unpleasant little girl is sent to Yorkshire to live with her sickly — and equally unpleasant — cousin and a reclusive, hunchbacked uncle. Once there, however, the girl discovers a mysterious walled garden, which appears to hold the key to her happiness and that of her new family.

Sleepless in Seattle A widower's son calls a national radio shrink and describes how badly his father (Tom Hanks) needs a new wife. Annie Reed (Meg Ryan), an already affianced reporter, is touched by his story and begins a campaign to track the man down.

Son of the Pink Panther Blake Edwards wrote and directed this eighth in the 30-year succession of Pink Panther films. This time, Italian actor Roberto Benigni stars as bumbling inspector Jacques Clouseau Junior. Lots of folks return to the party: Herbert Lom, Burt Kwouk, Graham Stark and Claudia Cardinale. Henry Mancini once again provides the score, though his Panther theme is somewhat altered by Bobby McFerrin's a cappella delivery.

Strictly Ballroom This film explores the lives of young adults who enter the world of ballroom competitions. Not only does a new generation of dancers challenge the established order — they poke fun at the usual romantic movie clichés, too. Stars Paul Mercurio, Tara Morice and Bill Hunter.

The Night We Never Met A young stockbroker with an apartment in Greenwich Village does it out in timeshares; though they don't meet, the three people sharing the pad — the partying stockbroker, a love-lorn chef and a bored wife who'd like to be a novelist — soon become involved in each other's lives. Stars Matthew Broderick and Annabella Sciorra.

The Real McCoy Kim Basinger ("9 1/2 Weeks") is a master cat burglar who has decided to trade her life of crime for the straight and narrow after six years in the federal pokey. But, blackmailed into one last job, she finds herself paired with a dumb-but-sexy small-time hood, played by Val Kilmer ("Top Gun," "The Doors"). Together, the two work toward what could be the biggest bank heist ever. Directed by Russell Mulcahy, who made the flashy "Highlander" films.

True Romance Action-flick director Tony Scott ("Top Gun") teams up with raspy Christian Slater, Patricia Arquette and a great supporting cast in this tale of two small-time hustlers who accidentally cross the mob. After stealing valuable contraband, Slater and callgirl Arquette head for L.A. with gangsters and cops falling over each other to get at them. Dennis Hopper, Val Kilmer, Gary Oldman and Christopher Walken all appear in the film. Also check out Slater's buzz cut.

Undercover Blues Kathleen Turner and Dennis Quaid play a pair of freelance spies who decide to take some time off to have a baby. On the way to New Orleans, however, they become involved in a stolen arms case and quickly come out of retirement — with their baby, played by 11-month-old Michelle Schullie, tagging along. Stanley Tucci (from TV's "Wiseguy") and Tom Arnold (Roseanne's beau) are among the supporting cast.

what's where

General Cinemas

Maine Mall Road, S. Portland

774-1022

Dates effective Sept 10-16

Jurassic Park (PG-13)

1:30, 4:15, 7, 9:40

The Firm (R)

1:50, 5, 8

Rising Sun (R)

1:30, 4:10, 6:45, 9:30

The Secret Garden (G)

2:10, 4:30, 6:50, 9

Man Without a Face

1:40, 4:15, 7, 9:30

Fortress (R)

2:30, 4:35, 7:15, 9:25

The Real McCoy (PG-13)

2, 4:20, 7:10, 9:25

Hoyts Clark's Pond

333 Clark's Rd., S. Portland

879-1511

Dates effective Sept 10-16

Sleepless in Seattle (PG)

7:20, 9:35

In the Line of Fire (R)

3:50, 6:40, 9:20

Free Willy (G)

1, 3:40

Snow White (G)

1:10, 3:10

The Fugitive (PG-13)

12:30, 3:20, 6:30, 7, 9:10, 9:40

Hard Target (R)

4, 9:50

Needful Things (R)

12:50, 7:10

Manhattan Murder Mystery (PG)

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

Calendar Girl (PG-13)

1:20

Undercover Blues (PG-13)

1:40, 4:20, 7:40, 9:45

True Romance (R)

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

The Movies

10 Exchange St., Portland

772-9600

Matinees Sat & Sun

Léolo (R)

Sept 8-14

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

Strictly Ballroom (PG)

Sept 11-14

Sat-Sun 3, 5, 9; Mon-Tues 7

The Night We Never Met (R)

Sept 15-21

Wed-Tues 5, 7, 9; Sat-Sun 1, 3

Nickelodeon

Temple and Middle streets, Portland

772-9751

Dates effective Sept 10-16

*Second shows Sat-Sun only

Aladdin (G)

1:25, 4:15*, 6:50

Much Ado About Nothing (PG-13)

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

Dennis the Menace (PG)

1:15, 4:05*

Rookie of the Year (PG)

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

Son of the Pink Panther (PG)

9

Robin Hood: Men in Tights (PG-13)

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

Poetic Justice (R)

7:20, 10

Another Stakeout (PG-13)

12:50, 3:40*, 7:10, 9:40

Pride's Corner Drive-In

651 Bridgton Road, Westbrook

797-3154

Dates effective Sept 10-13

Sleepless in Seattle (PG)

8:05

In the Line of Fire (R)

9:55

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Revenge of our parents: Woody Allen and Diane Keaton hit the showers in "Manhattan Murder Mystery."

Diane & Woody's excellent adventure

■ By Jim Potter

It contains no brilliant special effects, no graphic violence and not a single dinosaur, but the new Woody Allen film "Manhattan Murder Mystery" is as entertaining as any screen comedy in recent memory and should serve to remind film fans of his glorious '70s masterpieces, "Annie Hall" and "Manhattan." The most obvious connection between the new film and his earlier triumphs is Allen's renewed on-screen partnership with Diane Keaton — a bond he renewed last fall after a nasty, well-publicized break with former lover and co-star Mia Farrow.

Equally important, the film finds Allen returning to the romantic comedy, a form within which his unique comic persona and witty dialogue have always been most effective. For, despite the implications of its title, "Manhattan Murder Mystery" is played entirely for laughs.

Since his early success, Allen's refusal to be limited by the boundaries of film comedy has led to his frequent excursions into different genres, with varying degrees of success. Happily, this new film retains the comic focus for which Allen and co-screenwriter Marshall Brickman are most renowned. The story is fairly basic: Larry and Carol Lipton (Allen and Keaton) are a couple whose marriage has grown predictable. Through a series of chance circumstances — and some wild speculation — Carol becomes convinced that their neighbor Mrs. House was murdered by, well, Mr. House. She embarks on an improbable investigation, buoyed by the enthusiasm of longtime friend Ted (Alan Alda), a recently divorced writer whose love for Carol goes largely undiscovered.

To Larry's annoyance and disbelief, his wife and his friend plunge deeper into their investigation; in an effort to assert his virility, Larry too becomes involved. As the investigation escalates, the murder plot tosses these characters into a number of humorous situations, all of which are exploited (of course) to maximum laughs.

The film's style will be familiar to Allen devotees: It borrows heavily from his recent work, featuring a surplus of hand-held shots, some mildly self-conscious camera movements and lots of

overlapping dialogue. (Repeated viewings will be rewarded by the discovery of new punch lines.) The film's compositions emphasize architectural beauty, continuing Allen's career-long love affair with New York. There is little surprising about the look and sound of this film; in true detective style, the plot dominates instead.

And Allen and Brickman's tight script keeps us interested throughout. The film achieves such comic momentum that the key narrative question — did the neighbor kill his wife? (we're not telling) — actually becomes secondary to the

relationships among the central characters played by Allen, Keaton, Alda and Anjelica Huston, who shines as a jaded novelist attracted to Allen's character.

Allen's performance, his funniest in years, spotlights his skill as a physical comic. Over time, as his stock as a screenwriter has risen, Allen's on-screen work has sometimes been overlooked. In this film, his familiar nervous, paranoid character gets all the punch lines. But most impressively, particularly opposite Huston in a memorable poker-playing scene, Allen reveals the physical dexterity of a silent film comic as he works to great non-verbal effect.

Every bit the match for Allen is the sparkling Keaton, a film comedienne without peer who too often recently has had to settle for inferior star vehicles or bland supporting roles. Her portrayal of a bored woman trying to reinvigorate her life by investigating a murder (real or imagined) offers the perfect mix of fear and excitement. Keaton's brilliantly understated work leaves us wishing better roles for her in the future.

Allen's film is peppered with allusions to classic Hollywood suspense dramas (Billy Wilder's "Double Indemnity," Alfred Hitchcock's "Rear Window" and, especially, Orson Welles' "The Lady from Shanghai"). But its most important link to film history is with his own earlier body of work with Keaton. "Manhattan Murder Mystery" is their sixth full-scale collaboration, and their on-screen chemistry has never been more intoxicating. Like Scorsese and De Niro, they do their best work together. **EW**

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Effective October 13, 1993, new Maine law gives you the right to consult with CMP before our contractors trim or cut trees along roads that border your property. *This law does not apply to trimming, cutting or removal of trees undertaken in emergency conditions.*

If you would like to be consulted, please write the following department at CMP: CMP, LINE CLEARANCE DEPARTMENT, EDISON DRIVE, AUGUSTA, ME 04336. Please include your name, street address (not mailing address), and your CMP account number. To ensure that your request is noted, please send your letter separate from your bill payment.

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stage

"The Case of the Missing Woman" Port*Star productions serves up dinner theater at The Baker's Table Restaurant, 434 Fore St., Portland. You'll get to eat and find out what happened to tantalizing starlet Lola Kane. Shows every Saturday at 7:30. Tix: \$27.95 (includes dinner), 775-0303.

"Death With Father" Try to figure out who killed Judy Tremont and who stole the money from the "Bingo Till Ya Bust" tournament at Father Patrick O'Sullivan's orphanage during the Mystery Cafe Dinner Theatre, No Tomatoes Restaurant, 36 Court St., Auburn. Shows every other Saturday at 8 pm. For info and reservations call 1-800-370-7469.

"The Elephant Man" The Theater Project presents a dramatic play which tells the true story of John Merrick, a horribly disfigured man travelling as a sideshow freak before being rescued by a London doctor. Sept 9-16 — Thurs-Sat 8 pm, Sun 7 pm — at The Theater Project, 14 School Street, Brunswick. Tix: \$12 (all proceeds benefit Merryming AIDS Support Services), 729-8584.

"Graceland" Shenanigans Productions present a one-act comedy about two women vying to be first in line to enter Graceland on opening day. Sept 10 at 9:30 pm at Jonathan's, Bourne Lane, Ogunquit. Tix: \$30 (dinner/theatre package starting at 8 pm), \$12 (theatre only), 646-4777.

"Murder at Cafe Noir" Mystery Cafe Dinner Theatre, Senesta Hotel, 157 High St., Portland. Shows every Saturday at 8 pm. For info and reservations call 1-800-370-7469.

"Tuscaloosa" Dinner theater featuring New York Stories set to music at A City Squire Restaurant, 50 Wharf St., Portland. Shows every Tues at 8 pm. Tix: \$8, 775-7994.

"Who Dunit?" The teen cast at the Schoolhouse Arts Center presents a mystery about a murdered mystery writer who returns to earth to solve his own murder case Sept 10-26 — Fri & Sat 7:30 pm, Sun 2 pm — at Schoolhouse Arts Center, Routes 35 and 114, Sabago Lake Village. Tix: \$6, \$3 seniors and students with ID, 642-3743.

auditions

Cathedral Chamber Singers holds auditions for its community based non-liturgical concert choir Tues and Thurs evenings (Sept 2, 7, 9, 14, 16 & 21) from 5-7 pm at St. Luke's Cathedral, 143 State St., Portland. Appointment only, 772-5434.

Maine State Ballet auditions for its "Nutcracker" production Sept 11 at 1 pm (ages 12 and under) and 2:30 pm (ages 13 and over) Morrill's Corner, 17 Bishop St., Portland. At least one year of ballet experience necessary, 878-3032.

Portland Community Chorus is accepting new members for its 1993-94 season through Sept 15. The requirements are an ability to carry a tune, a desire to sing and faithful attendance at rehearsals (Wed evenings at the First Lutheran Church, Auburn Street, Portland), 892-9437 to arrange an interview.

Portland Stage Company hosts auditions for eight theaters in Maine Sept 9 from 10 am-6 pm and Sept from 1-9 pm in the rehearsal hall at Portland Stage Company, 25A Forest Ave., 3rd Floor, Portland. Represented theaters include Portland Stage Company, Mad Horse Theater, LA Public Theater, Actors Theater of Maine (AToM), The Theater at Monmouth, The Children's Theater of Maine, Penobscot Theater Company and Vintage Repertory Theater. Actors must provide eight copies of their photo and resume and will be expected to perform two contrasting monologues. Appointment required, 774-1043.

Portland Stage Company holds auditions for members of Actor's Equity Association and equity eligible candidates Sept 13 from 1-9 pm and Sept 14 from 10 am-6 pm in the rehearsal hall at Portland Stage Company, 25A Forest Ave., 3rd Floor, Portland. Actors must provide eight copies of their photo and resume and will be expected to perform two contrasting monologues. Appointment required, 774-1043.

concerts

friday 10

Scott Hamilton, Dave McKenna and Donna Byrne (jazz) 8 pm, State Street United Church of Christ, 159 State St., Portland. Tix: \$15 at door.

Billy Joel (rock) 8 pm, Cumberland County Civic Center, 1 Civic Center Square, Portland. Tix: \$26 (sold out), 775-3825.

saturday 11

Fifth Annual Fiddle Contest and Old Time Country Music Show (fantastic fiddlers and the Old Time Radio Gang) 7:30 pm, Town Hall, corner of Route 1 and Route 35, Kennebunk. Tix: \$7, \$6 River Tree Arts members and seniors, 985-4343.

Aine Minogue and Julia Lane (Celtic harp) 7:30 pm, The Curtis Little Theater at The Chocolate Church, 804 Washington St., Bath. Tix: \$8, \$10 at door, 729-3185.

sunday 12

Big Chief and the Continentals (R&B) 5 pm, Casco Bay Lines Music Cruise, Casco Bay Lines Terminal, Commercial Street, Portland. Tix: \$10, \$9 seniors, \$5 kids ages five to nine, 774-7871.

The New Boston Singers (light gospel) 2 pm, Universal Meeting House, Route 231, New Gloucester. Donation, 926-4469.

upcoming

The Duke Ellington Festival 9/17/93 (Ellington music performed by Bellamy Jazz Band, The Fog Brothers, Al Hawkes String Fusion, Penumbra Trio, Portland Brass Quintet, Brad Terry & Tony Gaboury and many others) 8 pm, Portland Performing Arts Center, 25A Forest Ave., Portland. Tix: \$12, 774-0465.

St. Roland Hanna 9/18/93 (jazz piano) 8 pm, Portland Performing Arts Center, 25A Forest Ave., Portland. Tix: \$15, 774-0465.

Pacto Andino 9/18/93 (Andean music) 7:30 pm, Saco River Grange Hall, Salmon Falls Road, Bar Mills. Tix: \$8, \$6 seniors and students with ID. Reservations, 929-6472.

Freeloaders (blues) The Big Easy, 416 Fore St., Portland, 780-1207.

Tom Snow Trio (jazz) cafe no, 20 Danforth St., Portland, 772-8114.

Bob Marley Comedy Showcase with Dave Fitzgerald (comedy) The Comedy Connection, 434 Fore St., Portland, 774-5554.

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clubs

thursday 9

Freeloaders (blues) The Big Easy, 416 Fore St., Portland, 780-1207.

Tom Snow Trio (jazz) cafe no, 20 Danforth St., Portland, 772-8114.

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PREJUDICE REARS ITS UGLY HEAD

Continued from page 17

Allen and the rest of the cast and crew are following in some big footsteps. When the original "Elephant Man" opened on Broadway in 1979, it won three Tony awards including best play, best actress and best direction. Several famous actors took on the difficult role of John Merrick, including David Bowie, Bruce Davison and Mark Hamill.

