Casco Bay Weekly

is known as one of Portland's best. That's partly because teachers and students have learned to overcome the shortcomings of the building that houses it — a flawed legacy of the '70s craze for open schools.

Reiche's children quickly learn to be respectful and well-behaved in the school's open spaces, where privacy is at a premium.

PHOTO/SHOSHANNAH WHITE
Fifth Annual January White Sale 15% Off

White Food  &  White Wine
sale. Yum. Save!

Spring and High Street
55
5
pm
White Wine
10:30 - 9:30 pm

L.L. BEAN CROSS-COUNTRY SKI FESTIVAL

Not extreme, just extremely fun.

Whether you’re a first-timer or a veteran, you’ll have more fun than you’ve ever had on snow. Discover the best cross-country ski, snowshoe and snowmobile trails, go for a dogsled ride, or just find your own trail. Friendly and knowledgeable L.L. Bean Ski School professionals will help you learn new skills and gain confidence in a variety of activities for the whole family. And all for only $40 per person, per day.

Join us February 1 & 2 in Bethel, Maine

Introduction to Cross-Country Skiing
Even if you’ve never skied before, you’ll have fun learning how to take that first stride, go up and down hills, and move.

Intermediate Cross-Country Skiing
If you’re just skiing for a while, this session will help you refine your techniques, improve your backcountry skills.

Family Skiing
Have a great time together while you work on your skiing form.

Backcountry Skiing
Have your chance to get away from the groomed trails.

Snowshoe Workshop
This workshop will show you how to travel efficiently across a variety of snow conditions and stay comfortable in the cold.

L.L. Bean OUTDOOR DISCOVERY

Helping People Enjoy the Outdoors.

Register today by calling 1-800-341-4341 ext. 6666.

TALENT
A CONVERSATION WITH BOGUMILA PAWLAKZYK

Bogumila Pawlakzyk was raised in Poland. She moved to the United States and settled in Maine 10 years ago with her husband and their two sons. Less than two months ago she opened Bogumila’s Polish Restaurant and Deli on Fore River Avenue, which is already becoming a hot lunch spot for people who work in the area.

What prompted you to move to Portland?
Actually that was decided for me. When I went to Greece they asked me to which part of America I would like to come… So I asked for north, and they sent me to Portland… I am glad, I like it here.

How has business been so far, are you getting a good response?
I haven’t done too much advertising here. I’d like to just start it going. My 18-year-old son helps me, and my husband – you know, they do their best. [If things go] well, we’ll have to hire. But we’ll have to do for now. We have the Polish, uh, we do three soups every single day; we have the Polish goulash with salad, stuffed cabbage, a hunter’s stew… We have fresh kielbasa, and bread, Polish breads, cakes and cookies – all the goodness that you can’t make at home, now you can buy them here. And we have Polish pickles… A lot of stuff you don’t have every day, but it’s nice to have a place to buy them.

Can you tell me about some of the items on your menu?
We have the Polish, uh, we do three soups every single day; we have the Polish goulash with salad, stuffed cabbage, a hunter’s stew… We have fresh kielbasa, and bread, Polish breads, cakes and cookies – all the goodness that you can’t make at home, now you can buy them here. And we have Polish pickles… A lot of stuff you don’t have every day, but it’s nice to have a place to buy them.

How has business been so far, are you getting a good response?
Actually that was decided for me. When I went to Greece they asked me to which part of America I would like to come… So I asked for north, and they sent me to Portland… I am glad, I like it here.

Have there been any surprises?
[It is busy] during some hours, but I don’t expect too much; I didn’t do too much advertising here. I’d like to just start it going and then see how we do.

Have you ever owned your own business, or had restaurant experience?
I moved to the United States and settled in Maine 10 years ago with my husband and our two sons. Less than two months ago she opened Bogumila’s Polish Restaurant and Deli on Fore River Avenue, which is already becoming a hot lunch spot for people who work in the area.

Are there any surprises?
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[It is busy] during some hours, but I don’t expect too much; I didn’t do too much advertising here. I’d like to just start it going and then see how we do.

