Lenny Gauba teaches substance abusers what he learned the hard way.

PHOTO/COURTESY MERCY HOSPITAL

Lenny Gauba put in 30 years of substance abuse. Now, he’s putting in the rest of his life to help others escape that trap.

Chris Busby’s story starts on page 10

INSIDE

- Peavey survives Christmas, barely page 7
- Councilors block cable rate-hike protest page 8
“Where I was a cheerleader, you tried out and there were a select few who made it. The other ones who didn’t, it was kind of, ‘Too bad.’”

A former specialist at the Portland YMCA, 27-year-old Stephanie Brown is something of an expert at getting people pumped up. A former cheerleader from Waldoboro, she’s established both a running and walking club and an exercise program for the elderly, in addition to working regularly with students of the final school.

Waldoboro-born Brown now hopes to create an after-school cheerleading team for kids and teens, an informational meeting on the project takes place Friday, Feb. 8, in the lobby of the Portland YMCA, 3 Forest Ave., at 3:30 p.m.

What are you going to do with this cheerleading class?
We’ll get basic routines, making sure proper form is used with each move. We’ll work on jumps. They need a spotter staying off to help them do the proper jumps. We’ll go over basic jumps and more advanced jumps, and also dance moves. Each class will build upon the next. And at the end, like, for a finale, to perform in front of parents and friends, so they can see what they’ve accomplished.

What are the merits of cheerleading?
The cheerleading class will bring the fun, diversity, but it will also work in conjunction with the mission statement we have ... I believe, with this type of program — it’s open to boys as well as girls — it’s going to work on their social skills, physical development, teamwork and listening skills. The class will make them feel good, because they’ll be able to accomplish things.

Boy cheerleaders. Are people more tolerant of that these days, or is it still a good way to get the things crap beat out of you?
Think people are more tolerant — if you look at it now, and if you look at the competitions that go on, with kids doing this thing, I think it’s great. It shows diversity and working together. There are so many stereotypes. It’s hard work — creativity and hard work.

I’m going to give you a quiz. I’ll say the first part of a cheer and you have to finish it. Here we go: ‘S —’

Spirit? S-P-I-R-I-T?

Very good. But it’s important to say the first part of a cheer.

What are the merits of cheerleading?
For the boys — it’s going to work on their social skills, physical development, teamwork and listening skills. (The class) will make them feel good, because they’ll be able to accomplish things.

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Spirit? S-P-I-R-I-T?

Very good. But it’s important to say the first part of a cheer.
Moral: Cinderella was a great gal, but no one gave her the time of day until she got a new image.

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View our showtimes for the screenings of our favorite motion pictures. Our line-up includes the latest films and independent productions. For more information, visit www.cascobayweekly.com

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**With a 240-horsepower engine, the QX4 moves more than makes up for the shortcomings of other luxury sport utility vehicles.**
A Knack for Getting People Together

Noreen has a knack for getting people together. This has all come about because match people with similar background and environment. I get people to talk about themselves and who they would like to be with one person.
Don't mess with Time Warner

Portland city councilors Cheryl Leeman and Jay Hibbard block efforts to protest in cable TV rates

By ALEJANDRA MCDOWELL

A. Leeman sees it differently. We've got a contract, and that contract says that we're not going to do it," Leeman said.

Leeman's proposal is intended to produce the cable company's efforts to protest when Time Warner's franchise expires in 2001. The city council will hold a hearing on the proposal later this month.

Leeman's proposal is for the council to send a letter to Time Warner expressing its opposition to the rate increases. The proposal also calls for the council to hold a public hearing on the matter.

Leeman's proposal was introduced in response to the rate increases that have been proposed by Time Warner. The company has said that it needs to raise its rates in order to cover its expenses and provide for the continued operation of its cable system.

Leeman said that she believes the rate increases are unfair and不合理.

"We're not going to do it," Leeman said. "We're not going to support the rate increases that they're proposing."
Lenny Gauba put in 30 years of substance abuse. Now, he's putting in the rest of his life to help others escape that trap.

**Volunteer Issue**

**Life sentence**

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Joyce A. DiMillo, M.A., is a mentor and founder of Joyce A. DiMillo, Inc., a nonprofit organization that trains volunteers to assist people with disabilities live independently. She is also the Executive Director of the Portland West Volunteer Center, which serves adults with disabilities in Portland and Cumberland County, Maine. Joyce has spent her career helping people with disabilities achieve their goals and dreams.

Joyce has been involved in the disability rights movement for over 30 years, and has worked in a variety of capacities to support people with disabilities. She has served on numerous boards and committees, and has been a keynote speaker at conferences and events across the country.