The play, already technically challenging, is even more so because it is broken into 21 short scenes; in the first three scenes alone, the play moves from a university lecture hall to a carnival in Belgium to a hospital room. For The Theater Project's production, set designer Mike Heathers has created a series of halls and doorways through which characters can walk, creating the illusion of movement and change of scenery.

Against this whirling backdrop, Dr. Treves secures a long-term refuge for Merrick in the London hospital where Treves practices as a prominent surgeon. During the six years Merrick lives in a private room there, he is befriended by some of London's most prominent socialites, including the actress known simply as Mrs. Kendal.

Not only do they provide Merrick with trendy companionship, but the socialites also make major contributions to Treves' hospital and his research efforts. (That was the main reason the hospital's administrator allowed Merrick to establish a permanent residence.) Suddenly, neurofibromatosis became the talk of the town.

Allen said this is not unlike what has happened with AIDS. "Nobody wanted anything to do with AIDS until Elizabeth Taylor got involved in the issue and Paul Michael ('Hutch') Glaser's wife Elizabeth contracted the disease," he noted. "When people like that began talking about AIDS, it became more acceptable."

Pomerance's play does not linger on Merrick's disease, but on the unique qualities of Merrick himself — an intelligent, warm and witty person not unlike the sublimely funny and bitingly satiric character of the gardener in Hal Ashby's film "Being There." During a literary conversation with Mrs. Kendal, for instance, Merrick remarks that Romeo never truly loved Juliet. If he did, Merrick points out, he wouldn't have left her for dead.

"Does he take her pulse?" he asks. "Does he get a doctor? Does he make sure? No. He kills himself. The illusion fools him because he does not care for her. He only cares for himself. If I had been Romeo, we would have got away."

"But then there would be no play, Mr. Merrick," says Mrs. Kendal. "If he did not love her, why should there be a play?" retorts Merrick.

Merrick, here, is intellectually courting Mrs. Kendal. But, as is often perceived to be the case for people with AIDS, sexual desire is for Merrick the forbidden fruit growing inside the walled gardens of the healthy.

In another poignant scene, Mrs. Kendal disrobes for Merrick after he expresses the wish to see a beautiful

woman naked. The moment is broken, however, by the unexpected entrance of Treves, who banishes Mrs. Kendal from the hospital. All he can offer as justification are vague platitudes about right and wrong. Merrick doesn't buy any of it.

"Frederick, do you believe in heaven? Hell? What about Christ?" he asks. "What about God? I believe in heaven. The Bible promises in heaven the crooked shall be made straight."

"So did the rack, my boy. So do we all," responds Treves.

"If you do not believe — why did you send Mrs. Kendal away?" Merrick returns.

Treves replies, "Don't forget. It saved you once, my interference..."

Paternalism is such a nasty business. But actor Welch said the good doctor changes his attitude over the course of the play.

"Initially, Treves starts out like he's a missionary bringing God to the Indians, but eventually he gets caught up in the elephant man's humanity," Welch explained. "As [Merrick's] death nears, Treves feels shame and guilt about his own involvement in showing Merrick off."

Those who care for people with AIDS experience the same kinds of boundary issues, Welch noted. "AIDS is an emotional as well as a physical tragedy because it happens to so many people who are really young," he said. "It must be really difficult for a doctor not to get pulled into the role of therapist, parent or friend — as well as health care worker... it must take its toll."

Negotiating this new territory addresses our prejudices. "In the beginning of the play, when people treat Merrick poorly, I identify with that," Welch said. "It's just like how people are afraid they'll contract AIDS by being in the same room. People were afraid they'd catch neurofibromatosis the same way. These are the results of uninformed fears."

The play is the third annual theatrical fundraiser for Merryming AIDS Support Services (MASS), a non-profit organization servicing about 60 people with AIDS or HIV. Artwork by artists living with the HIV infection will be displayed in the lobby of The Theater Project throughout the run of the show.

"I hope people will leave 'The Elephant Man' with a new and better understanding and a willingness to take a look at prejudice and to respect that, although we come in different packages, we are all human beings on this earth and we all have a story to tell," said Allen.

Even the good doctor. Near the end of the play, Treves lies asleep. Merrick stands at the lectern talking about him; note, is the terrifyingly normal head. This allowed him to lie down normally, and therefore to dream in the exclusive personal manner, without the weight of others' dreams accumulating to break his neck." CW

stage

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DAYS	THURSDAY	TUESDAY & THURSDAY
Period I (8:15-9:35)	<p>AC 223 Intermediate Accounting II</p> <p>CS 130 Computer Science Concepts</p> <p>GM 263 Medical Transcription</p> <p>HY 220 United States History 1870-1945</p> <p>LS 196 Communication Skills</p> <p>MS 180 Introduction to Medical Sciences</p> <p>PL 264 Debtor/Creditor Law</p> <p>SS 150 Basic Keyboarding</p> <p>SS 260 Information Processing Applications</p>	<p>AC 121 Principles of Accounting II</p> <p>AC 220 Cost Accounting I</p> <p>CS 235 Business Systems</p> <p>EN 170 Basic Writing</p> <p>EN 271 Composition</p> <p>GE 110 Business Writing</p> <p>GM 164 Pharmacology</p> <p>GM 263 Medical Transcription</p> <p>LS 194 Law</p> <p>LS 195 Psychology of Personal Dynamics</p> <p>PL 163 Real Estate Law</p>
Period II (10:15-11:35)	<p>AC 120 Principles of Accounting I</p> <p>CS 231 Cobol II</p> <p>EN 271 Composition</p> <p>LS 190 Psychology</p> <p>LS 193 Introduction to Economics</p> <p>LS 195 Psychology of Personal Dynamics</p> <p>MS 184 Clinical Procedures II</p> <p>PL 161 Criminal Law and Procedures</p> <p>SS 150 Basic Keyboarding</p> <p>SS 168 Word Processing Theory</p>	<p>AC 120 Principles of Accounting I</p> <p>BA 105 Principles of Marketing</p> <p>CS 130 Computer Science Concepts</p> <p>CS 135 Introduction to Microcomputers</p> <p>EN 170 Basic Writing</p> <p>LS 191 Contemporary Problems</p> <p>LS 196 Communication Skills</p> <p>MS 187 Medical Science IV</p> <p>PL 260 Civil Law and Procedure</p> <p>SS 161 Document Formatting</p> <p>SS 247 Office Procedures</p>
Period III (11:45-1:05)	<p>AC 122 Principles of Accounting III</p> <p>AC 266 Accounting Lab</p> <p>BA 100 Principles of Management</p> <p>CS 235 Business Systems</p> <p>EN 170 Basic Writing</p> <p>GE 110 Business Writing</p> <p>LS 195 Psychology of Personal Dynamics</p> <p>LS 196 Communication Skills</p> <p>MS 183 Medical Science II</p> <p>PL 260 Civil Law and Procedures</p> <p>SS 262 Document Production</p> <p>Indicates a course with a (\$75) Lab Fee</p>	

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calendar

thursday 9

Grete an artist: This afternoon, the Portland Public Library (5 Monument Square) hosts an opening of "Portland Perspectives — Plain and Fancy-Filled," an exhibition of work by artist Grete Goodwin. Goodwin's collection of gouache and ink works explore **PORTLAND'S EUROPEAN SIDE** — the vibrant life of our cafés, street musicians, bus stops, public squares and cobblestone streets.

Pieces like "Monument Square in Motion" and "Exchange Street Musician" convey the moods and motion that make downtown Portland what it is. The opening begins at 5 p.m. in the Lewis Gallery, located downstairs on the library's ground floor. 871-1700.

friday 10

We can't get enough sax: New York tenor **SAXOPHONIST SCOTT HAMILTON** is one of the finer saxmen around. Influenced by swing saxophonists like Coleman Hawkins and Ben Webster, Hamilton can also play heart-rending warm ballads and bravado numbers.

"In his lyrical, languorously phrased solos," wrote Stephen Holden of the *New York Times*, "he doesn't shy away from employing a rich, guttural vibrato whose texture stops just short of becoming overripe." Tonight, Hamilton returns to town for a performance at the State State Church (159 State St., Portland). The show begins at 8 p.m. Tix: \$15.

saturday 11

Spock's latest enterprise: You remember **DR. BENJAMIN SPOCK**, don't you? He wrote that book on child-rearing that your parents kept on the nightstand while they were trying to figure you out. But why hold that against him? Hey, Dr. Spock is 90 now, and he's still going strong. That counts for something.

Tonight at the Unity Church in Windham, Dr. Spock and his wife Mary Morgan will talk about the physical and spiritual regimen that keeps them young. Included in the lecture/demonstration — and, yes, audience participation if you're willing — will be yoga, meditation, shiatsu massage, moxibustion (heating of certain points on the body) and more.

The talk benefits Healing Practitioners of Maine, an organization of alternative health care professionals. The church is located at 54 River Road in Windham. Tix: \$10. 338-4476.

sunday 12

Get the runaround: Need a good excuse to run three-plus miles? You're out of shape. Need another? Literacy Volunteers of America is a good cause. And today the organization's Portland chapter hosts a **FIVE KILOMETER ROAD RACE** around Back Cove.

Registration for the "Book Around the Bay" starts at 10 a.m. (Meet at the Back Cove parking lot on Preble Street Extension, across from Shop 'n' Save.) The race will start at noon sharp and shouldn't take you more than half an hour or so. There'll be plenty of refreshments afterward, too.

Prizes include gift certificates for books, ice cream, sports equipment and more — but that's not why you're running. It's for the fresh air. "We've already ordered a sunny day," points out organizer Clare Sheldon. Hey, you get tired, you just walk the rest of the way. Registration costs \$8 if you get it in by Sept. 3, \$10 afterward. 874-0859.

monday 13

Breaking down the barriers: The **LET CUBA LIVE** Committee of Maine sent a "Friendshipment" of bicycles and other humanitarian aid down to Cuba this summer as part of a 100-ton caravan of aid that challenged the U.S. blockade of

Cuba — and won, thanks in part to a courageous hunger strike by 13 members of Pastors for Peace.

Tonight, café no (20 Danforth St., Portland) is the scene for a party to welcome back Maine's two caravan drivers, Michael Canney of Alfred and Margaret de Rivera of Orland. Beginning at 5:30 p.m., the café (normally closed Monday nights) will open its kitchen for dinner and serve coffee, dessert and drinks as well. 766-5851.

tuesday 14

Tonight at 7 p.m., The Movies (10 Exchange St., Portland) screens the last showing of "Strictly Ballroom," Baz Luhrmann's 1992 film about the competitive world inside a **BALLROOM DANCE HALL**.

Among the characters whipped into the hall's feverish, self-contained world are a hotshot young dancer who defies tradition with his radical steps and an even younger girl who faces rejection because of her age. It's sort of like "Dirty Dancing," but better. And no Patrick Swayze. Tix: \$4 (\$2.50 seniors and kids). 772-9600.

wednesday 15

What's a "performance right"? Why must bars, cafés and laundromats pay fees to host jam sessions or cover bands? And what are **YOUR RIGHTS AS A SONGWRITER** or composer?

Tonight, Debbie Rose, a representative of the American Society of Composers, Authors and Publishers (ASCAP) — a group that protects composers' copyrights — visits Bad Habits (10 Exchange St., Portland) to talk about royalties, copyright protection and other important stuff about the biz. If you've ever written, performed or even just booked music, you won't want to miss it. The talk begins at 7 p.m. 773-1310.

thursday 16

Two for one: Yes, it's art-opening season again, thank goodness. Tonight, the Danforth Gallery (34 Danforth St., Portland) unveils a **PAIR OF INTERESTING ART EXHIBITS** for the price of one.

The first, "Vibraciones Mexicanas" ("Mexican Vibrations"), by Portland artist Salazar, consists of a unique medium he developed. Using this medium, Salazar mixes graphite, charcoal, oil pastels and soft and hard pastels right on the paper while it's wet. Then, during drying, the various artistic materials coningle. Even better, the charcoal and graphite doesn't smudge.

The second show, "Lyrical Syndromes," is a collection of flowing assemblages by Brewer artist/jazz singer Diane Linscott. Her black and rust-colored mixed media pieces use found metal, wood, wire, cane, clay, wheels, coils, faucets and springs — all screwed, glued, welded or placed together to suggest concepts like "Driving Force" and "Battle of the Sexes." Also note the shadows these pieces throw on the wall.

Together, this pair — the colorful paintings on the wall and the earthy sculptures on the floor — make a dynamic contrast. Both openings begin at 5:30 p.m. 775-6245.

friday 17

Put up your Dukes: Pianist Duke Ellington was one of America's most influential jazz composers. His work touched on any number of musical genres, including (but certainly not limited to) Dixieland, swing and sacred music. Today and tomorrow, in tribute, the Portland Performing Arts Center (25A Forest Ave., Portland) presents a **DUKE ELLINGTON FESTIVAL** as part of its Big Sounds From All Over series.

Today, the festival fills a full card with interpretations of Ellington's work by such diverse performers as the Maine

Clarinet Choir, folk rockers Knots & Crosses, country twanger Al Hawkes, mandolin player Chris Moore, the Bellamy Jazz Band and a bunch more.

Tomorrow, two documentary films about Ellington's life and music will be screened; filmmaker Robert Levi will briefly introduce his film "Duke Ellington: Reminiscing in Tempo." After the flicks, a panel will convene to talk about the Duke some more. And the weekend concludes with a performance by pianist Sir Roland Hanna, who's renowned for his Ellington tribute performances. Tix: \$12-\$15 per day. 761-0591 or 774-0465.

saturday 18

Tonight, the **ANDEAN FOLK GROUP** Pacto Andino plays at the Saco River Grange Hall (Salmon Falls Road, Bar Mills). The quartet's line-up includes violinist Augusto Salazar (who also plays pan pipes and tarka, a square wooden flute), Juan Fiestas playing violin and charango (a kind of small lute), percussionist Lino Pareja — and Mainer Tom Faux on guitar and tarka.

Drawing on its Peruvian and Bolivian members' heritage, the group's haunting music and vocals capture the Andean culture. (The Pacto Andino, by the way, is a regional pact that acknowledges traditional Native alliances through the Andes.) Pat Packard will also show slides from her 1989 trip through the Cordillera Blanca, a high route through the Peruvian Andes. The performance begins at 7:30 p.m. Reach the hall by Route 4A or Route 202. Tix: \$8 (\$6 students and seniors). 929-6472.

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

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Art & Soul continued from page 20

clubs

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Mercy (experimental rock) Granny Killam's Industrial Drinkhouse, 55 Market St., Portland. 761-2787.

Elderberry Jam (rock) Moose Alley, 46 Market St., Portland. 774-5246.

Eye to Eye (rock) Old Port Tavern, 11 Moulton St., Portland. 774-0444.

Karaoke with Rusty (karaoke) Spring Point Cafe, 175 Pickett St., S. Portland. 767-4627.

Little Sister (rock) T-Birds, 126 N. Boyd St., Portland. 773-8040.

Laser Karaoke with DeeJay Greg Powers (karaoke) Tipperary Pub, Sheraton Tara Hotel, S. Portland. 775-6161.

DeeJay Andy (heavy dance) The Underground, 3 Spring St., Portland. 773-3315.

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

friday 10

Streetwalkers (blues) The Big Easy, 416 Fore St., Portland. 780-1207.

Bill Price (acoustic) Bramhall Pub, 769 Congress St., Portland. 773-9873.

Chris Neville and John Lockwood (jazz) cafe no. 20, Danforth St., Portland. 772-8114.

Dave Fitzgerald and Chris Koshier (comedy) The Comedy Connection, 434 Fore St., Portland. 774-5554.

Papa Loves Mambo (exotic R&B) Dos Locos Restaurant, 31 India St., Portland. 775-6267.

Tuanis (hard rock) Geno's, 13 Brown St., Portland. 772-7891.