How many [Portlanders] have Polish background?
And they speak Polish, even if their Polish is broken – because you don’t get a chance to speak the language and you just lose it, and now they have a place where they can talk.

How was business?
Actually that was decided for me. When I went to Greece they asked me to which part of America I would like to come… So I asked for north, and they sent me to Portland… I am glad, I like it here.

Have you ever owned your own business, or had restaurant experience?
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Are there any surprises?
[It is busy] during some hours, but I don’t expect too much; I didn’t do too much advertising here. I’d like to just start it going and then see how we do.
When it comes to phone tapping, all is not as it seems. According to industry experts that the phone surveillance, but hold the line. Telephone companies, including those that offer cellular service, are required by law to help in the fight against criminal activity. But with advances in technology, many companies have been able to provide more information that targets can be connected to their phones. When they're caught in a rush, they often take shortcuts to avoid paying phone bills. If you notice any changes in your phone bill, it's always a good idea to call your service provider and ask for an explanation. Because wiretapping is used only for the most serious crimes, it's important to report any suspicious activity as soon as possible. If you're unsure whether you're being tapped, try calling the number on your phone bill or contacting your local police department.
The Language Exchange, Inc: 398 Fore Street - Portland

Monthly ethnic social events

FEBRUARY

MUNG BEAN SPROUTS

Mouthwatering BBQ pork served

red pepper tartar sauce

Nann's own recipe served

on the Caribbean island of

Two-week French course

Exrlumse

rice, basil, scallions and fresh

f t t t.k t
tt t t

CRISPY POTATO FRITTERS

rice, edible seaweed

with

3l . " C' "

T14·6711

TUXEDOS FROM VESTIMENTA,

MOTHERS .

ARE PIRATES FINS

J's Fans

Are Pirates Fans

Are Oyster Fans...

Free Oyster Events at Happy Hour

(4 p.m.)

"J's Oyster"

Step in for dinner and oysters before and after the game

Making good people, good food and good drinks for 15 years.

Still Savoring the Best Smokers in Portland.

The Pearl of the Old Port

Bar & Grill

771-4233

They left, I went to step aerobics and working

ble.

I couldn't even utter the

kids, going to step aerobics and working

ble.

I couldn't even utter the

kids, going to step aerobics and working

ble.

I couldn't even utter the

kids, going to step aerobics and working

ble.

I couldn't even utter the

kids, going to step aerobics and working

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kids, going to step aerobics and working

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kids, going to step aerobics and working

ble.
Across the state, district after district decided to abandon the strategy for a while. By the 1960s, many open classrooms had been closed, either with partitions or with shutters. "We have been periodic effort since the 1960s and so it is," said Kevin Clement, principal of Waynflete's Margarette MacDonald. "Over the past 5 years, there was a feeling right from the get-go that it just didn't work," Clement said. Clement said classrooms were now separated by a mixture of bookcases and dividers. The changes with helped with visual distraction, students and teachers now have to work harder to share space. The books have become less important, almost to the point of the students and teachers don't see the problem.

Teachers at Reiche school have been working with the students to make the space more enjoyable. There are no longer the rows of boxes that students sat in for their learning experience. The atmosphere is now much better, allowing the students to see each other and the teachers to see the students.

Reiche School is known as one of Portland's best. That's partly because teachers and students have learned to overcome the shortcomings of the building that houses them — a flawed legacy of the '70s craze for open schools.

Reiche serves as a magnet school for Portland's multilingual students, drawing from around the district. "These children make up almost 30 percent of Reiche's enrollment, and their number is growing," said Reiche Principal Marguerite MacDonald. "This school year, Reiche had 35 multilingual students, and expects more before the end of the year. The atmosphere at Reiche is much better now, allowing the students to see each other and the teachers to see the students.

Despite these problems, it would be a mistake to say that Reiche is in a crisis. To that, students and teachers say that Reiche is doing a much better job of providing a learning environment.

"We can't even bear your teacher's voice," said one student. "We don't know why you're doing this," said another. "We can't bear your teacher's voice," said one student. "We don't know why you're doing this," said another.