Joyce is passionate about empowering people with disabilities to live their best lives possible. She believes that everyone deserves the opportunity to achieve their goals and dreams, regardless of their abilities or challenges. Joyce's commitment to helping people with disabilities live independently is evident in her work at Joyce A. DiMillo, Inc., and in her role as Executive Director of the Portland West Volunteer Center.

Joyce is also a mentor and has trained hundreds of volunteers to work with people with disabilities. She understands the importance of creating a welcoming and inclusive environment in which people with disabilities can feel comfortable and supported.

Joyce's dedication to her work and her commitment to helping people with disabilities live independently is an inspiration to all who know her. She is a true champion for people with disabilities and a role model for others who want to make a difference in the lives of people with disabilities.
The Case Management for Youth program offers help to children and youth in need of a skilled and caring adult who can offer support and encouragement. Volunteers must be at least 15 years old.

**Commuter Counseling Center**
343 Forest Ave, Portland
The Commuter Counseling Center in Portland is a drop-in tutoring program to assist students in grades K-12 who require one-on-one tutoring sessions. Tutoring is available in math, science, English, and social studies. Call 874-1183 or visit http://www.commutercounseling.org.

**Community Mentoring Program**
660 Forest Ave, Portland
Community Mentoring provides mentoring programs along with workshops to help bring the ages of children to independence and adult life. Volunteers are needed for in-person mentoring, phone calls, and e-mail correspondence.

**Commuter County Child Abuse Council**
500 Congress St, Portland
Volunteers are needed for office and yard work, sewing and blanket making, and outdoor programs. The center needs volunteers to spend time outside with the children. Call 874-1183.

**Cumberland County Child Abuse Council**
400 Congress St, Portland
Volunteers are needed for office and yard work, sewing and blanket making, and outdoor programs. The center needs volunteers to spend time outside with the children. Call 874-1183.

**The Coast Center**
201 High St, South Portland
The Coast Center is a community drop-in center for older adults to socialize and participate in community events. Volunteers are needed to help with the day-to-day operations of the center. Call 874-1183.

**Cumberland County Counseling Center**
343 Forest Ave, Portland
The Cumberland County Counseling Center in Portland offers counseling services to youth and adults. Volunteers are needed to help with clerical and administrative tasks. Call 874-1183.

**Cumberland County Child Abuse Council**
400 Congress St, Portland
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**Center for Services to Children**
343 Forest Ave, Portland
The Center for Services to Children is a nonprofit organization that provides support and assistance to children and families. Volunteers are needed for a variety of tasks, including phone calls and e-mail correspondence. Call 874-1183.

**Children's Center**
220 High St, South Portland
The Children's Center is a community center for children and families in Cumberland County. Volunteers are needed to help with the day-to-day operations of the center. Call 874-1183.

**Children's Museum of Portland**
343 Forest Ave, Portland
The Children's Museum of Portland offers programs for children and families. Volunteers are needed to help with the day-to-day operations of the museum. Call 874-1183.

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COMMENT

Kill your cable television

There's no good reason why Portland's Cable TV Advisory Committee can't or shouldn't send a formal letter to Time Warner of Maine, requesting it consider not raising its rates this time next year (or any time this year).

As the bottom of the heap of committee member Bruce McGorrill to send a formal quarter of Leeman and Jay Hibbard, who also serve on the committee, noted recently, "With the price of everything going up, the rates we charge have to go up also, with an eye on making as much profit as possible. McGorrill acknowledged that a formal letter would be "an exercise in futility," though he still thinks it's important to let the company know the city would appreciate a gesture of good will in this regard.

Three of course, something cable customers can do is to stop Time Warner know they're tired of the rate hikes — or significantly decrease their subscriptions.

Let's face it, with the exception of certain sporting events, new programming and a benefit of interesting educational shows, cable TV is a wasteland of reruns, product pitching and other fare flops. Why waste the time and money again.

No wonder then, that 36 percent of broadband subscribers cut the cable TV cord in 2016, a number expected to grow to 41 percent over the past three years, respectively. Meanwhile, Time Warner continues to make a fat profit from its cable services, with the company's $8.7 billion in 2016, according to research firm Gartner.

The company's profits are even higher in southern Maine, where Time Warner is the only provider of cable services. The company's profit margin in this area is expected to grow to 41 percent over the past three years, respectively.

As a local newspaper, I called on Time Warner to make a fat profit from its cable services, with the company's $8.7 billion in 2016, according to research firm Gartner.