Heavy Metal Horns (funk) Granny Killam's Industrial Drinkhouse, 55 Market St., Portland. 761-2787.

Big Meat Hammer and The Pontiffs (punk) L-beez, 939 Congress St., Portland. 879-0525.

Devils Avocado (rock) Moose Alley, 46 Market St., Portland. 774-5246.

Eye to Eye (rock) Old Port Tavern, 11 Moulton St., Portland. 774-0444.

Bad Apple (rock) Showboat, 929 Congress St., Portland. 772-0124.

The Boneheads (R&B) Spring Point Cafe, 175 Pickett St., S. Portland. 767-4627.

Person 2 Person (rock) T-Birds, 126 N. Boyd St., Portland. 773-8040.

Tom Dyrberg (acoustic) Tipperary Pub, Sheraton Tara Hotel, S. Portland. 775-6161.

Joe at the piano and DeeJay Ken Currier (popular music/heavy dance) The Underground, 3 Spring St., Portland. 773-3315.

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

saturday 11

The Upstatters (R&B) The Big Easy, 416 Fore St., Portland. 780-1207.

Chris Neville and John Lockwood (jazz) cafe no. 20, Danforth St., Portland. 772-8114.

Dave Fitzgerald and Chris Koshier (comedy) The Comedy Connection, 434 Fore St., Portland. 774-5554.

Blue Roots (blues) Dos Locos Restaurant, 31 India St., Portland. 775-6267.

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Temperance, Dive and Basilak (hardcore) L-beez, 939 Congress St., Portland. 879-0525.

Devils Avocado (rock) Moose Alley, 46 Market St., Portland. 774-5246.

Eye to Eye (rock) Old Port Tavern, 11 Moulton St., Portland. 774-0444.

Bad Apple (rock) Showboat, 929 Congress St., Portland. 772-0124.

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March of Dimes Jam with Cool Shade of Blue, Steve Howell and guests (blues, rock) T-Birds, 126 N. Boyd St., Portland. 773-8040.

Main Street (pop rock) Tipperary Pub, Sheraton Tara Hotel, S. Portland. 775-6161.

DeeJay Ken Currier (heavy dance) The Underground, 3 Spring St., Portland. 773-3315.

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

sunday 12

Dave & Steve (rock) The Big Easy, 416 Fore St., Portland. 780-1207.

Open Mic Quacomo Jam (b.y.o. — rhythm section available) Dos Locos Restaurant, 31 India St., Portland. 775-6267.

The Drovers (celtic/acoustic) Granny Killam's Industrial Drinkhouse, 55 Market St., Portland. 761-2787.

Art & Soul continued on page 28



Tina and Flash Allen.

Giving the gift of love Portland pulls together for Flash and Tina Allen

By Paul Karr

For Flash and Tina Allen, this summer seemed as though it would be much like any other. The Allens have been playing music and acting in theater companies around the Greater Portland area for more than 20 years; sometimes they perform as a duo — Flash plays piano, Tina sings — sometimes in bands like their current gig, Shadow Play. They've acted in productions at the University of Southern Maine and Mad Horse Theatre, among others.

The Allens' three sons inherited their musical legacy. Twenty-year-old Daemian had completed his third year at the prestigious Berklee College of Music in Boston and was playing saxophone with the Gil Donatelli Band; he'd planned to perform all summer, saving money and preparing for his final year at school. Two other teenage sons were also showing interest and aptitude in music.

Then tragedy struck. Travelling through Kennebunkport in early July, Daemian was a passenger in a car that swerved to avoid a second car. The vehicle crashed into trees; though Daemian was wearing a seat belt, he fractured his skull.

Acting quickly, doctors at Maine Medical Center put Daemian into a chemically induced coma to keep his head and body still. Later, they operated twice to remove blood clots, relieve pressure on Daemian's swollen brain and repair a leaking artery.

Now, two months after the accident, doctors have begun reducing the doses of pentobarbital Daemian is given each day; as they do, he shows increasing signs of lucidity. Having watched their son survive bouts with pneumonia and ARDS (adult respiratory distress syndrome) that nearly took his life, the Allens are cautiously optimistic about his recovery.

"You would not believe the incredible care he gets here," said Tina. "The doctors, the nurses, the pulmonary people are all so wonderful. If something needs to be done, they do it, no questions asked."

But along with that special care will come huge hospital bills. "I'm sure the costs are already astronomical," admitted Tina. "But all that matters is his well-being."

To help defray some of those costs — and to help pay Daemian's school bills when he gets back on his feet again — a group of friends has organized "A Gift of

Love," a three-day benefit whose proceeds will go to the Allen family. It comes on the heels of an earlier mini-benefit, an Aug. 22 jam session at DiMillo's Floating Restaurant.

"A mutual friend called and said, 'What about a benefit?'" said Linda Jackson-Phillips, who's helping to organize the shows. "Everybody loves Flash and Tina and Daemian so much that we wanted to do something."

Among those who agreed to appear were comics Fred Garbo and Randy Judkins (who'll each emcee one show); folk acts like Devon-square and Schooner

Fare; and other diverse talents such as the Bellamy Jazz Band, Tom Dyrberg, Don Campbell and Rick Charette (who'll host a kids' show Sept. 24).

Musicians and comedians haven't been the only contributors to the cause. Starbird Music Shoppe in Portland donated a \$250 gift certificate for a raffle. Daddy's Junky Music gave an electric guitar. Crazy Ed's Music Center kicked in an amp. Moose County Music ponied up an electric guitar and a "gig bag."

During their ordeal, Flash and Tina have continued performing whenever they have the time and energy. "We've worked a little bit," Tina said. "It is difficult to entertain people right now, but it is our lifestyle, our job, what we love to do the best. So we carry on."

Tina, who recently turned 43, had just one birthday wish. "I wanted Daemian to be awake, for him to be better," she said. "That's what I wished for, weeks and weeks ago. He's not totally awake yet, but he spent most of [her birthday] with his eyes open."

She is hoping Daemian can resume pursuing his dreams of finishing Berklee, playing in a band and heading off to graduate school. Until that time, the Allens visit their son daily, praying, playing music, talking to him, touching him. Trying to strengthen his will to live.

"Music is his life," Tina says, her voice cracking a little. "It has been ever since he was a tiny little man. I guess, at our house, you eat, sleep and sing music. He sat through many rehearsals with us, many nights of setting up at clubs like the Old Port Tavern." She is quiet a moment. "I remember him blowing out all the candles one night as we were setting up ..."

—CW



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Public Cable



Exiles from the mainstream Fugazi defends the punk ethos without compromise

By Dan Short

Considering that its members hail from Washington, D.C., it's ironic that the punk quartet Fugazi has become the symbol of moral purity in underground music. But there it is, living up to the punk ethos of egalitarianism and independence and refusing to participate in corporate America. Apparently, big business hasn't bought everything in D.C. yet.

For all its avowed distaste for corporate rock, however, Fugazi might be best described with that most hated of corporate rock phrases, the "supergroup." Guitarist/vocalist Ian MacKaye, the acknowledged leader of Washington, D.C.'s punk scene since the 1980s, began playing bass with the Teen Idles while still a teenager. Then he formed Minor Threat, one of the legends of hardcore despite having recorded an unusually small amount of music. (Their entire output has been collected onto one CD with a running time of only 47 minutes.)

music

Catch Fugazi Tues., Sept. 14 at Warehouse 58 (58 Fore St., Ptd.) at 7:30 p.m. Tix: \$5. 773-6979.

In 1987, after Minor Threat's breakup and work with various other bands, MacKaye hooked up with guitarist/vocalist Guy Picciotto and drummer Brendan Canty of the Rites of Spring (another popular D.C. hardcore band) and bassist Joe Lally. Since then, Fugazi has put out two EPs and three albums. The latest is this year's "In On the Kill Taker." Though not Fugazi's best work (that would be contained on the EPs "Fugazi" and "Margin Walker"), "In On the Kill Taker" shows off Fugazi's best and worst qualities.

If you could sum up what's great about this band with three words, those words would be passion, power and focus. And "Public Witness Program" has everything that a punk song should: a straight-forward riff, a tight, simple rhythm track, passionate vocals and a mixture of adrenalin and righteous indignation. The same is true for "Cassavetes," a tribute to the late film director to whom Fugazi obviously feels a degree of kinship. MacKaye and Picciotto don't sing so much as yell, scream and bellow like politically correct versions of hellfire ministers.

All the while, Fugazi is focused; everything it does has a reason. Even when the band assaults its audience with a flurry of feedback, as it does at the end of "27 Beats Off," it always seems to have a purpose in mind. This is not just noise for its own sake. The band is also quite adept at shading, mixing its fury with quieter moments in "Returning the Screw" and "Rend It." The instrumental "Sweet and Low" is a small masterpiece of restraint and tension.

However, the major problem with "In On the Kill Taker" — and with every record Fugazi has made since 1990's "Repeater" — is the lyrics. Not only are they self-righteous, they lack grace and wit and, sometimes, are just too damned obtuse. Try figuring these out: "Irony is the refuge of the educated" (from "Facet Squared"); "Greed informs action where action makes bold" ("Smallpox Champion"); "Scars crash and made you laugh / You'd show it off

to your friends" ("Walken's Syndrome"). I suspect that, deep in their hearts, the members of Fugazi would like to be the punk answer to Public Enemy. But they're too self-conscious to use succinct slogans like Chuck D's or to inject levity like Flavor Flav does. The result is preaching at its most annoying and least effective. C'mon, guys, even Phil Ochs managed to crack a joke now and then.

On the other hand, it's not Fugazi's powerful music or awkward lyrics for which the band is best known. It's the way that it conducts business. Every one of Fugazi's concerts is open to all ages and costs no more than \$5. The band runs its own label, Dischord Records, which charges only \$8 for a CD and \$6 for a cassette. Its members refuse to talk to major media, preferring small "fanzines" instead. The band has expressed annoyance that the media focuses on these practices instead of its music, but that's what makes them important: Fugazi lives up to the punk ethos like no other band.

That's especially important considering the state of punk today. The U.S. punk scene has always sought complete independence from the mainstream, running its own labels, organizing its own concerts and publishing its own fanzines. Yet the gap between punk and the mainstream is becoming increasingly narrow. Mutant strains of punk called "alternative rock" and "grunge" are now popular not only with the college set, but also with the high school set. Nirvana and the Lollapalooza tours are big money makers. Underground bands are signing with major labels. To a fanatical punk, it seems the movement is literally being bought by big business.

Still, for every band that signs to a major label, there's another that sticks to its guns and refuses to take part in the big business of music. Bands like Sebadoh, Superchunk, Beat Happening and Pavement could easily sign contracts with multi-million dollar corporations — but haven't (yet), staying with relatively small independent labels instead. And the band that has most adamantly refused corporate money is Fugazi.

Who's to say they're wrong? The nature of major labels came into focus recently when Geffen records refused to release Nirvana's follow-up to the extremely popular "Nevermind." The band had worked with noted underground producer Steve Albini (who was Fugazi's first choice to produce "In On the Kill Taker") to produce an honest-to-God punk record. But the company claimed the result was too uncommercial and demanded that it be remixed, which Nirvana has dutifully done. If a band as big as Nirvana can't have artistic freedom with a major label, who can?

For Fugazi, the only solution is revolution. How does the band propose to start one? As members quote author José Ortega y Gasset in the liner notes of "Repeater": "Revolution is not the uprising against pre-existing order, but the setting up of a new order contradictory to the traditional one."

If so, then the members of Fugazi are punk's newest — and truest — revolutionaries. **CSW**



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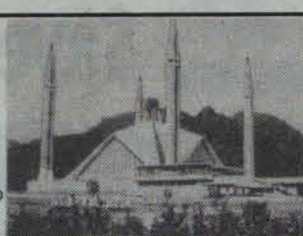
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Art & Soul continued from page 24

clubs

Blue Roots (blues) Gritty McDuff's, 396 Fore St., Portland, 772-2739.

Big Brother (rock) Old Port Tavern, 11 Moulton St., Portland, 774-0444.

Karaoke with Rocket Rusty (karaoke sing-along) Spring Point Cafe, 175 Pickett St., Portland, 767-4627.

National Headliner Comedy with Frank Santorelli (comedy) T-Birds, 126 N. Boyd St., Portland, 773-8040.

Live karaoke and dancing (no cover) The Underground, 3 Spring St., Portland, 773-3315.

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

Rock Lobster Roll competition finals (rock) The Wrong Brothers' Pub at Port Billiards, 39 Forest Ave., Portland, 775-1944.

monday 13

Laser Karaoke with Deejay Robert (karaoke) The Big Easy, 416 Fore St., Portland, 780-1207.

Monday Night Football (TV fun) Dos Locos Restaurant, 31 India St., Portland, 780-1207.

Big Brother (rock) Old Port Tavern, 11 Moulton St., Portland, 774-0444.

Deejay S. London (chem-free dance) The Underground, 3 Spring St., Portland, 773-3315.

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

tuesday 14

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

Open Jazz Jam (jazz) BeBops, 548 Congress St., Portland, 828-6551.

State Street Traditional Jazz Band (New Orleans jazz) Cybele's Bistro, 57 Wharf St., Portland, 774-2321.

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

Johnny Combo (offbeat) Gritty McDuff's, 396 Fore St., Portland, 772-2739.

Bicycle Thieves (rock) Old Port Tavern, 11 Moulton St., Portland, 774-0444.

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

Joe at the piano (popular tunes) The Underground, 3 Spring St., Portland, 773-3315.

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

Fugazi, Vampire Lesbos and Shudder to Think Warehouse 58, 58 Fore St., Portland, 773-6979.

wednesday 15

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

Cool Shade of Blue (blues/R&B) Dos Locos Restaurant, 31 India St., Portland, 775-6267.

AcousticPAL (acoustic) Geno's, 13 Brown St., Portland, 772-7891.

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

Bicycle Thieves (rock) Old Port Tavern, 11 Moulton St., Portland, 774-0444.

Irish Night (Irish music) Shamrock, 436 Fore St., Portland, 780-1111.

Daniels & Graffix (rock) T-Birds, 126 N. Boyd St., Portland, 773-8040.

Deejay Stormin' Norman (laser karaoke) The Underground, 3 Spring St., Portland, 773-3315.

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

dancing

GottaDance, Inc., locations to be announced. Smoke and chem-free dances with swing, Latin & ballroom music Fridays from 9-12 pm & Sundays from 3-6 pm. \$5. 773-3558.

Maine Ballroom, 614 Congress St., Portland. Every Sat 9-midnight. Cost: \$5. No reservations required. 773-0002.

The Moon, 427 Fore St., Portland. Open nightly, 8 pm on... Naked Thirstdays: no cover, drinks \$1.25 & drafts \$2. 772-1983.

Salutes, 20 Milk St., Portland. Open nightly until 1 a.m. 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.

The Underground, 3 Spring St., Portland. Open nightly until 1 a.m. Thurs-Sun: heavy dance (no cover on Fri); Wed & Sun laser karaoke; Fri & Tues piano bar. 773-3315.

art opening

The Art Gallery at Six Deering Street 6 Deering St., Portland. Opening reception/preview Sept 10 from 6-9 for winning artists in the fourth annual juried group exhibition, which features 58 paintings by over 50 artists. On view through Sept 25. Gallery hours: Tues-Sat 11-5. 772-9605.

Danforth Gallery The Maine Artists' Space, 34 Danforth St., Portland. Opening reception Sept 16 from 5:30-7:30 for "Mexican Vibrations," works by Salazar that mix graphite, coal, oil pastels and soft and hard pastels on paper and "Lyrical Syndromes," assemblages by Diane Linscott. The exhibit runs through Oct 9. Gallery hours: Tues-Sat 11-3. 775-6245.

June Fitzpatrick Gallery 112 High St., Portland. Opening reception Sept 9 from 6-8 for "Constructed Paintings and Collage," an exhibit by Billie Wolf. Shows through Oct 4. Gallery hours: Tues-Sat 12-5, Thurs 12-8. 772-1961.