"We can't even bear your teacher's voice," said one student. "We don't know why you're doing this," said another. "We can't bear your teacher's voice," said one student. "We don't know why you're doing this," said another.
JAZZ Breakfasts

at the Portland Museum of Art

February 2 – March 23
10:30 a.m. to noon

• Music is free with Museum admission!
• Delicious a la carte breakfasts are available from the Museum Café!

JANUARY 20, 1997

PORTLAND MUSEUM OF ART
Seven Congress Square • Portland 04101 • (207) 773-6161

Open and shut

Jazz at the Portland Museum of Art was not the only event happening in February. The city was also hosting a jazz festival called "Jazz on the River", which featured many local and national artists. The festival was sponsored by the Portland Jazz Society and was held at the Portland Expo Center. It was a three-day event that included concerts, workshops, and jam sessions. The festival also featured a jazz market and a jazz jam session. The Portland Museum of Art was not the only venue for the festival. Other venues included the Portland Expo Center and the Merrill Auditorium. The festival was a great opportunity for jazz lovers to enjoy a variety of music and meet other jazz enthusiasts. The Portland Jazz Society did an excellent job of organizing the festival and ensuring that it was a success. Jazz is an important part of Portland's cultural heritage, and the festival was a wonderful way to celebrate and promote it.
Time to be counted

American women get more confusing news about breast cancer last week. Now, the highest health officials in the land are telling us that we don't need routine mammograms between the ages of 40 and 69, contradicting earlier recommendations.

It's hard to keep all the information straight, and it's harder still to know who to trust. That's why, in the past decade, women have become more aggressive about educating themselves about breast cancer — how to detect it early, where to seek treatment, what questions to ask.

In 1996, Portland's two hospitals opened breast health centers specifically designed to provide women with educational and medical resources that would allow them to make informed decisions about their care. Maine was behind the curve — such centers were established in many other states before ever opening — but now we're here, helping women deal with the overwhelming rush of facts and questions that comes along with finding a lump, or hearing the diagnosis of cancer.

The Maine Breast Cancer Coalition is instrumental in getting us as far as we are today. A grassroots group of women who knew how to deal with breast cancer, the coalition has fought for years to bring the disease to the public's attention. The Maine chapter is part of a national network of increasingly activist women — some living with cancer, some now cancer-free — who have put pressure on the medical establishment and on the government to address women's concerns about breast cancer.

Women like these have created a climate in which news about breast cancer can be good news. As part of the push to delay mammograms, the coalition has been trying to paint the government as the source of the good news. They've been saying that mammograms are too expensive, that the results are too often false positives, and that early detection doesn't always lead to better outcomes.

The coalition's goal is to delay mammograms as long as possible. They believe that early detection doesn't always lead to better outcomes, and that mammograms are too expensive. They're working to change the way the government rules on breast cancer, and they're doing it by influencing the way the government rules on breast cancer.

They're singin' my song, ma

Regrettably, Sharon N. Sanders's piece "Coming Together" (1/20) was an example of how not to write about breast cancer. Her piece was one of a series of articles that were meant to highlight the importance of breast cancer research. However, she chose to focus on the negative aspects of breast cancer research, instead of the positive.

Sanders wrote about the fact that breast cancer research is funded by the government, and that the government has not done enough to fund breast cancer research. She wrote that the government should be doing more to fund breast cancer research, and that the government should be doing more to fund breast cancer treatment.

Sanders's piece was poorly written and lacked substance. She failed to provide any credible sources or evidence to support her claims. Her piece was poorly written and lacked substance. She failed to provide any credible sources or evidence to support her claims.

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edge

that time
when Americans knew that
they were growing up

and yellow flowers of none
on those boughs
from those whose might have
by and by
and

Bart Barne,
edges, where late

I'm a bard, you're a bard: Clockwise, from bottom left, Mike Chitwood, George Neavoll, Carolyn Cosby and Herb Adams.