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Touch.

The work of an anesthetist.

The science of skin.

The art of touch.

The science of skin.

20)

Angry Coastie wife

I was writing in response to your piece on the Coast Guard in addition to the

Because of a prominent article that was recently reprinted in the New South Portland Press has done somewhat and been things and named

high honors during their careers. They

have saved lives, removed the Harbor of those sea, protected property and

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might be another well-written article

Regardless of the truth

I saw the article and thought that this

I think that you, Mr. Barry, need to

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Friday, January 4

DARREN BOURQUE
Singer/guitarist Darren Bourque has been making music in Portland for years. After a recent stint in the Murphy Hill Sextet, he's welcome to the solo scene, playing a mellow order of town. A ticket for his second show will include a host of rock, funk, blues and even bits of reggae and soul. Bourque goes solo at the Strings, 260 Congress St., Portland, at 8 p.m. Thu., $15. 775-9863.

Friday, January 4

"DISTINGUISHING MARKS"
In the market for jewelry and/or—unavailable at BCJ—man-made gems? Then this might be the store for you. This exhibition of metamorphic, recently discovered gems at the National Ornament of America Museum is a recession, always roping in some new items that resemble those redesigning gems. Portland and London's joint booth at the Portland Gem, Jewelry and Gift Show (Jan. 22-26) will be showing new gemstones during the show. Be sure to stop by the Murdock, 504 Congress St., Portland, from 10 a.m. to 6 p.m. Continue through Saturday. Feb. 16. Free. 773-2513.

Saturday, January 5

"NEW ACQUISITIONS 2001"
After a few weekends of shopping, we hope you've discovered the Portland Museum of Art. Celebrate the new year by showing off your purchases with friends. A special exhibition of jewelry, paintings and works by French designer Hedi Braune and the color consulting of William T. Piper, Jr., will be available at 7 Congregate Square, from 10 a.m. to 6 p.m. Continue through Sunday, March 3. Free. 775-6900.

Sunday, January 6

WMPF Benefit Concert
For nearly 30 years, radio station WMPF has successfully fueled all the vampires that walked the hills and the valleys of every commercial radio station in town. But without a steady influx of new talent, the station's future is uncertain. A benefit concert and dance party will be held at the bar of the Bank Square Inn, 118 Washington Ave., Portland, at 8 p.m. The show will feature music by some of Portland's best bands. The proceeds will benefit WMPF, a 501(C)(3) nonprofit organization. For tickets, call the station at 779-8252 or visit WMPF.org.

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Mond 10am-12pm & 9:15am-12pm
Intermediate & Advanced
Mon. 10am-12pm & 9:15am-12pm

SILVER AS A METAL CLASSES
Clay & Metalworking
Beginning Jan. 6

PRESCHOOL CLASSES
Session I: 10am-12pm
Tues 10:30am & 11am
Thurs 9am-10am

Session II: 10am-12pm
Tues 10:30am & 11am
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**9PM/21 +/$5**

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2. **~All~**
3. **Pub Portland; call 9:30 pm.**
4. **Music with band**
5. **Elvis Broken Clown**
6. **Port St, Pierre**
7. **Massive amounts of knob up to 11 on surfaces from Iron Lady.**
8. **Tradition of Black Sabbath and Maiden with self-deprecating proclaims itself the local club.**
9. **Flame the fury bowling with the very violent with the**
10. **Irish/9 to 3 pm.**
11. **Digger's/Quid Blue**
12. **Free Breakaway Tavern**
13. **Man & King Memphis**
14. **Commercial Street.**
15. **Stream**
16. **Shut Up Club**
17. **Stone Coast Brewing**
18. **Commercial Street.**
19. **Jay Henley**
20. **Fellow Chiropractic+ of the**
21. **Women's Show 1 O'clock, $3 to 9:30 pm.**
22. **Dollar Bar-b-que Restaurant**

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**Upcoming: Say Zuzu Straight Up Ray Mason Shadrach Emily Wells**

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**CALL 207.773.BEER for more information**
Submission for the Maine biennial art show must be received two weeks prior to the show opening. Hours: Tues - Sat 10 am - 9 pm. Admission: $6 ($5 students and seniors). For more information, call 1-800-555-ARTS.

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Cerberus Shoal's latest release, the double-disc "Mr Boy Dog," is among the greatest understatements ever executed by a Portland-area band. A whoppingly coarse effort—recording began two years ago and was finally finished last spring—"Dog" is a queer enough pail to knock on elephant on its ass.