Lewis Gallery Portland Public Library, 5 Monument Square, Portland. Opening reception Sept 9 from 5-7 for "Portland Perspectives — Plain and Fancy Filled," a collection of works rendered in gouache and ink. The exhibit shows Sept 1-30. 871-1758.

Portland Chamber of Commerce 145 Middle St., Portland. Opening reception Sept 9 from 5-7 for a group show including the work of Eleanor Piont, David Dupree, Thelma Staples, Gerda Andersen, Louise Pease, Nancy Jallade, Ray Lord and Joanne Hartford. Show runs Aug 31-Oct 15. Gallery hours: Mon-Fri 8-5. 772-2811, ext. 223.

around town

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

Bagel Works 15 Temple St., Portland. "Polaroid Transfer Triptychs," transfer images by Donna Lee Rollins, shows through Oct 3. Hours: 7-5 daily. 879-2425.

The Baxter Gallery Maine College of Art, 619 Congress St., Portland. "Student Exhibition 1993," a juried exhibition of work by current Maine College of Art sophomores, juniors and seniors. Shows through Oct 17. Hours: Tues-Sun 11-4, Thurs 11-9. 775-5152.

Congress Square Gallery 42 Exchange St., Portland. Group show featuring works by Heidi Prior Gerquest, Melita Brecher, Philip Barker, Margaret Garding, Henry Isaacs, Paul Niemce, Meg Payson Brown and Jill Hoy. Gallery hours: Mon-Sat 10:30-5. 774-3369.

Christine's Dream 41 Middle St., Portland. "Feathers of Knowledge," oil paintings by Andy Curran. Hours: Mon-Fri 7-2:30, Sat-Sun 9-2. 774-2972.

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

Exchange Street Gallery 7 Exchange St., Portland and coastal scenes and new works by John Holub and R.N. Cohen. Gallery hours: 10-6 daily. 772-0633.

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

Gitchee Gume Cafe 486 Congress St., Portland. Colored abstract drawings on wood by Zoo Cain. Opening: Hours: Mon-Fri 7:30-5, Sat 8:30-3. 780-8809.

Hard Ware Cafe and Gallery 115 Island Avenue, Peaks Island. Photography by Stephanie Friel, David Courtney, David Stankowicz and Rebecca Lacey shows Sept 10-19. Gallery hours: Fri-Sun 10-6. 766-5631.

Hendrick's Studio 164 Middle St., Portland. Oil paintings of Civil War heroes and classical sculptures. Hours: Sun-Fri 9-5.

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

Jewell Gallery 345 Fore St., Portland. Works by gallery artists, including Bill Jewell and Cynthia McMullen currently show. Gallery hours: Mon-Sat 10-5, or by appointment. 773-3334.

Katahdin Restaurant 106 High St., Portland. Paintings by Lisa Dombek show through Sept 30. Hours: Mon-Thurs 5-10, Fri-Sat 5-11. 774-1740.

Maine History Gallery 489 Congress St., Portland. The Wadsworth-Longfellow House, childhood home of Henry Wadsworth-Longfellow, displays original furnishings and fittings illustrating daily family life (shows through October). "Upstream and Downstream: 200 Years of Commerce, Trade and Recreation on Maine Waters," paintings, models, books, and other maritime artifacts, shows through October 30. "Maine Remembers the Civil War," objects collected and preserved commemorating the national conflict, shows through Oct 30. Hours: Tues-Sat 10-4. 774-1822.

Thos. Moser Cabinetmakers 415 Cumberland Ave., Portland. Retrospective exhibition of Thomas Moser Cabinetmakers, including furniture, photographs and other memorabilia, shows through Sept 18. Hours: Mon-Sat 9-5. 774-3791.

Portland Museum of Art Seven Congress Square, Portland. Hours: Tues-Sat 10-5, Thurs 10-9, Sun 12-5. Admission: adults \$6, senior citizens and students with ID \$5, youth 6-18 \$1, children 5 and under are free. Museum admission is free 10-noon the first Saturday of the month. 773-2787.

***Andrew Wyeth: Helga Then and Now** Wyeth's portraits of Helga Testorf including several recent works making their first national tour. Made possible through grants by Casco Northern Bank. Shows July 10-October 17.

***Winslow Homer Watercolors** Paintings focusing on wooded areas and vibrant fish and game that inhabit the wilderness. Shows through Sept 12.

***A Perfect 10: A Decade of Collecting at the Portland Museum of Art** Works by Renoir, Degas and other masters complement paintings by Homer, Wyeth and other giants of American art, all donated to the museum in the past 10 years. Shows through October 31.

***Under Wraps: Quint-Rose Sculpture** Hand-painted sculpture made from polychromed paper and twine by Marilyn Quint-Rose. Shows through Sept 26.

***With Piercing Eye: The Work of Waldo Peirce** Oil paintings and watercolors illustrating Peirce's great love of family and the state of Maine. Collection includes envelopes personalized with outlandish caricatures and whimsically illustrated children's books. Shows Sept 21-Jan 21.

***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. Ongoing.

***The Scott M. Black Collection** A sampling from Scott Black's 19th- and 20th-century paintings and sculptures, including works by Chagall and Toulouse-Lautrec. Ongoing.

***Vincent's Journey** A porcelain life mask sculpture by Paul Rodrigue commemorating the struggles of people living with AIDS. Ongoing.

Renaissance Antiques and Fine Art 345 Fore Street, Portland. Nineteenth-century paintings, marine antiques, 18th- and 19th-century Oriental furnishings and sterling silver. 773-3334.

The Spirited Gourmet 142 St. John St., Portland. "Inviting Angels," acrylic, pastels and mixed medium impressions by Jo Moser, shows through Oct 10. Hours: Mon-Fri 10-6, Sat 10-2. 773-2919.

The Stain Gallery 20 Milk St., Portland. "Glass Sculpture," a wide selection of glass sculpture featuring several techniques and styles and bold colors and shapes by gallery artists, shows Sept 1-Oct 30. Gallery hours: Mon-Sat 11-6, Sun 11-5. 772-9072.

Victoria Mansion 109 Danforth St., Portland. One of Maine's most significant historic sites and collection of 19th-century decorative arts and interior architecture. Nelson's Rarities will be on hand Sept 13 from 10 am-4 pm for appraisals. Cost: \$5 per object. Hours are 10 am-4 pm Tues-Sat; 1-5 pm Sun. 772-4841.

out of town

Barn Gallery Shore Road and Bourne's Lane, Ogunquit. "Appalachia on Horseback: Photographs by Marvin Breckinridge," photographs documenting the Frontier Nursing Service in Kentucky during the 1930s; and "Two Houses: Rug Road/Vinalhaven Press," a collection of prints by several artists, shows through Sept 29. Gallery hours: Mon-Sat 10-5, Sun 2-5. 646-5370.

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

***Lancaster Lounge** (Moulton Union) Watercolors by David Bragg of South Hapswell show through Sept 10. Hours: Mon-Thurs 7-12:30; Fri-Sat 7-2; Sun 7-11:30.

Center for the Arts at The Chocolate Church 804 Washington St., Bath. Works by Catherine Cabaniss and Lin Lisberger. Shows through Sept 25. Hours: Tues-Fri 9-4, Sat 12-4. 442-8627.

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

Icon Contemporary Art 19 Mason St., Brunswick. "New Maine Landscapes," works by Robert Andrull, shows Sept 8-Oct 23. Hours: Mon-Fri 1-5, Sat 1-4. 725-8157.

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

Maine Audubon Society Gillsland Farm, 118 U.S. Route 1, Falmouth. Original watercolors and prints by Betsy Rogers-Knox show through September. Hours: Mon-Sat 9-5, Sun 12-5. 781-2330.

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

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

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

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

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

O'Farrell Gallery 58 Maine St., Brunswick. "The Woods of Maine," recent paintings by Marguerite Robichaux, shows Sept 8-Oct 23. Gallery hours: Mon-Sat 10-5. 729-8228.

Ogunquit Art Association Art Gallery Route 1 South, P.O. Box 529, Ogunquit. Bronzes and graphics by David Gantz show through Oct 10. Gallery hours: Mon-Sat 11-5, Sun 2-5. 361-1900.

Ogunquit Museum of American Art Shore Road, Ogunquit. "Landscapes: 1900-1992," over 50 works as a testimonial to the powerful influence the state of Maine has had on 20th-century American art, shows through Sept 15. Gallery hours: Mon-Sat 10:30-5, Sun 2-5. 646-4909.

The Patagonia Outlet 9 Bow Street, Freeport. "Atlantic Salmon," works by celebrated outdoor artists to help protect our wild salmon stock and raise money for the Atlantic Salmon Federation. Shows through October 3. Hours: Sun-Wed 10-7, Thurs-Sat 9-9. 865-0506.

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

Round Top Center for the Arts Business Route 1, Damariscotta. "Quilts '93," a collection of 33 contemporary quilts, landscape paintings by Lois Dodd and sculpture by Christopher Spath. Shows through Sept 10. Hours: Mon-Sat 9-4. 563-1507.

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

Thomas Memorial Library 6 Scott Dyer Rd., Cape Elizabeth. "Recent Works," an exhibit of mixed media including paper, thread, burnt fragments and fabric by Karen Lorenz. Shows through Sept 25. Hours: Mon, Wed, Fri-Sat 9-5; Tues & Thurs 9-9. 799-1720.

Union of Maine Visual Artists, Inc. 19 Mason St., Brunswick. "Organic Abstractions," Maine sculptors influenced by nature. Shows through Oct 20. Gallery hours: Mon-Fri 1-5, Sat 12-4. 737-4749.

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

other

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

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

Family Day Visit with artists featured in "A Perfect 10: A Decade of Collecting at the Portland Museum of Art" exhibit and join members from the Center for Performance Study as they travel through time to bring art to life at PMA's family day Sept 18 from 1-5 pm at the museum at 7 Congress Square, Portland. Paid museum admission required. 775-6148.

Gallery Talks The Portland Museum of Arts hosts a series of gallery talks at the museum at 7 Congress Square, Portland. PMA docent Joan Lewis discusses special aspects of the "Winslow Homer Watercolors" exhibition Sept 9 at 5:30 pm and Sept 10 at 12:30 pm; PMA docent Martin Ring discusses special aspects of the "Andrew Wyeth: Helga Then and Now" exhibition Sept 16 at 5:30 pm and Sept 17 at 12:30 pm. Paid museum admission required. 775-6148.

The Great Train Robbery You won't want to miss the excitement at the Great Train Robbery art auction Sept 18 from 6 pm-midnight at the Portland Company Complex, 58 Fore St. (home of the Maine Narrow Gauge Railway), Portland. Silent auction from 6-7 pm at the PMA Corral, dine at the Depot from 7:30-8:30 pm, bid at the live auction from 8:30-9 pm then sashay in the starlight ballroom from 9 pm-midnight. Some items up for bid include seats for 14 at a Red Sox game, a stay at the Canyon Ranch Spa in the Berkshires and an antique English ship's clock. Cost: \$35 reserved seating and dinner, \$15 general admission in advance. \$20 general admission at the door. 775-6148.

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

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

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

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

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

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

Woodworking for Women Ann Flannery offers an eight-week class focusing on using hand woodworking tools starting Sept 20 from 6:15-9:15 pm at Berton-Flannery Woodworks, 10 South St., Freeport. 725-1313 for info and registration.

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Art & Soul continued from page 29

sense

Book Discussion Claudia Bepko and JoAnn Krestan discuss their new book, "Singing at the Top of Our Lungs," Sept 16 from 7-9 pm at Bookland, Cooks Corner, Brunswick. Their latest book uses examples culled from surveys and interviews with over 300 women to explore how women think about love and what it means to be creative. 725-2313.

Community Programs USM offers several community programs starting in September: "English as a Second Language" starts Sept 9; "Creating With Clay: An Introduction to Wheel Throwing" starts Sept 11; "Beginning Jazz Dance and Stretch" starts Sept 11; "Songwriting Workshop" starts Sept 15; "Learning to Fly: Private Pilot Ground School" starts Sept 16; "The Art of Reading Aloud: Sharing the Power of Words" starts Sept 16; "Sports in America: Inspiration or Opiate" starts Sept 16; "Opera, The Great Escape" starts Sept 16; "Awakening the Messenger II" starts Sept 16; "Financial Planning for Women" starts Sept 16; "A Morning with Winslow Homer" starts Sept 18; "Creating Career Change" starts Sept 18; "Beginning Italian" starts Sept 18. Costs vary. 780-5900 for info and registration.

Different People, Different Places Merrill Memorial Library and the Yarmouth Historical Society host "Different People, Different Places: Native Americans, Europeans and the Environments They Created," a five-part discussion program focusing on the interactions between Native American and Euro-American cultures over the past 500 years and their attitudes toward the natural environment. Session 1, "The Four Voyages of Columbus," is presented Sept 15 at 7:30 pm in the first floor meeting room at Merrill Memorial Library, Main Street, Yarmouth. Free, registration. 846-4763 or 846-6259.

Gooding's Yarmouth The Yarmouth Historical Society sponsors "Charles G. Gooding's Yarmouth," a lecture by Earle G. Shettlesworth, Jr. about Yarmouth's most active photographer between the Civil War and 1900. Sept 20 at 7:30 pm on the first floor of Merrill Memorial Library, Main Street, Yarmouth. Free. 846-6259.

Grass-Roots Organizing Professor Bill Coogan, of USM's Political Science Department and representatives of Equal Protection Portland, Equal Protection Lewiston and The Open Door Coalition of Portsmouth, discuss "The Challenges of Grass-Roots Organizing" Sept 9 from 7:30-9 pm at the next meeting of the Matlovich Society, Rines Auditorium, Portland Public Library, 5 Monument Square, Portland. Free. 773-1209.

Hume's Discussion Portland writer Nicholas Hume discusses and signs copies of his current book "Zero to Lazy Eight: The Romance of Numbers" Sept 9 at 7:30 pm at Raffles Cafe Bookstore, 555 Congress St, Portland. Free. 761-3930.

Fiction Workshop Author Alfred DePew teaches an eight-week fiction workshop Wed evenings starting Sept 22 from 6:30-8:30 pm at Portland High School, 284 Cumberland Avenue, Portland. The workshop will focus on helping writers to shape personal matter into assignments. Cost: \$105, \$90 MWPA members. 729-6333.

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

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

Freeing the Writer Within An eight-week course designed with the spirit of Natalie Goldberg's book "Writing Down the Bones." Develop the capacity to write deeply and powerfully. Next class starts Sept 10. Cost: \$40. 772-6351.

Hunting with Reverence Rev. Ken Turley presents an evening devoted to the spirit of the hunt Sept 9 at 7 pm at the Swedenborgian Church, 302 Stevens Avenue, Portland. The gathering will include discussion, inner exploration and a look at ancient and contemporary writings. Native American attitudes, our places within the cycle of nature and hunting as a path of spiritual growth. 772-8277.

Journal Workshops Alfred DePew offers two journal workshops this September. A workshop with a special focus for teachers and therapists meets alternating Mondays from 6:30-8:30 pm Sept 13-Nov 22 (six sessions). Another journal workshop for absolutely everybody (beginners welcome) meets Thursdays from 6:30-8:30 pm Sept 16-Oct 28 (six sessions). 775-3708.

Learn Italian The Italian Heritage Center offers Italian lessons for beginners, intermediate and advanced students. Classes start in Sept. 797-2532.

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

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

New Hope Do you sometimes feel your world is out of control? Do you wonder just how you fit into all you see around you? If you are struggling with these questions, come to New Hope, an evening of contemporary music, drama and message designed to answer some of the questions concerning our place in the world, starting Sept 11 at 7 pm at First Baptist Church, 360 Canco Road, Portland. 773-3123.

"On the Tightrope" Ruth Belchetz reads from and signs copies of "On the Tightrope," her new book of poetry at a book celebration Sept 11 from 5-6:30 pm at Gulf of Maine Bookstore, 61 Maine St, Brunswick. Refreshments. 729-5083.