CASCO BAY WEEKLY

in 30 years. The elaborate packaging identified the

There are no tickets, no lines, no checks, no

names of unsigned bands nationally.

so I can still live in a land where I can

Of course, that's in a name.

I'm a bard, you're a bard.

... and, of course, that's in a name.

names of unsigned bands nationally.

by the breeze, and felt the green fill of life

I'm a bard, you're a bard.

American Cyanamid.

... and, of course, that's in a name.

names of unsigned bands nationally.

by the breeze, and felt the green fill of life

I'm a bard, you're a bard.

American Cyanamid.

... and, of course, that's in a name.

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by the breeze, and felt the green fill of life

I'm a bard, you're a bard.

American Cyanamid.
Roth's Roadside Attraction
Roadside Attraction and Restaurant Atlantic Ave, 81 207
Tel 207-773-9900 daily 11:30
Dinner Monday Through Saturday
Raoul's
Stonegate
Devonsquare
Sunday Brunch
Enjoy your favorite dishes from the Black Dog, Rose and Spirit
Savory Brown with Sempere w/end nights
291-2
The Reel Room
291-2 Forest Ave
in the heart of downtown Portland
NEVER COVER $777-7777
GRILL

239-1111
BASEMENT BANDS
Girls Free Pizza every day from 5-7pm
Saturday 1
2PM

Imagine the sounds that might arise if Dick Dale and L7 got together for a jam session. Got it? If so, the
rhythmic melody on "Still Life With Robert" to the thrashy, fast-paced ranting on "Dreaming of Babylon."

RAOUl's

TICKETS

r

Tuesdays
8PM

Comedy Connection
with OJ Andy, 3 Spring St, Portland
773-3315.

Rainbow's
865 Forest Ave, Portland
773-1619.

Old Port Tavern
188 Middle St, Portland
774-1114.

OJ Jim Dawg Lynmi (top 40),
774-0444.

Raoul's
Darden Smith and Charlie Moore and McGann,
45 Danforth St, Portland
774-5554.

Prophets, 13 Brown St,
773-8187.

14 York St, Portland.
774-0444.

T-Bird's
Horizon, 155 Riverside St, Portland
772-1983.

Red light Revue (swinging blues), 14 York St,
774-1114.

Tipperary Pub

BARNES

Horizon, 155 Riverside St, Portland
774-1114.

Underground
31 Forest Ave, Portland.
772-1983.

Lounge
396 Fore St, Portland.
772-5365.

Zoo's
All Request Night (dance), 31 Forest Ave,
14 York St, Portland.
772-5365.

T.B.A., 14 York St, Portland.
773-8187.

Rec Room (open 8 pm-
1 am), 31 Forest Ave,
Portland. 774-1505.

Newport Blues), 14 York St,
774-1114.

Free Street Taverna
Gena's, 13 York St, Portland.
774-1505.

The Industry
Strictly Business, 13 Brown St,
Portland. 774-1114.

OJ Jim Dawg Lynmi (top 40),
774-0444.

Gritty McDuff's
Nonnan, 11 Moulton St,
Portland. 774-0444.

Raoul's
3 Spring St, Portland.
773-3315.

Zoo's
All Request Night (dance)
396 Fore St, Portland.
773-8187.

T-Bird's
Horizon, 155 Riverside St,
Portland. 772-1983.

Lounge
396 Fore St, Portland.
772-5365.

Zoo's
All Request Night (dance)
396 Fore St, Portland.
773-8187.

T-Bird's
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Portland. 772-1983.

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Portland. 772-1983.

Lounge
396 Fore St, Portland.
772-5365.

Zoo's
All Request Night (dance)
396 Fore St, Portland.
773-8187.
Corthell Concert Hall, USM campus, Gorham, at 8 pm. Tix: $9 ($5 seniors/students). 780-5265.

Concert Series presents Bruce Fithian, tenor, Rhee piano recital. At Starbird Performance Hall, 525 Main St, Portland, at 8 pm. Tix: $16. Gary Hines and pianist Billy Eckstine. At the Public Theatre, Lisbon. (207) 544-3939.