The album will likely sound disconcerting to those unfamiliar with the band's musical nonconformity. Celebrating its big show in South Portland, the improve-based unit benefits from its communal-compositional approach. The weird, jiggling aura of almost tribal stimulations on these recordings had me running to the archives to pull out such ethno-hypnotic masterworks as Talking Heads' "Remain in Light," as well as some old Frank Zappa and the Mothers of Invention albums. Cerberus Shoal's list of influences is impressive, but it's the band's own weird blend of Nick Drake obscurity, mixed with more cannibalized ambitions, that make it such a fascinating entity.

Scheduled for release on the Baltimore-based Temporary Residence imprint on Jan. 22, "Mr. Boy Dog" is a lessons in indie craftsmanship. Early promotional copies feature unique, hand-crafted sleeves. A gauze-like fabric holds the two discs together. There's genuine enthusiasm evident on the album that suggests the band's ambitions, unlike a lot of similar art-rock projects, is by no means a study in pretensions. There are long moments of wind-rustling through-the-trees ambiance, but even the lulls are well-timed and precise. Certain sonic themes reappear through the album's 12 songs, like the clanging of horn and a vocal that's somewhere between organ and operatic, all mixed with a persistent, ancient wildlife. In "Tibetan Strings," gensekhis compete with bongo s, horns and a sustained period of what sounds like sheep b-eating on their hollow logs until this disc enough, you might actually see apparitions come waltzing through your walls at night. It's that weird and that good.

The shape-shifting "Canal Bell" features a ghostly musical touch. Little bits of horn and a vocal that's somewhere between organic and operatic, all mixed with a persistent, ancient wildlife. In "Tibetan Strings," gensekhis compete with bongo s, horns and a sustained period of what sounds like sheep b-eating. There's so much stuff bleeding into these pieces, one wonders if the brass-FIGURE TWO are repurposed through the three-ear aesthetic, but even the lulls are well-timed and precise. Certain sonic themes reappear through the album's 12 songs, like the clanging of horn and a vocal that's somewhere between organ and operatic, all mixed with a persistent, ancient wildlife. In "Tibetan Strings," gensekhis compete with bongo s, horns and a sustained period of what sounds like sheep b-eating.

It should be noted that the band has changed membership since this album was recorded. The incarnation of Cerberus Shoal on these two discs included members of the Portland-based group Tarpigh. Cerberus Shoal has since reformed its sundials toward the outer limits of attuned consciousness.
Has won*****.

*****

Dining Guide

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"The Lord of the Rings: The Fellowship of the Ring"

Directed by Peter Jackson, Rabbit Hole Cinemas, 16 Temple St and Colfard Cinema, Portland, 772-9751. Savoy Cinemas, Movie Mill Bowl, 195 Falmouth Rd, 774-6499. Hoyts Falmouth, 103 Falmouth Rd, 774-6500. Hoyts Falmouth, 103 Falmouth Rd, 774-6500.

This is a world-class talent. Among the Trilogy shows a larger audience than he could make respectable - "Dead/Alive," "Shakespearean Talent," and "The Lord of the Rings: The Fellowship of the Ring." Jackson's work is groundbreaking, but he has inherited a long-form, and more powerful, and bold of his own. It's a piece of clay waiting to be sculpted.

"The Lord of the Rings: The Fellowship of the Ring"


This is the story of Frodo, Elijah Wood as Frodo, and his journey to destroy the One Ring to save Middle-earth from the darkness of the Lord of the Rings. Jackson's work is groundbreaking, but he has inherited a long-form, and more powerful, and bold of his own. It's a piece of clay waiting to be sculpted.

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Find peace of mind and body... 
Read Casco Bay Weekly's WELLNESS GUIDE

FREE WILL ASTROLOGY - WEEK OF JANUARY 3 - 2001

ARIES March 21-April 19
"NEEDS KNOCK"April 1-2 - Mars enters Cancer. You may feel the need to retreat but your instincts are pushing you forward. Let your inspiration take the lead. April 2-3 - Mercury enters Cancer. Your creativity is building. Your wisdom is needed. April 3-4 - Jupiter enters Taurus. The world is watching. You are the leader. April 4-5 - 6th house (health) Mars enters Pisces. Mind your mental health. Neglect during this period can result in future problems. April 5-6 - 7th house (partners) Mercury enters Taurus. Trust in your relationship. 

LION April 20-May 20
"DANCING SONG"April 2-3 - Jupiter enters Taurus. You are chauvinistic and headstrong. April 3-4 - 1st house (self) Mars enters Pisces. You are too sentimental. April 4-5 - 2nd house (financial) Mercury enters Taurus. Try to keep your money in the bank. Get a plan. Get ahead. April 5-6 - 3rd house (communication) You are too talkative. You are neglecting your work. Get your communication right. 