Perceptions of the North The Peary-MacMillan Arctic Museum and Arctic Studies Center in Hubbard Hall, Bowdoin College, Brunswick, has opened a new exhibit examining major themes in Arctic exploration from 1880-1910. Museum hours: Tues-Sat 10 am-5 pm, Sun 2-5 pm. 725-3256.

Poetry Workshop Poet William Carpenter teaches an informal poetry workshop Sept 18 from 11 am-4 pm at the Maine Writers Center, 12 Pleasant St, Brunswick. The workshop will focus on the creative process of writing poetry. Cost: \$45, \$35 MWPA members. 729-6333.

Travel Talk Michael Palmer presents an illustrated travel talk about his journey to Chongqing, People's Republic of China, and comments on the state of China today Sept 15 at 7 pm in Campus Center B & C, USM/Portland. Sponsored by the Chinese and American Friendship Association of Maine.



Wellness

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

Aikido is a martial art used to increase flexibility, stamina and promote a sense of well-being. Adult classes: Mon and Wed, 5:30-6:15 pm and 6:30-7:30 pm; Fri, 6:30-7:30 pm; Sat, 2:30-3:30 pm and 3:45-4:45 pm. Children's classes: Sat, 11:15-12:15 pm. Classes held at Portland Aikido, 25A Forest Ave, Portland. 772-1524.

Amerlight Kripalu Yoga Free intro class Sept 11 from 9-10:30 am at 10 Exchange St, Portland. 772-9812.

Birthplace Tours Mercy Hospital offers tours of its family-centered maternity unit Sept 13 at 7 pm. Mercy Hospital is located at 144 State St, Portland. If the time and date are not convenient, call 879-3550 to arrange an individual tour.

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

Cancer Sharing Group Jacob Watson, M.A., hosts two meetings Sept 14 & 28 from 12:30-2 pm at 491 Stevens Ave, Portland. 870-8656.

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

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

Chiropractic Discussions Dr. Roger Nadeau presents chiropractic health care discussions Tues from 1-3:30 pm and Thurs from 7:30-8 pm at Saco Island, Suite 1214, Saco. Free. 284-7760.

Cholesterol and Blood Pressure Screening USM Lifeline offers public cholesterol and blood pressure screenings Sept 22 from 8 am-1 pm and 4 pm-7 pm at the USM Campus Gym, Falmouth Street, Portland. Immediate results and handouts. Fee: \$10. 780-4170.

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

CPR Course Mercy Hospital offers the American Heart Association's CPR course Sept 22 and 23 from 6-9 pm in the Medical Staff Memorial Auditorium, level B2, at Mercy Hospital, 144 State St, Portland. The course includes adult, infant and child CPR and the Heimlich maneuver for choking victims. Cost: \$20. 879-3536.

Eating Awareness Therapy Expressive therapists Anita Flores and Suzanne Laberge offer a 12-week program for women who want to explore their complex relationship with food and body image through the expressive arts starting Sept 13 at the Expressive Therapy Center, 150 St. John St, Portland. Expand personal awareness and gain group support. 865-6027 or 529-5264.

Feeling Better An eight-week training program for persons struggling with the long-term effects of illness, injury, pain or disability is offered starting Sept 29 from 10 am-noon at the Cape Elizabeth United Methodist Church, 280 Ocean House Road, Cape Elizabeth. The program stresses nine new skills to aid in pain management, including visual imagery, stress management and relaxation. 799-8294 for info and registration.

Feldenkrais Classes Jane Burdick offers awareness through movement classes using the Feldenkrais method Mon evenings (Sept 6, 13, 20 & 27) from 5:30-7 pm at On Balance, 4 Milk St, Portland, and Wed mornings from 10-11:30 am at 75 Gray St, Portland. Cost: \$10 per class. Private lessons in functional integration are available at all times. 773-6809.

Folk Medicine Workshop Dr. John Heinerman, a medical anthropologist and research scientist, presents "Healthy Prescriptions," a seminar concerning folk medicine and nutrition. Sept 11 from 9 am-4 pm in the Westbrook Room of the Embassy Suites Hotel in South Portland. The workshop focuses on healing common ailments using fruits, vegetables and herbs from your own kitchen. Cost: \$15 in advance, \$20 at door. 775-5007.

Freedom From Smoking USM Lifeline offers an eight-week program to teach you the positive behavior changes to become a nonsmoker. Special attention is given to developing a strategy, recovery, weight control, and managing stress. Classes start Sept 22 from 5:30-7 pm at the USM Campus Gym, Falmouth Street, Portland. Registration. 780-4639.

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

Free Yoga Class Portland Yoga Studio offers a free yoga class Sept 9 from 5:30-7 pm at 616 Congress St, Portland. Additional classes at regular prices start Sept 13. 797-8684.

Free Yoga Class The Yoga Center invites you to attend a free yoga class and find out why yoga is so popular Sept 12 from 1-2 pm at 137 Preble St, Portland. Fall classes begin Sept 13. 775-0975 or 799-4449.

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

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

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

Heart to Heart Maine Medical Center sponsors a 6-week program for patients (and mates) who have experienced a heart attack or heart surgery starting Sept 7. Free, but registration is required. 871-2262.

Herbal Workshops Crystal Springs Farm and Hermes Herbar Acres offer a variety of herbal educational plant walks, gatherings and retreats at its farm in Dorton. Upcoming programs include: "The Path of Herbs/Eat Your Medicine Weeds" Sept 12 from 2-4 pm (cost: \$10); "Make Your Own Herbal Gifts" Sept 19 from 1-4 pm (cost: \$25). 499-7040.

Herbs for Children's Health Learn to use local medicinal plants to treat the common minor health problems children experience at a workshop Sept 18 from 10 am-3 pm in Bridgton. Cost: \$40, \$47-2724.

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

Love Your Body Anita Flores offers a 12-week movement therapy group for women who want to change the way they feel about their bodies starting Sept 17 at the Expressive Therapy Center, 150 St. John St, Portland. All body shapes and sizes are welcome into this gentle exploration of body shame, feelings, messages and movement. 865-6027.

Meditation and Lectures The Yoga Center hosts a session of meditation and lectures with a yoga master from India Sept 9-12 and Sept 17-19 (Thurs & Fri 7-9 pm; Sat & Sun 6-8 pm) at 137 Preble St, Portland. 799-4449 or 775-0975 for info and schedule.

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

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

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

Planned Parenthood Free pregnancy testing and male services now offered at Planned Parenthood's 500 Forest St clinic in Portland. This is in addition to annual exams, birth control information and supplies (including Norplant), and testing and treatment for STD's and infections. Teen Walk in Clinic Fri, 1-4:30 pm and Sat, 9 am-noon. Fees based on ability to pay. 874-1095.

Professional Massage and Polarity Therapy The Polarity Realization Center sponsors an open house and talk on careers in professional massage and polarity therapy Sept 15 from 6-8 pm (talk starts at 6:30 pm) in Portland. Free. 1-800-497-2908 for info and directions.

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

Red Cross Courses The Portland chapter of the American Red Cross offers several courses in the next several weeks: Teaching Adult CPR and General First Aid Skills starts Sept 22 or Oct 4; Community First Aid starts Sept 12, 19 & 26; 44-hour emergency response course starts Sept 20-Oct 25; Babysitting Skills Course starts Sept 11, 18 & 25; Infant and Child CPR starts Sept 10 & 17; Community CPR starts Sept 14, 21 and Oct 2; Professional Rescuer CPR is starts Sept 16, 23 & 30; Review Challenges starts Sept 10 and Infant and Child First Aid starts Sept 24. 874-1129.

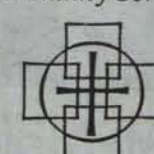
Reiki Workshops Learn how to accelerate the body's ability to heal physical ailments and open the mind and spirit to the causes of disease and pain. Mary Carol Weber offers Reiki workshops in Portland for therapist certification Sept 17 (second degree) and Sept 18 & 19 (first degree). 773-1644.

Art & Soul continued on page 33

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Art & Soul continued from page 31

wellness

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

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

Somatic Integration Craig Williamson offers a different kind of exercise class for pain relief, relaxation, improved posture and injury prevention Tuesdays from 9:10-10:30 am and Thursdays from 5:30-7 pm. Ten-week class begins Sept 14 at On Balance, 10 Milk St., Portland, 799-5749.

Spock Speaks Dr. Benjamin Spock and Mary Morgan present "How Dr. Spock Got To Be 90 and Feeling So Well," a lecture, demonstration and optional audience participation, Sept 11 from 10 am-noon at Unity Church, 54 River Road, Windham. Sponsored by Healing Practitioners of Maine. Cost: \$10, 338-4476.

Sports Massage USM Lifeline offers a four-week introductory course in sports massage Sept 15, 22, 29 and Oct 6 from 7-9 pm in the Campus Center, Falmouth St., USM/Portland. The course covers several sports massage techniques. Cost: \$59, 780-4170 for info and registration.

Sufi Meditation Join the Portland Sufi Order for meditation sessions based on the works of Hazrat Inayat Khan and Pir Vilayat Inayat Khan. Experienced teachers offer sessions working with creative visualization, breath, sound, light and divine qualities. Sessions ongoing and open to all; no experience necessary. Bring a meditation pillow or bench if desired. No fee, but donations accepted. Sessions at Expressive Therapy Center, 150 St. John St., Portland, 657-2605.

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

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

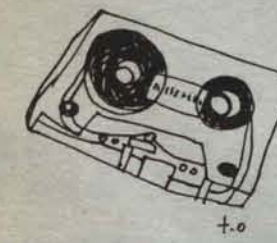
Transcendental Meditation Program Develop full mental potential, consciousness and perfect health as taught by Maharishi Mahesh Yogi at an introductory lecture every Wed at 8 pm at 575 Forest Avenue, Portland and every Thurs (starting Sept 30) at Cumberland Library, 266 Main St., Cumberland. Free. 774-1108.

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

What is Yoga? Linda Bliss offers a free introductory Yoga class "What is Yoga, and What Can it Do for Me?" Sept 13 from 4-5:15 pm and 6-7:15 pm; Sept 15 from 9:30-10:45 am and 7-8:15 pm and Sept 16 from 6-7:15 pm at Ananda Yoga, 101 Maine St., Brunswick. Beginning and continuing Yoga classes start Sept 20. 725-6370.

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

Women Over 50 A support group facilitated by Louise Bennett will explore this vital time of life and those that follow. 772-1910.



family

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

At the Planetarium Southworth Planetarium offers several weekly shows. Children's shows Mon, Wed and Fri at 10:30 am and Sat at 3 pm; astronomy shows Fri and Sat at 7 pm; laser light concerts Fri and Sat at 8:30 pm. The planetarium is located on the USM/Portland campus. 780-4249.

Big Brother or Sister To Be Children ages three to ten who are about to become big brothers or big sisters are invited to a two-hour activity session to help prepare them for the arrival of the new baby Sept 12 from 3-5 pm in the First Floor Conference Room, Brighton Medical Center, Portland. Activities include movie, coloring books and certificate. Cost: \$10 per child. 879-8458 for info and registration.

Children's Museum of Maine invites kids to enjoy the upcoming programs. Explore the night sky with Sheldon Chartier and a 20-minute planetarium show each Wed at 2, 3 & 4 pm. The museum is located at 142 Free Street, Portland. Admission: \$3.75, 828-1234.

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

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

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

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

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

Parent Effectiveness Training Laurent B. Roy, L.C.S.W., offers an eight-week parent effectiveness training course for parents interested in developing better communication skills with their children. Course starts Sept 21 from 7-9:30 pm at 1040 Broadway, So. Portland. Free introductory program offered Sept 14. 767-7136 for info and registration.

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

Performing Arts Workshops Warren PAK offers two 10-week performing arts workshops for kids with director Louis-Philippe Oct 2-Dec 11. Group #1 (ages seven to nine) meets Sat afternoons from 1:30-3:30 pm; Group #2 (ages 10 and older) meets Sat afternoons from 3:30-5 pm. Classes are held in the auditorium of the Warren Memorial Library, 479 Main St., Westbrook. Cost: \$15, 854-5891 to register.

Portland Public Library invites children to enjoy its upcoming programs: Tales for Twos Sept 10 at 10:30 am; Preschool Story Time Sept 13 at 10:30 am; Finger Fun for Babies Sept 15 at 9:30 am; Tales for Twos Sept 17 at 10:30 am. The library is located at 5 Monument Square, Portland. 871-1700.

Preschool Story Time Registration Sign up your three- to five-year-old kids for story time at the South Portland Public Library. Classes are held at 10:15 & 11:15 am and start in October. The library is located at 482 Broadway in South Portland. 767-7660.

Riverton Library invites children to enjoy its upcoming programs: Toddler Time (kids ages one and two), including games, stories and songs, Wed at 10:30 am & Fri at 9:30 am; Creation Art with Phyllis (kids ages six to 12) Wed at 1 pm; Preschool Story Time (kids ages three to five) Fri at 10:30 am; The library is located at 1600 Forest Ave., Portland. 797-2915.

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

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

Teen Open Gym Teens ages 13-18 play basketball, floor hockey and more Mon & Weds from 7:30-9 pm at Reiche Community Center, 166 Brackett St., Portland. Cost: \$04, 874-8873.

Watercolor for Kids Jane Wray and Elaine Tsellis offer a five-week fine art watercolor class for kids in grades two through six starting Sept 15 from 3:30-5 pm at the ForeSide Community Church, 340 Foreside Road, Falmouth Foreside. Cost: \$80. Register by Sept 10. 775-2442.

Youth Soccer The Greater Portland YMCA is now accepting registration for its youth soccer program for kids in grades one through eight. Program begins Sept 18. Call the Sports and Recreation Director at 874-1111.

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

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

sweat

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

Aerobics Ongoing classes at Reiche Community Center, 166 Brackett St., Portland. 797-0484.

African Dance Class Lisa Newcomb and drummer Jeff Densmore offer an African dance class Sept 18 from 2:30-3 pm at Casco Bay Movers Dance Studio, 151 St. John St., Portland. Cost: \$10, 871-1013.

Back Country Bike Excursions Get connected to the pedal of nature and access the natural beauty in southwestern Maine. Back Country Bike Excursions offers weekend adventure rides Sept 18, 625-8189 for info and registration.

Basketball for Adults Pick-up games every Mon & Wed from 5:15-7:15 pm at Reiche Community Center, 166 Brackett St.; Tues & Thurs from 6-9 pm at Riverton Community Center, 1600 Forest Ave.; and Weds 6:30-8:30 pm at Peaks Island Community Center.

Bodyshop Program USM Lifeline offers a bodyshop program with fitness evaluation and personal orientation and training. Equipment includes Lifecycles, Lifesport, Concept II and Lifeflower, treadmills, Nordic Track, Schwinn AirDyne and Universal and free weights. Ongoing registration. 780-4170 for info and brochure.

Book Around the Bay Literacy Volunteers of America (Portland) sponsors its second annual 5K race around Portland's Back Cove Sept 12 at high noon. Registration: \$10, 874-0859.

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

Canoe & Kayak Demos every Wed from 5:30-7:30 pm at East End Beach. Sponsored by Norumbega Outfitters. 773-0910.

Casco Bay Bicycle Club meets every third Tues at 7 pm at the Waterbury Library, Maine Street, Westbrook. Call 828-0918 or 854-5029. The following weekly rides are offered this season: Mon: 25-mile ride at Dunston School Restaurant at 6 pm (283-0380); Tues: 10- to 15-mile papoose ride at Fort Williams Park at 6 pm (767-4235); Wed: 2-mile morning ride at No. Windham Shaw's Plaza at 8:30 am (892-5922); 20-mile country classic ride at Yarmouth Shop 'n Save at 6 pm (926-4225); 20-mile ride in York County at 6 pm (499-2048); Thurs: Pizza ride at Scarborough Oak Hill Shop 'n Save at 6 pm (883-0148). Weekend rides are also scheduled.