Music. 6254439.

Students Recital Feb 6. Five students currently studying voice will present a variety of music. At First Parish Church, 425 Congress St, Portland, at 8 pm. Tix: $10 ($8 students). 780-5555.

Pinafore, "Feb 2 at 7 pm and Feb 3 at 7 pm. Come join in the fun, enjoy the music, get the chance to see some of the newest and brightest members of the Portland Players in this well loved classic. At the Oak Street Theatre, 92 Oak St, Portland, at 8 pm. Tix: $20 ($16 students). 774-3791.

The Gorham Community Ballet presents the New York City Opera National Company in "La Traviata," Feb. 2 & 3. At the Church, 156 High St, Portland, at 8 pm. Tix: $16. Gary Hines and pianist Billy Eckstine. At the Public Theatre, Lisbon. (207) 544-3939.


The musical adaption of Fellini's film "8 1/2." At State Street Church, at 7:30 pm. 761-1545. "The Divinestone" Choral Ensemble from Minneapolis. At State Street Church, 159 State St, Portland, at 8 pm. The Voice of Blackness. Portland Performing Arts' Big Band. At the Oak Street Theatre, 92 Oak St, Portland, at 8 pm. Tix: $20 ($16 students/$12 seniors). 1-800-639-2919.

Art openings:


Marilyn Blinkhorn, Jan 30 from 6-8:30 pm. Shows hour are open 10-5. 774-2097.


Casco Bay Weekly
Monday 3: "After the Bath," oil on canvas, by Yasuo Kuniyoshi

Thursday 30: Puccini's "La Bohème" at the Portland Opera

Thursday 31: "After the Bath" art opening at the Portland Museum of Art

Friday 1: "La Bohème" at the Portland Opera

Saturday 2: "La Bohème" at the Portland Opera

Sunday 2: "La Bohème" at the Portland Opera

Tuesday 4: Billiard Challenge Match at the Portland Billboard Club

Wednesday 5: "Microcosmos" at the Portland Museum of Art

Thursday 6: "Maine Things Considered" at the Portland Public Library

Thursday 7: "The Shores of a Dream: Yasuo Kuniyoshi's Early Works" opening at the Portland Museum of Art

Friday 7: "After the Bath" art opening at the Portland Museum of Art

Saturday 8: "La Bohème" at the Portland Opera

Sunday 9: "La Bohème" at the Portland Opera

Tuesday 12: "After the Bath" art opening at the Portland Museum of Art

Wednesday 13: "Microcosmos" at the Portland Museum of Art

Thursday 14: "Maine Things Considered" at the Portland Public Library

Saturday 16: "The Shores of a Dream: Yasuo Kuniyoshi's Early Works" opening at the Portland Museum of Art

Sunday 17: "La Bohème" at the Portland Opera

Monday 18: "After the Bath" art opening at the Portland Museum of Art

Tuesday 19: "Microcosmos" at the Portland Museum of Art

Wednesday 20: "Maine Things Considered" at the Portland Public Library

Thursday 21: "The Shores of a Dream: Yasuo Kuniyoshi's Early Works" opening at the Portland Museum of Art

Saturday 23: "La Bohème" at the Portland Opera

Sunday 24: "La Bohème" at the Portland Opera

Tuesday 26: "After the Bath" art opening at the Portland Museum of Art

Wednesday 27: "Microcosmos" at the Portland Museum of Art

Thursday 28: "Maine Things Considered" at the Portland Public Library

Saturday 30: "The Shores of a Dream: Yasuo Kuniyoshi's Early Works" opening at the Portland Museum of Art
Barbara's Kitchen

Specializing in pastas, omelettes, overstuffed sandwiches, and soups.
Barbara's Kitchen & Cafe
388 Cottage Road
South Portland, ME 04101
(207) 767-6133

"New York is not the place to begin a restaurant unless you have about half a million dollars."