GEMINI May 21-June 20
"MEETING OF MINDS"April 2-3 - Uranus enters Taurus. You are too casual. April 3-4 - 4th house (home) Mars enters Pisces. You are neglecting your family. April 4-5 - 5th house (children) Mercury enters Taurus. You are too focused on your children. April 5-6 - 6th house (health) You are too relaxed. Watch your health. 

CANCER June 21-July 22
"COPING WITH CRISIS"April 2-3 - 1st house (self) Mars enters Pisces. You are neglecting your family. April 3-4 - 2nd house (financial) Mercury enters Taurus. You are neglecting your financial affairs. April 4-5 - 3rd house (communication) You are too talkative. Get your communication right. April 5-6 - 4th house (home) You are too casual. Get your family in order. 

LEO July 23-Aug. 22
"GOOD WORK"April 2-3 - 3rd house (communication) Mars enters Pisces. You are too talkative. April 3-4 - 4th house (home) Mercury enters Taurus. You are neglecting your family. April 4-5 - 5th house (children) You are too focused on your children. April 5-6 - 6th house (health) You are neglecting your health. Get back on track. 

VIRGO Aug. 23-Sept. 22
"THE PATHWAY"April 2-3 - 6th house (health) Mars enters Pisces. You are neglecting your health. April 3-4 - 7th house (partners) Mercury enters Taurus. Trust in your relationship. Get back on track. April 4-5 - 8th house (sex) You are neglecting your sex. Get back on track. April 5-6 - 9th house (travel) You are neglecting your journey. Get back on track. 

LIBRA Sept. 23-Oct. 22
"EXCHANGE"April 2-3 - 9th house (travel) Mars enters Pisces. You are neglecting your travel. April 3-4 - 10th house (career) Mercury enters Taurus. Get your career on track. April 4-5 - 11th house (friends) You are neglecting your friends. Get back on track. April 5-6 - 12th house (subconscious) You are neglecting your subconscious. Get back on track. 

SCORPIO Oct. 23-Nov. 21
"MEDITATION"April 2-3 - 10th house (career) Mars enters Pisces. You are neglecting your career. April 3-4 - 11th house (friends) Mercury enters Taurus. You are neglecting your friends. April 4-5 - 12th house (subconscious) You are neglecting your subconscious. Get back on track. April 5-6 - 1st house (self) You are too casual. Get your self together. 

SAGITTARIUS Nov. 22-Dec. 21
"TRAVEL AROUND THE WORLD"April 2-3 - 11th house (friends) Mars enters Pisces. You are neglecting your friends. April 3-4 - 12th house (subconscious) Mercury enters Taurus. You are neglecting your subconscious. April 4-5 - 1st house (self) You are too casual. Get your self together. April 5-6 - 2nd house (financial) You are too focused on your financial affairs. Get back on track. 

CAPRICORN Dec. 22-Jan. 19
"MIND & SOUL"April 2-3 - 12th house (subconscious) Mars enters Pisces. You are neglecting your subconscious. April 3-4 - 1st house (self) Mercury enters Taurus. Get your self together. April 4-5 - 2nd house (financial) You are too focused on your financial affairs. April 5-6 - 3rd house (communication) You are too talkative. Get your communication right. 

AQUARIUS Jan. 20-Feb. 18
"IF YOU WAIT"April 2-3 - 3rd house (communication) Mars enters Pisces. You are too informal. April 3-4 - 4th house (home) Mercury enters Taurus. Get your home in order. April 4-5 - 5th house (children) You are too focused on your children. April 5-6 - 6th house (health) You are too relaxed. Get your health back on track. 

PISCES Feb. 19-March 20
"IF YOU WAIT"April 2-3 - 4th house (home) Mars enters Pisces. You are neglecting your family. April 3-4 - 5th house (children) Mercury enters Taurus. You are too focused on your children. April 4-5 - 6th house (health) You are too relaxed. Get your health back on track. April 5-6 - 7th house (partners) You are too casual. Get your partner back on track.

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November 8, 2001 - January 6, 2002

Marguerite Zorach, Stonington, 1919, oil on canvas, 24 x 20 inches. Private collection.
Marguerite & William Zorach-Harmonies and Contrasts has been made possible by the generous support of Kate and Tony Sheldon, the Zorach Collection LLC, and an anonymous donor. Media support has been provided by WCSH 6 and Mainebiz.