Chebeague Island by Bicycle Greater Portland Landmarks invites you to explore Chebeague Island on an invigorating morning bicycle ride with a stop for breakfast at a lovely inn Sept 11 from 7 am-12:30 pm (meet at Casco Bay Lines terminal). Norman Morse shows his favorite spots and describes the island's history. Cost: \$7, \$5 members (does not include ferry ticket). 774-5561.

Certificate in Fitness Instruction USM Lifeline's Certificate in Fitness Instruction offers seven fall courses beginning soon. "Anatomy and Physiology" starts Sept 12 and runs for 12 weeks; "Fundamentals of Exercise Physiology" starts Sept 14 and runs for 12 weeks; "Nutrition for Health and Fitness" starts Sept 13 and runs for 12 weeks; "CPR" runs for two consecutive Tues on Oct 19 and 26; "Kids Fitness Workshop" runs for two consecutive Wed Nov 3 and 10; "Sports Massage" starts Sept 16 and runs for four weeks; "Injury Prevention, Recognition and Treatment" starts Oct 20 and runs for six weeks. Registration deadline is two weeks prior to start date. All classes are held at the USM/Portland campus. 780-4649.

Contact Improvisation and movement jam every Wednesday from 6-8 pm at United Methodist Church Dance Studio, 168 Elm Street, off Broadway, So. Portland. 775-4961.

Contradance with Crooked Stovepipe Band every third Fri at 8:30 pm at the Presumpscot Grange, 1844 Forest Ave., Portland (across from Tortilla Flat Restaurant). All dances taught. Singles always welcome. Cost: \$5, 774-3392.

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

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

Dance Classes Casco Bay Movers Dance Studio offers dance classes in jazz, tap, street funk, ballet and dance music for adults and children. Classes start Sept 9 and run through Dec 18. 871-1013 for info and registration.

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

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

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

Fitness Classes Greater Portland YMCA offers a variety of fitness classes including step aerobics, body shaping and aerobic fitness. Beginner, intermediate and advanced classes available. Stop by the YMCA at 70 Forest Ave., Portland, for details or call 874-1111.

Full Figure Aerobics Jessica Lookhart offers full figure aerobics for XL and XXL plus sizes. Classes run Sept 13-Oct 29 and meet Mon, Wed and Fri at 5:15 Sat (874-8456), Reiche Pool, 166 Brackett St., Portland (Mon and Wed) and Presumpscot School, 69 Presumpscot St., Portland (Fri). Cost: \$3 single session or \$45 for whole program. 799-0197.

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

Jitterbug Swing Dance Cut loose to solid '50s rock, rockabilly and classic swing recordings the second Friday of each month at Casco Bay Movers Dance Studio, 151 St. John St., Portland. Beginner workshop begins at 8 pm, Dance from 9-midnight. Smoke and alcohol free. Cost: \$5, 774-2718.

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. Sept 12 climb against cancer at Mt. Washington (781-5033); Sept 12 apple picking and a hike up Burnt Meadow Mtn. (799-1701); Sept 18-19 Black Angel Trail maintenance (774-3886); Sept 26 Baldface hike, Evans Notch (781-5033); Sept 30-Oct 3 work weekend with Nature Conservancy, Duck Island (729-5181). For updated trip info, call the Outdoor Hotline at 828-0918. For club and membership information call 774-3886.

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

Pool Hours Portland Rec announces its fall pool hours this season. Riverton Pool, 1600 Forest Ave., Portland: Adults 12:15-1:15 pm Mon-Fri; 12:30-1:30 pm Sat; 4:30-6:30 pm MW; 5-6:30 pm Tues & Thurs. Open swims 6:30-8 pm Mon-Fri; 1:30-3:30 pm Sat (874-8456). Reiche Pool, 166 Brackett St., Portland: Adults 12:15-1:15 pm Tues & Thurs; 4:30-6 pm Mon; 4:30-6:30 pm Tues-Fri. Open swims 6:30-8 pm Thurs (874-8874).

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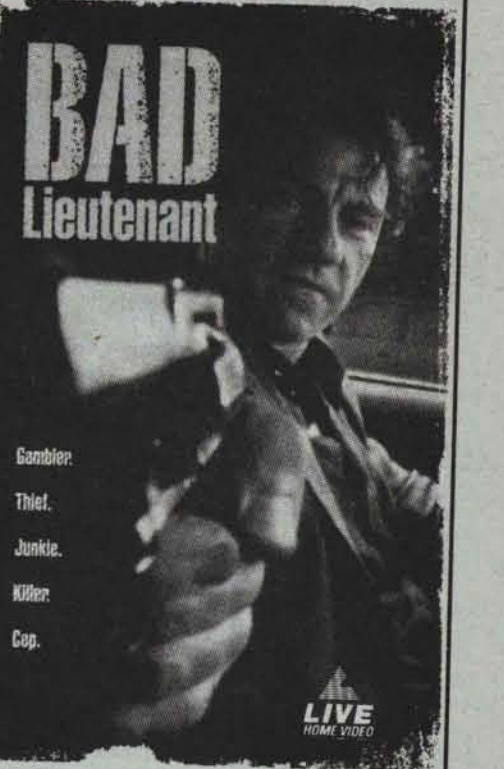
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Art & Soul continued on page 35

Get the Home Furnishings Guide that Comes with it's Own Newspaper

PORTLAND at HOME

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HOME
ISSUE

On Thursday, Sept. 23 you're invited to explore Casco Bay Weekly's exciting issue that spotlights home furnishings and literally, everything else around the home.

Portland at Home features a different editorial theme: helpful advice on home furnishings, gardening; and outdoors. Everything in and around your home.

Oh, and a few more things: *52% of CBW readers own their own home, have a median income of \$43,380 and 42% of those home owners have remodeled within the past two years! That translates into **Sales** for home services and home furnishing retailers! Don't miss this one! Advertising deadline is Thursday, September 16.



Casco Bay
Weekly
WE MAKE NEWS MATTER

Art & Soul continued from page 33

sweat

Running Women Women of all ages and abilities are invited to participate in the 1993 Bud Light 5K for Women Sept 19 starting at 8:30 am at the Sonesta Hotel, 157 High St. Portland. Other activities include an awards breakfast at 9:30 am and speaker Brian Gillespie. Proceeds benefit the McAuley residence, a transitional housing program for women alone or with children. Send SASE to: Bud Light 5K, c/o Ruth Heffelfinger, 20 Curtis Road, Portland, ME 04103. 799-7990.

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

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

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

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

Volleyball Pick-up games every Tues & Thurs from 7:30-9:30 pm at the Reiche Community Center, 166 Brackett St, Wed 7-9 pm at Peaks Island Community Center, Peaks Island. Cost: \$2 residents, \$3 non-residents. Call 874-8733.

Walk for Children's Cancer The annual 10K walk to benefit the Maine Children's Cancer Program takes place Sept 18 at 10 am on Baxter Boulevard (start in park across from Shop 'n Save Plaza), Portland. Brochures and pledge sheets are available at all Dexter Shoe Factory Outlets and the Maine Children's Cancer Program at 685 Congress St, Portland. Free T-shirt given to the first 350 walkers to register. Beverages and desserts provided at the finish line. 775-5481.

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

Wells Reserve The Wells Reserve offers a variety of activities. Hike on seven miles of trails through fields, forests, marsh lands and the open coast daily from 8 am-5 pm or visit the exhibits at the Visitor's Center Mon-Sat 10 am-4 pm, Sun noon-4 pm; tour the estuary Sat & Sun at 1 pm; purchase fine arts and crafts and see craft demonstrations at the nature crafts festival Sept 11-12 from 10 am-4 pm each day (cost: \$3 per person, \$5 per carload). The reservoir is located at Laidholm Farm off Route 1 north of Wells. 646-1555.

Women's Dance Wild Iris Productions sponsors a chem-free women's dance Sept 11 from 8 pm-midnight at Temple Beth El, 400 Deering Avenue, Portland. Deejay and refreshments. Cost: \$6 at door.

Native American Appreciation Day Tribal nations throughout New England and eastern Canada host a cultural exchange with Indians and non-Indians Sept 11 & 12 at the Cumberland County Fairgrounds, 56 N. Cumberland. Attractions include story-telling, craft demonstrations, drumming and dancing. Native American foods, and other activities.

Portland Observatory Climb the observatory's 102 steps and enjoy "Over Portland," photographs by Lloyd Ferris; see views of city lights, sunsets and cruise ships Friday evenings from 7-9 pm; Susan Dries tells ghost stories and folk tales Sept 9 at 7 pm (reservations recommended; cost: \$3, \$1 kids under 12). Hours for Sept are Sun-Thurs 1-5 pm; Fri 1-5 pm and 7-9 pm. Admission: \$1.50, \$0.50 kids. The observatory is located at 138 Congress St.

Rape Crisis Center needs volunteers to provide crisis intervention, support and advocacy for victims and survivors of sexual assault and abuse and their families and friends. Comprehensive, ongoing training and support provided. Training begins Sept 14. 774-3613 — leave message for Anne Marie.

Refugee Resettlement Program seeks donations to help welcome strangers in a new land. Kitchen tables and chairs, pots & pans, cooking utensils, lamps in good working order, bicycles and other furniture and household items are especially needed. 871-7437.

Retired Service Volunteer Program finds meaningful opportunities for people 60 and older. A concert association is looking for people to usher, distribute posters and do office work. Local fairs need volunteers for tickets, parking, cooking and setting up. A local Westbrook agency needs assistance in history and landmark research. 775-6503.

Roast Beef Supper The First Congregational Church of Scarborough holds an "All You Can Eat" roast beef supper Sept 18 from 4:30-6:30 pm in the church vestry on Black Point road in Scarborough. Cost: \$6, \$3 kids.

Super Book Sale Over 14,000 books are for sale at the Goodwill of Maine's super book sale Sept 17-18 from 9:30 am-5 pm each day at Woodfords Congregational Church, 202 Woodford St, Portland. Most books are bargain-priced at \$1 and under. Beverly Bryant signs copies of "In Search of Wings" Sept 17 from 11 am-1 pm and the creators of "The Scrap City Pack Rats" visit Sept 18 from 1-3 pm. 774-6323.

Tate House Tours The historic Tate House offers special tours with a fascinating view of colonial life in Maine. Wednesday afternoon tea and garden tours feature an 18th-century raised-bed herb garden, and Saturday architecture tours offer a rare examination of colonial building techniques. Tate House is located at 1270 Westbrook Street, Portland. Hours: Tues-Sat 10 am-4 pm, Sun 1-4. 774-9781.

Treasure Sale The Sacred Heart Parish hosts a treasure sale Sept 11 from 8:30 am-1:30 pm at 33 Main St, Yarmouth. Wares include small appliances, kitchenware, books, children's clothes, furniture and more. 846-6003.

Volunteer Center The Portland Chapter of the American Red Cross needs First Aid and CPR instructors. The Center for Grieving Children is looking for general office help and a facilitator for children and adult groups. 874-1000.

Yarmouth Village Nursery School holds a benefit yard sale Sept 18 from 8 am-1 pm at Rowe School, Main Street, Yarmouth. Items include small appliances, sports equipment, toys, furniture and more. Rain date is Sept 25.



our towns

The **AIDS Project** needs daytime volunteers to help staff the front desk and to assist clients with transportation. Front desk folks handle incoming phone calls and greet visitors. Transportation volunteers help clients with rides for appointments, errands and moving. People with trucks and vans are needed. To volunteer, call Ann Wright at TAP at 774-6877.

Celebrate the Earth Celebrate the earth at a family festival featuring crafters and performers Sept 11 from noon-6 pm at the Prides Corner Drive-In, Prides Corner, 651 Bridgton Road, Westbrook. Enjoy performances by Casco Bay Movers, Spider Moon Teaching Lodge, acoustic musicians, local drummers and other Maine performers. Proceeds benefit the Kidney Foundation of Maine. Cost: \$3, \$1 kids (at gate). Crafters and volunteers are still needed. 775-1658.

Commuters Riders are wanted for a self-supporting commuter van from Portland to Augusta, Regular and occasional riders welcome. Stops in Freeport and Yarmouth. 287-2271.

Cushings Island Tour Join Earle G. Shettleworth to explore Cushings Island's distinctive cottages and learn about the island's settlement and early history Sept 18 from 10:30 am-2:30 pm. The tour features summer cottages and landscapes designed by Frederick Law Olmstead. Cost: \$25, \$20 members (includes boat fee and lunch). Arrive early as boat leaves promptly from Long Wharf. 774-5561.

Fall Craft Fair Crafts, plants and baked goods are all for sale at Trinity Day Care's fall fair Sept 11 from 9 am-3 pm at the corner of Forest Avenue and Coyle Street, Portland. Rain or shine. 761-0655.



etc

Accent Improvement Classes for adults wishing to reduce foreign or regional accents start this fall. Offered by speech/language pathologist. 879-1886.

ACT UP/ Maine (AIDS Coalition To Unleash Power) is a diverse group committed to nonviolent, 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. For more info write ACT UP/ Maine, P.O. Box 5267, Portland ME 04101 or call 774-5082.

ACT UP/Portland Join us in the fight for universal rights! Get active on local, state and national issues of education, discrimination, access to health care, and AIDS services. Straight or queer, boy or girl, HIV positive or negative, black, brown or white — act on your beliefs in a dynamic, non-violent grassroots organization dedicated to direct action to end the AIDS crisis. Meetings every Sunday at 7 pm at the YMCA, 87 Spring St, Portland. Wheelchair accessible. Drop by our workspace on Mondays from 6-8 pm at 142 High St, #222, Portland, ME 04101. 628-0566.

Blind Convention The National Federation for the Blind of Maine holds its state convention Sept 17-19 at Verrill's Convention center, 155 Riverside Drive, Portland. Scheduled events include presidential and national reports and an address by Representative Tom Andrews. Blind, visually impaired and their families are encouraged to attend. 772-7305.

Business Intuition Workshop Dawn Anderson presents "Developing Intuition for Increased Business Success," a workshop focusing on how to use intuition to enhance business communication, increase sales opportunities and profits and make more effective decisions and strategies. Sept 18 from 9 am-4 pm at 150 St. John St, Portland. Open to both men and women. 775-6913.

Business Seminar Women's Business Development Corporation hosts "Resources for a Growing Business," a seminar concerning the business resources available to small business owners in Maine. Sept 13 from 9 am-12 pm in Campus Center B, USM/Portland. Cost: \$25, \$24-2019.

Calligraphers of Maine meet Sept 18 in room 510 at Luther Bonny Hall, USM/Portland. Board meeting starts at 11 am followed by a presentation of members' first calligraphic pieces at 1 pm. All are welcome to attend.

Center for Performance Studies offers classes ranging from beginning acting, singing and voice to Shakespeare and Chekhov at its acting school at 25A Forest Avenue in Portland. Classes run seasonally for 10 weeks in the fall, winter and spring and eight weeks in the summer. Next sessions start Sept 27. Call the Center for Performance Studies at Portland Stage Company for class schedule and registration. 774-2776.

Civil War Round Table Herbert B. Adams, Portland author and state legislator, addresses the history of the 32nd Maine Volunteer Infantry at the Chamberlain Civil War Round Table Sept 9 at 7 pm in the Vocational Region 10 School, Church Road, Brunswick. All are welcome to attend. 782-3111.

Common Ground Fair Bus Trip The Good Day Market Co-Op sponsors a bus trip to the Common Ground Fair in Windsor Sept 26. Bus tickets available only at Good Day Market, 155 Brackett St, Portland. Cost: \$7, \$5 members (does not include fair admission). Tickets go on sale Sept 1. 772-4937.

Compost Training The University of Maine Cooperative Extension wants to train individuals in the science and method of home composting. The course (12 hours) is scheduled for late September. There is no cost to participate, however each person must agree to give back 30 hours of volunteer time teaching others about home composting. 1-800-287-1471 for info and registration.