Barbara's Kitchen & Cafe is located at 388 Cottage Road in South Portland, across the street from the University of Southern Maine. Barbara's Kitchen & Cafe is a family-owned restaurant that serves a variety of dishes to accommodate different dietary needs. The menu includes a wide range of options, from sandwiches and soups to pastas and omelettes. The restaurant is open Monday through Saturday, with extended hours on Friday and Saturday.

Fibula

Fibula is a restaurant located at 58 Exchange Street in Portland, ME 04101. It is known for its cozy, warm atmosphere for breakfast, and its catering service offers a wide range of possibilities. In February, The Spirited Gourmet will feature a special advertising supplement for Fibula, which is located in Portland, with a menu that includes high-quality dishes.

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DINING

G VANNI'S
Almost Italian Bistro
37 Wharf Street, Portland, Maine 04101
Reservations 207-772-9661

G'Vanni's wants to send YOU to Ft. Lauderdale, Florida!

FREE FLORIDA VACATION FOR 2
The Rules are Simple: You register with your dining adulante. Come in any day for 1 meal.
REGISTER TO WIN!
Feb. 1 - May 31
1 Free Ice cream Appetizer
1 Free Red Wine
Owner Jeff Kuhl must be crazy! So Soby

WE'RE DRAWING WINNERS ON THE FOLLOWING FRIDAY NIGHTS IN THE BISTRO BAR:

1 Entry for each Appetizer 1 Entry for each Salad

Almost Italian Bistro
No Purchase Necessary

Style dining. Seafood straight from Maine waters; our fun Friday Fish Fry! All you can eat, black pepper fettuccine with red peppers, sun-dried tomatoes, and wine are served. (c)ocktails, beer and wine. Extensive menu...sandwiches, beers on tap. Extensive menu...sandwiches, Happy hour M-F from 4-6pm.

Almost Italian Bistro
Next to the Civic Center and the Old West End. Great food in a friendly, casual atmosphere. Shellfish and pasta dishes our specialties served in a distinctive setting. Tues-Sat from 5pm. Reservations recommended. 207-655-4100. Visa, MC, Amex accepted.

Almost Italian Bistro
Next to PMA. 606 Congress St. 180-1260/828-1794.

Almost Italian Bistro
Sunday 8am-3pm, Tuesday-Friday 11am-9pm, 'no food rules " such as center cut pork chops with cranberry sauce, creamed spinach, andrea's vegetables. MC, Visa and Amex accepted. 168 Forest Ave. East of Congress) 774-3291.

Almost Italian Bistro
The cooks are founders of such notable joints as Alan's Incredibl e Edibles, Alberta's and The Good Day Market Deli. Superb menu with an emphasis on seafood and vegetarian dishes. Attentive service, an extensive wine list. 16 wines on tap. 5:15. Innovative menu changes every four weeks, daily Blue Plate Specials $9.95 and more. Reservations recommended. 207-655-4100. Visa, M/C, Visa and Amex accepted. 1871 Forest Ave. Portland.

Almost Italian Bistro
Attention: BISTRO BAR, A European taverna with a carving cart and a selection of domestic and imported beers. Open at 4 p.m. daily. 814-461-0000.
The CD Authority caters to all genres of imported titles and we search for out-of-print items for our customers. If you would like to help promote our store's growth, we will pay you $125 to receive a free sweatshirt. Preregistration is required. 871-0911.

Debbie Elliott is a Portland chapter devoted to preserving our nation's history. Established in 1992, she is dedicated to promoting knowledge of our nation's heritage. The community to help bridge the gap between education and history. For more information, please call 767-4305.

Volunteers are also needed for spring and summer programs. Call Dolores Vail, at 775-7231.

The Salvation Army is a Christian organization dedicated to serving those in need. They provide food, shelter, clothing, and other essentials to those in need. Please contact 774-4417 for more information.

Big Brothers Big Sisters seeks volunteers age 18 and older who are interested in helping children. Volunteers are needed to help provide care to families coping with terminal illness. Call 774-4417 for more information.

The Maine Polson Center is a preventative information program that provides resources and support to families in need. They offer a variety of services, including counseling, support groups, and financial assistance. Please call 773-4260 for more information.