Dances of Universal Peace Simple song and movement (soft dancing) celebrating the unity of all life takes place the second Sat of each month from 7-9 pm at Swedenborgian Church, 302 Stevens Ave, Portland. 879-6151.

Divorce Perspectives Small groups discussions Sept 15 at 7:30 pm. Support group for people facing problems in divorce meets year-round Weds at 7:30 pm in Woodfords Congregational Church, 202 Woodfords St, Portland. Donation of \$1.50 requested. 774-HELPS.

Drumming Classes Learn the rhythms and songs of Afro-Caribbean music with percussionist Michael Wingfield every Sun from 7:30-9 pm at the Expressive Therapy Center, 150 St. John St, Portland. Cost: \$15/single class, \$50/4 week session. 871-0509 for registration.

Enriched Golden Age Center invites men and women 60 and over to daily luncheons at 297 Cumberland Ave, Portland. Meal at noon. The following programs are offered at 12:30 pm: "The Chosen" movie (starts at 10 am) and a celebration of Rosh Hashanah by Lynne Hecht Sept 15; Israel slide show by Rev. John Fortier and birthdays with music by Beau and David Sept 29. Donation: \$2.50. 774-6974.

Fight Discrimination The Maine Civil Liberties Union is interested in hearing from any Portland resident who feels that she or he has been illegally discriminated against in housing, employment or credit on the basis of sexual orientation. 774-5444.

Friends of the Maine Youth Center are interested in meeting with others who are concerned about the effects of budget cuts on the center. 854-9872.

Let Cuba Live Committee invites you to celebrate the victory of the human spirit Sept 13 from 5:30-9:30 pm at café no. 20 Danforth St, Portland. The party celebrates the return from Cuba of the committee's Friendshipment '93 caravan drivers, Michael Canney and Margaret de Rivera, and the valiant courage of the 13 hunger strikers who enabled them to deliver the school bus to Cuba. All are welcome. 766-5851.

Lightship Tour You can tour Lightship #112, "Nantucket," when she returns to Portland to start her autumn port call Sept 18-30 at the Coast Guard Mooring, Commercial Street, Portland. Public tours are given Sat-Sun 12-5 pm and Wed & Thurs 2-6 pm. School tours are also available. 797-6887.

Magic Drum The Swedenborgian Church invites you to an evening of drumming, singing, chanting and dance the first Thurs of each month at 302 Stevens Ave, Portland. Bring drums, shakers, bells, rattles and other instruments for making sacred sounds; and readings, songs and meditations to share. Cost: \$5 donation. 799-9269.

Maine Gay Men's Chorus is a volunteer community chorus bringing men together to enhance social tolerance and diversity in the Greater Portland area as well as affirming the gay/lesbian experience with creative musical entertainment. For more info, call 839-4506 or write P.O. Box 10391, Portland, ME 04104.

Maine Maritime Museum offers a variety of activities this season. Cruise from Bath to Boothbay Harbor Sept 11 from 9 am-4 pm (cost: \$25 per person). The Maine Maritime Museum is located at 243 Washington St, Bath. 443-1316.

Ms. Senior Maine Pageant The Salvation Army Senior Citizen Center sponsors the "1993 Ms. Senior Maine" pageant Sept 11 from 3-5 pm at Portland High School, 284 Cumberland Ave, Portland. The winner will compete in the "Ms. Senior America" pageant in Nashville in May 1994. Donation at door. 774-6974.

Music Education Debbie Rose, member of the Performance Rights Organization of the American Society of Composers, Authors and Publishers (ASCAP), discusses the role of ASCAP and answers questions concerning royalties, copyright protection and other issues Sept 15 at 7 pm at Bad Habits Music, 10 Exchange St, Portland. Musicians, songwriters and publishers are encouraged to attend. Free. Reservations. 773-1310.

Music Swaps Portland Folk Club invites you to share a song or a story in a supportive atmosphere every first and third Tues at 7:30 pm at Swedenborgian Church, 302 Stevens Ave. Cost: \$1 donation. 773-9549.

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

Nature Programs Wolfe's Neck State Park offers the following nature programs on weekends during September and October, weather permitting: "Ready, Set, Sleep!" Sept 11; "Highlights of Maine's Geology" Sept 12; "Just Two Seasons" Sept 18; "The Excitement of Mushrooms" Sept 25. All programs are free with park admission and begin at 2 pm. 865-4465.

Puppy Raisers Wanted The New England Assistance Dog Service seeks puppy raisers to open their homes to foster puppies in the assistance program. The organization trains and provides dogs to physically disabled people. If interested, call 934-1963 or write P.O. Box 604, Old Orchard Beach, ME 04064.

SCORE Service Corps of Retired Executives, a volunteer organization supporting small business, holds "How to Really Start Your Own Business" Sept 14; "Marketing — Advertising — Promotion" and "Survival in the '90s" Sept 16 and "Buying a Business" Sept 21. Seminars are from 1-4 pm at 66 Pearl St, Room 211, Portland. Cost: \$20. 772-1147.

Sexual Abuse/Ritual Abuse Jacob Watson, M.A., offers "Clinical and Treatment Issues," a workshop for professionals working with sexual and ritual abuse survivors Sept 18 from 8:30 am-1:30 pm at 41 Glenwood Ave, Portland. Cost: \$40. Registration. 870-8656.

Social Seniors is a senior adult program encompassing activities, contemporary classes and events for men and women 55 and older at the Jewish Community Center, 57 Ashmont St, Portland. 772-2234 for info.

Speaking Out An empowering voice seminar for women who must speak up with clarity and confidence is offered in Portland Sept 13 & 14, Oct 25 & 26 and Nov 8 & 9. 775-6558.

Spruce Street Solree Be a part of a convivial gathering to discuss books and share insights and inspirations. 774-6254.

Star Trek Celebration Calling all Trekkies! The Portland Expo is the place to be Sept 18 from 11 am-7 pm and Sept 19 from 11 am-6 pm for the Star Trek Celebration II. Learn the latest news on "Deep Space Nine," "Star Trek: The Next Generation" and "Star Trek VII." Special guest star John de Lancie ("Q" from "Star Trek: The Next Generation") gives daily talks and signs autographs. Other features are Star Trek and sci-fi merchandise, trivia contest, slide presentations and an auction. Cost: \$12, \$6 kids under 12, free for kids under 5. 775-3331.

Twin Club Meeting The Greater Portland Mothers of Twins Club holds its first meeting of the year Sept 13 at the Church of the Nazarene, 525 Highland Ave, So. Portland. Dinner starts at 6:30 pm followed by the meeting at 7 pm. Renew some old friendships and make some new. 892-0158.

Working Bouvier Championship The North American Working Bouvier Association holds its annual championship trials Sept 10-12 at the trial field behind the Gorham Municipal Center, Main Street, Gorham. The public is invited to watch the competition at no charge. 839-6593. CW

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SHOWS TUES, WED & SAT 6, 8, 10, 12; THURS 6, 8, 10, 12, 9 VIP SHOW;
FRI 1, 5, 7, 10, 12.

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Donna Steele, the morning personality
at KISS 100 is LONELY and needs a new partner! We
have selected many personalities from all walks of
life to audition so be listening next week and help
Donna choose her new partner.

Monday 9/13	Newschannel 13 meteorologist Paul Cousins... he promised us a good deal on future forecasts and wants his own weather show!
Tuesday 9/14	Portland Police Chief Mike Chitwood... is the "Top Cop" thinking about a second career in SHOW BUSINESS?
Wednesday 9/15	Jolly John... the jolly one says he's STARVED for attention and wants the ultimate radio commercial... his own show!
Thursday 9/16	Dave Bailey... of WLAM radio: He's bright, he's happy, he's used to getting up early! (AND HE REALLY WANTS THIS JOB!)
Friday 9/17	SECRET MYSTERY GUEST!!

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FAVORITE WILD GAME RECIPES- 6 for \$5. Send check/M.O. to: Taste's Good, P.O. Box 555, Bar Mills, ME 04004.

PIT NANNY: 20-25 hrs., to care for and transport 3 kids, 2/10/13yrs. Car, sense of humor, people. If this opportunity is for you, please send a resume to: OPPORTUNITY, P.O. Box 3141 • Portland, ME 04104

PEACE ACTION NATIONAL CONFERENCE COORDINATOR- Exciting, rewarding work. Attention to detail essential. FMI: 772-0680. Resumes by September 15th: P.A.M., Box 3842, Portland, 04104.

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

EXPERIENCED CHILD CARE PROVIDER- Days, nights, weekends O.K. Spacious yard. References available. Call anytime. 892-9851.

ROOMMATE WANTED- 2BR apt. Prefer responsible, N/S, N/D. Hardwood floors in large BR. \$250/mo. utls. included. 775-6301.

EASTERN PROM, MORNING ST.- Room w/ view in 7-room, 2-story apt. 2 males, 41, quiet types. N/S, N/D, seek mature roommate, 30+. Great deal for right person. 772-4633/761-1837.

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

GWM ROOMMATE WANTED- 21-25, clean, responsible. Share 2BR apt. \$250/mo. Call 828-4736.

HEALTHY CONSCIOUS FEMALE looking for same. Spacious 3BR apt. Storage, W/D, \$400/mo. +1/2 utls. 879-6007.

HOUSEMATE WANTED (FEMALE) 30-45, N/S, to share Falmouth lakefront home. Handicapped person welcome, 1 child considered. Rent negotiable. Call 797-4510.

HOUSEMATE WANTED to share country home. 20-min. north of Portland. Responsible M/F, N/S. \$300/mo. includes all. 829-5395.

INTOWN BACHELORETTE PAD needs second roommate. Share large 2BR apt. in convenient location. 3-minute walk to Old Port. Please be reliable, responsible and have references. \$225/mo. heated +1/2 utls. Call Diana, 773-5120 after 5pm. Available immediately.

M/F, N/S PREFERRED for beautiful mobile home in OOB 2BR, 2 baths, very private lot. All utls. included. Price negotiable. 834-5115.

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<input type="checkbox"/> help wanted	<input type="checkbox"/> stuff for sale	By Hand: 73 Oak St., Portland Off Congress, behind the Magic Muffin, or 153 U.S. Rt. 1, across from Scarborough Marketplace	
<input type="checkbox"/> business opportunities	<input type="checkbox"/> garage/yard sales	fine print	
<input type="checkbox"/> positions wanted	<input type="checkbox"/> give away (free)	<small>Classified ads must be paid for in advance with cash, personal check, money order, Visa or Mastercard. Lost & Found items listed free. Classified ads are non-refundable. CBN and not be liable for any typographical errors, omissions, or changes in the ad which do not affect the value or content or substantially change the meaning of the ad. Credit will be issued when value error has been determined within one week of publication.</small>	
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<input type="checkbox"/> apartments/rent	<input type="checkbox"/> theatre arts	Place my ad in the hands of over 100,000 readers of Casco Bay Weekly and the PennySaver!	
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<input type="checkbox"/> art studios/rent	<input type="checkbox"/> boats		
<input type="checkbox"/> business rental	<input type="checkbox"/> recreation		
<input type="checkbox"/> rentals wanted	<input type="checkbox"/> campgrounds		
<input type="checkbox"/> real estate	<input type="checkbox"/> learning		
<input type="checkbox"/> land for sale	<input type="checkbox"/> publications		
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FREE: \$

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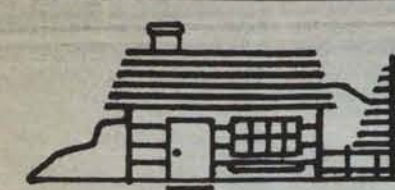
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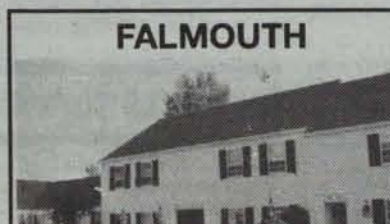
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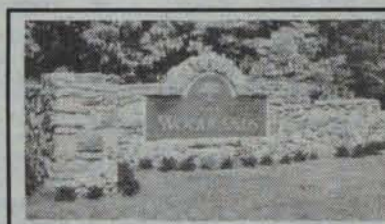


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One of the more spacious homes in this established community, with clubhouse, tennis courts and pool. Mexican tile kitchen and built in bookcases. \$175,000
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The Woodlands. Choice residential bldg. lots from \$49,900...all with special financing available through Peoples Heritage Bank. Please contact Holly Steele or Carolyn McInerney. 781-4220.

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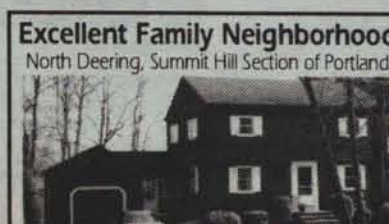


\$89,000 RANCH!
Delightful 2 or 3 BR home has wood floors, eat-in kitchen, large living room, FR with fireplace, screened porch, garage and a lovely landscaped lot. Undoubtedly the best buy in this price range!
JEAN RUSSO, 775-1991



OCEAN PARK MEADOWS...
A lifestyle for the young and young at heart.

ONE BLOCK FROM THE OCEAN!
Lots of light in these airy, open floor plans. Starting at \$79,000. 146 West Grand Ave., Old Orchard Beach.
EXCELLENT INCOME POTENTIAL!
Broker Terry Stellar.
Bayley Realty
883-9211 934-4015



Excellent Family Neighborhood
North Deering, Summit Hill Section of Portland

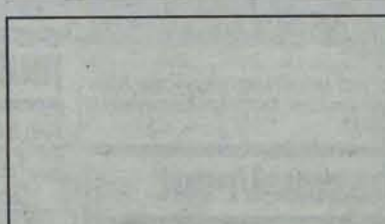
4-bedroom Common. Walking distance to area best schools, shopping center and city bus. Two miles to Interstate Portland North Exit, 15 minutes to airport. Living room with fireplace, dining room, 1 1/2 baths, plaster walls and hardwood floors. Finished daylight basement with entrance to shaded backyard. Eat in kitchen, dishwasher, microwave, oil HW \$450/yr. Call owner at 428-3445.



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PREVIEW THE ISLANDS BY MAIL:
Call us for brochures of our many listings. Oceanside to tranquil inland homes, land, and cottages. All Prices, all budgets. As cooperating Realtors we show all listings.
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HOME OWNERS!
SHOW OFF YOUR BEST!

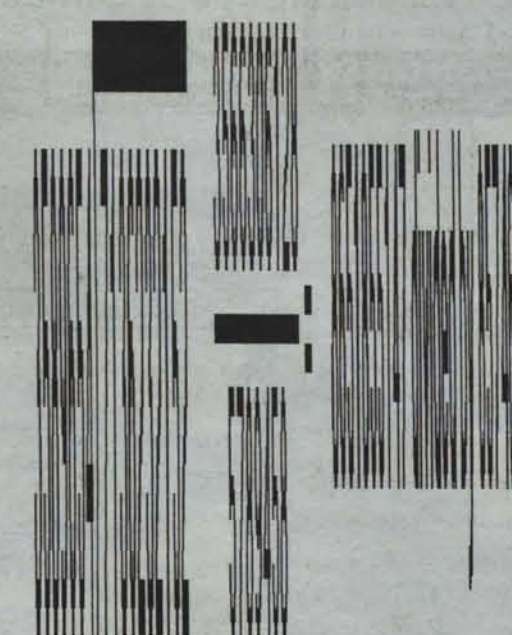
You don't have to be a real estate agent to list your property with us. Let us help you sell your home! It's only \$28 for the first time you run your ad (complete with photo). Reruns are only \$16! Call Diana at 775-1234 for more information.

real puzzle By Don Rubin

Lonnnng division

This week's puzzle is three simple math problems (written in the form of anamorphic projections). Write the solutions below.