Maine Education Services, a non-profit organization, seeks volunteers to help with computer work. Volunteers are needed to assist with various tasks, such as data entry, word processing, and other office-related duties. Call 773-4260 for more information.

Opportunity For Change Interested in working to end domestic violence? This non-profit agency works to end domestic violence and other forms of discrimination. Please contact 773-0202 for more information.

Planned Parenthood needs volunteers to help prepare mailings four or five times per year. Volunteers are needed to help promote the organization's mission of providing reproductive health services to all. Please contact 773-0202 for more information.

We specializes in imports and hard-to-find music. We are a store that caters to music lovers everywhere. We want people to consider our store their personal music center. We encourage you to stop in and see what we have to offer. If you would like to know about a favorite artist, what might be available on CD for that artist, come see us. We stock a variety of artists, from classical to rock, and everything in between. Please contact 773-0202 for more information.

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Planned Parenthood needs volunteers to help prepare mailings four or five times per year. Volunteers are needed to help promote the organization's mission of providing reproductive health services to all. Please contact 773-0202 for more information.

We specializes in imports and hard-to-find music. We are a store that caters to music lovers everywhere. We want people to consider our store their personal music center. We encourage you to stop in and see what we have to offer. If you would like to know about a favorite artist, what might be available on CD for that artist, come see us. We stock a variety of artists, from classical to rock, and everything in between. Please contact 773-0202 for more information.

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The Salvation Army is a Christian organization dedicated to serving those in need. They provide food, shelter, clothing, and other essentials to those in need. Please contact 774-4417 for more information.

Big Brothers Big Sisters seeks volunteers age 18 and older who are interested in helping children. Volunteers are needed to help provide care to families coping with terminal illness. Call 774-4417 for more information.

The Maine Polson Center is a preventative information program that provides resources and support to families in need. They offer a variety of services, including counseling, support groups, and financial assistance. Please call 773-4260 for more information.

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I wrote a letter to Portland's Solid Waste Management and the quest for cost-effective recycling. Unfortunately, recycling information was not as clear as it could be. I wanted to know more about the recycling process in Portland, and I wanted to learn more about the local businesses and organizations that were involved in recycling.

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One of the most depressing aspects of my post-Christmas season has been waking up on Tuesday mornings, past Christmas trees and bags and boxes jammed full of perfectly acceptable paper, magazines, cardboards—you name it—that have been put out for Wednesday morning garbage collection.

I continued to try to keep the "environmental" aspect of the situation in mind, but it was hard to do so while I was trying to sort through the different recycling bins. I was overwhelmed by the amount of paper and cardboard that needed to be sorted.

I also miss the days when I could walk out my door and see the garbage bin filled with recyclable items. It was a depressing sight, and I wondered what had happened to the recycling culture that had once been so prevalent.

I try to be environmentally conscious, but it's easy to get caught up in the daily routine and forget about the importance of recycling. I want to make a change, but I'm not sure how to do it.

I'm considering joining a local recycling group or volunteering at a recycling center. I hope that by getting involved, I can help make a difference and create a more sustainable future for ourselves and future generations.
The story is an entirely unvarnished look at what happens when a small English town is thrown for a loop by a man who, with keen insight into the human psyche, reveals the futility of all our efforts to control the chaos that surrounds us. "Wanda" is a movie that will make you think about your own life and the choices you make. It's a film that will stay with you long after the credits have rolled. Reviewed by Rita Prout-Farley

MARTY LAYNE AUDIOLOGY

"Offering a one-year satisfaction guarantee"

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DR. DAVID HURST

"Nicely, the custom of Gloversville don't mind" Dr. David Hurst, who has practiced allergy and immunology in Gloversville for over 30 years, says the patients who come to his clinic are often surprised by the new research on chronic sinusitis and chronic ear disease. He believes that the underlying cause of these infections and those allergies are often triggered by mold and scents. Dr. Hurst has found that the patients who have the most relief are those who use a combination of herbal supplements and medical treatments. He teaches about these treatments at numerous national and international conferences.

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GLENABBEY GOURMET

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