- 1) _____
- 2) _____
- 3) _____



Can you solve the Real Puzzle? First prize is movie tickets to The Movies, second prize is "Home Vision Video Verbal Volumes". 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, September 15. The solution to this week's puzzle will appear in the September 23 issue of Casco Bay Weekly. Send your best guess to:

Real Puzzle #192
Casco Bay Weekly
551A Congress Street
Portland, ME 04101

This week first prize winner is Jonathan Pollack, second prize goes to James Melanson.

Solution to Real Puzzle #190

- 1) Buck Rogers
- 2) Wonder Woman
- 3) "The Empire Strikes Back"
- 4) Mandrake the Magician
- 5) Spiderman
- 6) "Star Trek"
- 7) "Incredible Shrinking Woman"
- 8) "The Black Hole"
- 9) Leonard Nemoy
- 10) "Martian Chronicles"
- 11) "20,000 Leagues"
- 12) Superman
- 13) "The Thing"
- 14) Doctor Who
- 15) Flash Gordon
- 16) Ray Bradbury
- 17) "Time After Time"

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

If you are thinking about self-improvement, try any one of the various health practitioners found in Casco Bay Weekly's Wellness Directory. If keeping your business healthy is your intent, then advertise in the Weekly Wellness Directory. Call 775-1234, ask for Diana, Magda or Michael.

apts/rent

FAK YOUR AD TODAY! 775-1615. Visa/MC accepted.

HIGH ST. #72. Spacious 2BR, hardwood floors, sunporch, gas heat, parking, \$625/mo. + util. MIDDLE ST. Contemporary 1BR w/ den, gas heat, storage, \$550/mo. + util. SILVER ST. #99. Exposed brick & beam, 1BR w/ loft in secure building, laundry, \$475/mo. + util. PHILLIPS MANAGEMENT, 772-5345.

OGB. Sunny, modern, 1BR, noty pine, bay window, 5-minute walk to ocean, \$350/mo. Dr. Robinson, 773-5573.

PINE POINT BEACH-1BR, fully-furnished apt. available now. Starting \$95/wk., utility included. 883-5895.

WESTBROOK-1BR on Beaver Pond. Parking, WD hookup, large yard, \$525/mo. includes all util. 856-6042.

CONDOS FOR RENT

-PORTLAND-

HIGH ST - 2 br, hardwood floors, gas heat, parking, \$625+

MIDDLE ST - 1 br w/ den, gas heat, storage, \$550+

SILVER ST - 1 br loft, exposed brick & beam, \$475+ (elect. heat)

PHILLIPS PROPERTY MANAGEMENT, INC. One Pleasant Street Portland, ME 04101 (207) 773-5345

houses/rent

PEAKS ISLAND- ENCHANTING COTTAGE ON THE OCEAN. Spectacular views! 2BR, 2 fireplaces, Jacuzzi tub, sundeck, bicycles furnished. \$250/mo Oct 1st-June 1st. Dr. Robinson 773-5573.

WESTERN MOUNTAINS- Lovely 2BR home on 150 acre farm. \$1000/mo. heat included. 684-3427.

seasonal/rent

HIGGINS BEACH- Furnished 2BR house, well-insulated. \$500/mo. + util. Sept.-June. 883-3335.

PEAKS ISLAND- ENCHANTING COTTAGE ON THE OCEAN. Spectacular views! 2BR, 2 fireplaces, Jacuzzi tub, sundeck, Boat, bicycles included. \$500/week in September. Dr. Robinson 773-5573.

PEAKS ISLAND- Large 2BR, 2-bath house. Good condition, huge deck, water view, new oil furnace, fully-furnished. \$550/mo. + util. 773-7676.

PINE POINT BEACH SCARBOROUGH- Fully furnished studio apartment. Heat included. Available now until June 1st. \$300/mo. + dep. 883-9248 871-0038.

seasonal/rent

PINE POINT, Scarborough house- Fully furnished, ocean views & access. WD. References. Available Sept-May. 883-6444/883-5037.

PINE POINT- Furnished 2BR cottage. Monitor heat, available 9/93-6/94, \$350/mo. + util. Call 883-3891.

offices/rent

OFFICE OVERLOOKING CONGRESS ST.-\$190/mo., utility included. Call Portland Yoga Studio, 516 Congress St., 787-5584.

art studios/rent

STUDIOS: ARTISTS ONLY building. All inclusive, tin ceilings, artists sinks, high energy environment. Darkrooms/suites w/ views. \$125-\$250/mo. 799-4759.

rentals wanted

SINGLE ADULT MALE on limited S.S. income, seeks small house, or 1BR, or garage-loft apartment to rent long-term, fixed lease, or rent with an option to buy, from rational landlord or owner who will appreciate a quality tenant. Excellent references: Both ways! Quiet area, on peninsula, West End preferred. No pets, children, or noise. No "Donald Trump '80s types" need respond! Call 773-5726.

real estate

BY OWNER- New Cape in Casco, 3BR, 2 bath, 2.5 acre (+/-), \$103,000. 627-4183.

HITCHINGS HOUSE- 2BR CONDO with hardwood floors, sunporch, gas heat, parking, \$69,900. Kathy Phillips, Bay Realty, 775-3838.

mobile homes

BURLINGTON, 1989- With extras! \$31,900. Call for answers. Park or land financing. Patty Neil, 799-1501.

"1994"

\$15,995, \$150 for 160 months, \$1,599 down APR 8% or "1994", 70' 3 BR, walk-in closets, lovely snack bar, 2 dr. ref., electric range, venetian blinds, deluxe carpeting, SS storms house door, washer-dryer plumbing. Factory 1 year/5 year warranty.

1 mile from turnpike Daily 10-8, Sunday 10-5 1049 Washington St. Rt. 202 Auburn, ME. 786-4016

LUV HOMES

real estate

MELLEN ST.- Spacious 2BR condo, hardwood floors, large windows, special financing available. Why rent when you can own for less? Bank Owned and only \$29,900! Kathy Phillips, Bay Realty, 775-3838.

OUTSTANDING HOUSE-LOT of 5.5 acres in Wells, Maine. Permit approved, tax assessed. \$36,000. Call 874-0073 or 787-0629.

PINE POINT BEACH SCARBOROUGH- Small, furnished cottage, new inside. Small porch and deck. Refining \$26,000. 883-9248 1-603-641-1966.

PORTLAND, By Owner- Duplex Townhouse with excellent rental history. 3 years old. Excellent location, \$108,000. Includes storage buildings. 761-4336.

PORTLAND, By Owner- Lovely Cape, 3BR, hardwood floors, garage, basement, oil heat. Priced to sell \$96,900. 787-5571.

SCARBOROUGH- 3BR RANCH, 2 1/2 baths, 1 1/2-car garage, FHW oil. Large deck overlooks private backyard. Child-safe cul-de-sac. Payne Rd. to Portland to 43 Lampighter Lane. \$143,900. 883-9686. Brokers welcome at 3%.

SCARBOROUGH- Picture-perfect Dutch Colonial, breezeway and garage offers 4BRs, 2 baths, FHW oil. Large deck overlooks private backyard. Child-safe cul-de-sac. Payne Rd. to Portland to 43 Lampighter Lane. \$143,900. 883-9686. Brokers welcome at 3%.

WAKEFIELD, N.H.- Waterfront lots, \$48,000 to \$65,000. Back lots with lake rights \$11,000 to \$14,000. 5A and 1AC, on tributary to Great East Lake, both \$90,000. Many homes 1/2-price. Large acreage all gravel. Also use for R.V. or mobile home parks. 30A, 130A, 192A, 425A. Call owner, (603) 522-3736 or (603) 522-3636.

WESTBROOK- BY OWNER. Nice home for in-law or shared living. Nine rooms, two kitchens, two baths. Heated garage with workshop. \$115,000. 854-4333.

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land for sale

\$29,900, SOUTH PORTLAND- Great neighborhood. Water & sewer. Area of fine homes. \$34,000, BUXTON, 5.7 acres. Beautiful, wooded land. Call Gail Bragg at Harnden Realty, 799-1501 or 781-3073.

body & soul

25 YEARS OF SERIOUS AEROBIC FUN! Aerobic Dancing by Jackie Sorenson. Fall session begins Sept. 13. Call 774-5403.

3 FALL WORKSHOPS: 1. Weekends: To Go Walkabout With God. 12-week Group: From Surviving to Thriving. 11. 10-week Dream Group: Encountered By Our Future. For brochure call: Doreen & Hal at 789-1024.

AFTER MACHISMO, WHAT? Two therapists-led MEN'S GROUPS offered. To begin this fall. Topics addressed will include such concerns as: stuck feelings; lack of play and fun; fear of intimacy; making and sustaining commitments; the changing expectations of men; fatherhood; and friendship. Each group limited to eight men. Mondays, 6:00-8:00pm; Thursdays, 10:00-12:00noon. \$25/session. Contact Rick Lynch, 874-0681, for initial interview or more information.

AWAWARENESS OF ONES SPIRITUALITY is the realization that you're at one with the CREATOR/YOU. Come join the gathering. Mondays, 10:00-12:00noon. \$25/session. Contact Rick Lynch, 874-0681, for initial interview or more information.

DEEP MUSCLE MASSAGE- Karen Austen, M.A., L.M.T., Licensed Massage Therapist. Alleviate chronic backaches, headaches, neck and shoulder stiffness, sciatica, stress, improve flexibility, muscle tone, circulation, athletic performance. By appointment. 865-7872.

DR. ZHAO MEI- The Chinese Healing Arts Center. Qigong Classes. Call for information, 775-1142.

E.A.T.- Eating Awareness Therapy and LOVE YOUR BODY. Exciting alternative therapy groups for women starting September. Anita Flores, Suzanne Laberge, Expressive Therapies, 865-6027.

INNERLIGHT- KRIPPALE YOGA FREE INTRO CLASS- Sat/Sun 11:30-1:30. Call 772-8812 for info.

JOURNAL WORKSHOP FOR TEACHERS & THERAPISTS with Alfred DePew. Thursdays, 6:30-8:30pm. Sept. 13-Oct. 28. For beginners & those who would like to deepen & expand their journals. 6 sessions. \$100. To register, call 775-3708. Leave message.

JOURNAL WORKSHOP FOR ABSOLUTELY EVERYBODY with Alfred DePew. Thursdays, 6:30-8:30pm. Sept. 13-Oct. 28. For beginners & those who would like to deepen & expand their journals. 6 sessions. \$100. To register, call 775-3708. Leave message.

KRIPPALE YOGA FREE INTRO CLASS- Wednesday, September 8th, 5:30-7:00 P.M. at the Expressive Therapy Center, Portland. Call Pam at 799-3056.

NEUROMUSCULAR THERAPY relieves chronic muscle pain. Swedish massage. Physiological healthy, deep relaxation. Iona Silverman, RMT, 871-1300.

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

SEARS 14 H.P. TRACTOR/MOWER/SNOW-BLOWER. One owner, \$1475. Remote-controlled dominator car \$295. Sharp portable IBM compatible lighted LED screen \$700. 799-9868. Best offers accepted.

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

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body & soul

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

SOLUTION-BASED BRIEF THERAPY- Before another relationship develops, take time to know where you want to be. G.R. Brennan, Ph.D. 892-7303.

STEP AEROBICS by Jacki Sorenson. South Portland Dance Center. Wednesdays, 8am; Saturdays, 8am. \$4 drop-in. First class FREE. Steps available. 929-4846.

TAROT CARD READINGS are available Friday, Saturday and Sunday at Light of The Moon. 828-1710.

TAROT FOR BEGINNERS- Eight-week introductory class begins week of September 20th. \$125. Jeanne Fiorini, 799-8648.

TRADITIONAL ACUPUNCTURE- Miranda Marland, Licensed Acupuncturist. 4 Fundy Rd. Falmouth, 781-7600.

WOMEN'S THERAPY GROUP adding new members. Interact with more awareness and control in interpersonal relationships. Insurance reimbursement. Meredith Hamer, LCSW and Susan Dent, LCSW. Co-Leaders. 879-1537.

YOGA- 25 YEARS OF SERIOUS AEROBIC FUN! Aerobic Dancing by Jackie Sorenson. Fall session begins Sept. 13. Call 774-5403.

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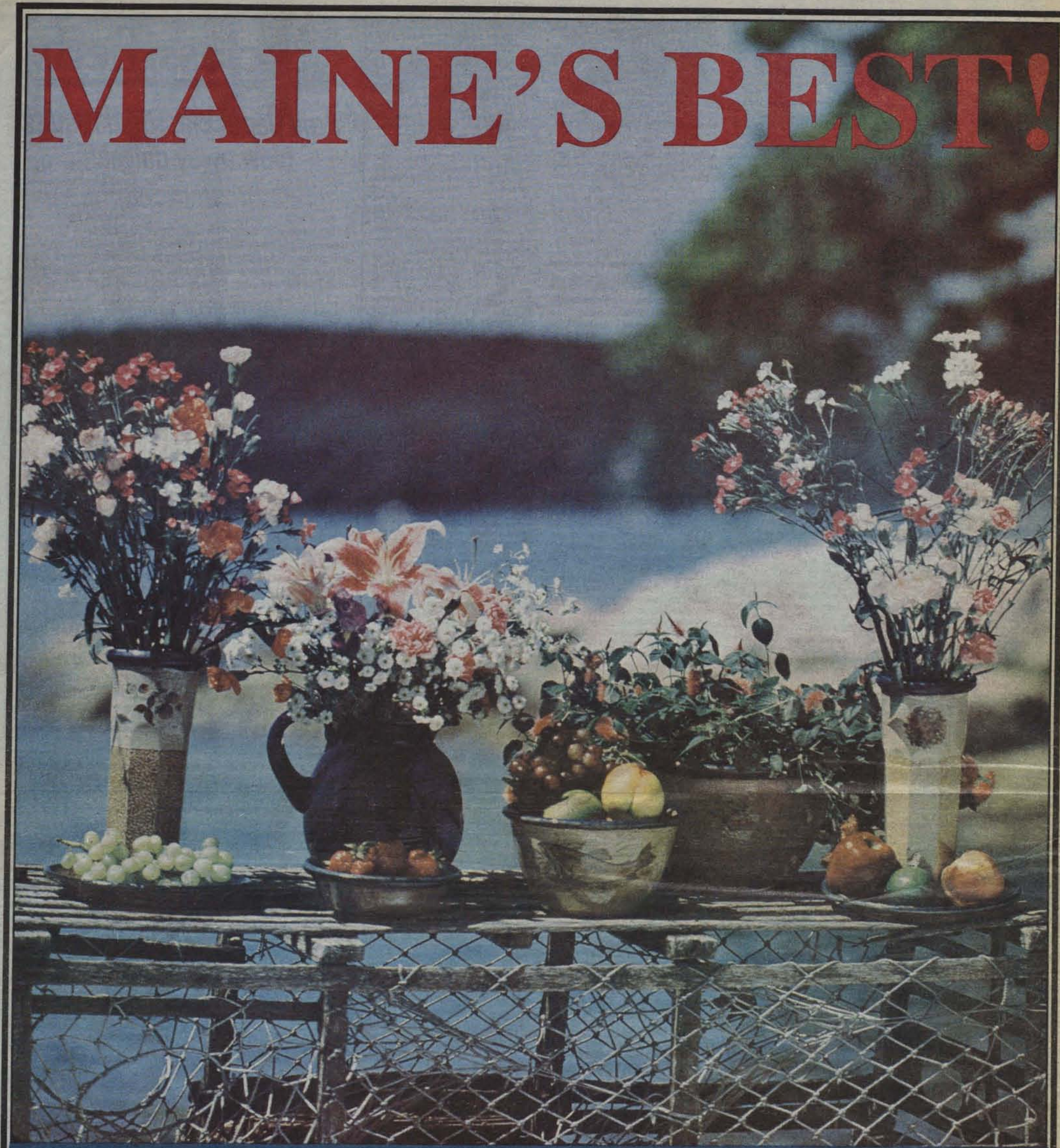
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