City Council candidates clockwise from top left:
Nan Sawyer
Cyrus Hagge
Nathan Smith
Jim Cloutier

Smart selection
These big heads contain big brains.
The 1998 municipal election in Portland has attracted some unusually intelligent candidates. But will that be enough to entice an apathetic electorate to the polls May 5?
You've Never Seen Anything Like This Before.

Feeling nervous? Anxiety is the most prevalent psychiatric condition in the U.S. — affecting 12-16 percent of the population — yet less than 10 percent of people with anxiety disorders seek treatment. Gordon Clark, M.D., president and medical director for Integrated Behavioral Healthcare in Portland, hopes that with education, and free events like National Anxiety Disorders Screening Day, May 6, more people will get help.

Do you think stereotypes stop people from seeking help?

Unfortunately, there is still a lot of stigma attached to mental health difficulties, even though we have become increasingly more aware of the biological basis of these disorders in a way that makes them very similar really to diabetes or hypertension. It's just that the organ affected is the brain.

Are some people born with anxiety?

Absolutely. There's often a genetic predisposition for these conditions.

How does that interplay with experiences?

It's a context issue. Some people may not have any significant psycho-social stressors going on but, because they have the genetic predisposition, these kinds of conditions — such as having panic attacks — may emerge out of the blue. On the other hand, for people who do have the genetic predisposition, it may be stress or other life circumstances. Upbringing can certainly play a role.

It is terribly important to assess that individual in all three spheres - the biological, psychological and social - and get the biological stabilized if indeed they have a biological condition, because until that's really stabilized it's hard to effectively apply any psychosocial treatments.

I think it's particularly difficult for people in Maine because they believe they should pull themselves up by their bootstraps. It's like thinking, "I'm gonna beat my diabetes or my hypertension by pulling myself up by the bootstraps." You just can't do it.

You don't want to overlook the spiritual realm as well, because for some people, that can be a very key component.

How does anxiety show up?

The prevalence of anxiety in folks that go to their general medical physician is about 15 percent, so it's an extremely common problem that people have for which they go to their general medical doctor. You know, they may have more stomach problems or headaches. These kind of conditions often go undiagnosed in the primary care practice. One of the problems is that not only does the person not get the diagnosis and proper treatment but medical costs can be very high. Early detection and intervention for people with these conditions can lead to lower medical costs.

Interview by Zoe S. Miller; photo by Colin Malakie
They allayed my concern about social isolation in the virtual community.

As an example of the era of cyber-sleuthing, consider Magic Citizen for Clean Elections. MCI is the group that organized passage of the complex campaign finance reform measure approved by voters in 1998. You might think an organization dedicated to waging and political money would be setting an example for the rest of us by avoiding even the appearance of pay-as-you-go fundraising. If so, you would be wrong.

JavaNet, a small coffee shop in Portland, has a mission designed to counteract ills it sees in our society. JavaNet is a place to work, live, and hang out. It also provides unlimited technical support and high-speed Internet access for $19.95 per month.

JavaNet, the perfect juxtaposition of technology and humanity.

Let your dim light shine

Let’s talk about openness and honesty. This brings us to another topic, that of open campaign-finance law. Openness and honesty, we are told, are the cornerstones of a clean and transparent political process.

The Clean Elections Act takes effect in November for legislative candidates and in 2002 for gubernatorial candidates and in 2004 for senatorial candidates. The idea is to make campaign finance transparent and honest. The three basic types of contributions are: check-off, pre-paid, and personal. The Check-off will allow you to put a bit of money on your tax return for the next cycle. The pre-paid amounts come from a group like MCCE, the public interest group that organized passage of the campaign-finance reform measure approved in 1996. You might think an organization dedicated to waging and political money would be setting an example for the rest of us by avoiding even the appearance of pay-as-you-go fundraising. If so, you would be wrong.

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They allayed my concern about social isolation in the virtual community.

The paradigm of the virtual community used to trouble me. until I visited JavaNet. Finally, I could probe cyberspace in a way that didn’t make me feel isolated. JavaNet provides unlimited technical support and high-speed Internet access for $19.95 per month.
Casco Bay Weekly

**Unleash Your Potential**

**Quest Center Martial Arts**

Custom Picture Framing Sale
10% off for one project, 15% off if you bring in a second
25% off if you bring in a third

**SALE ENDS JUNE 2ND**

**Why You Should Buy Your Diamond Engagement Ring From Cross Jewelers**

Casino at Rockland is a family-owned, private venue located in the heart of New England, offering a unique gaming experience and entertainment options. The casino includes over 2,000 slot machines, table games, and a live-entertainment venue. For more information, visit their website at casinorockland.com

**Unrealistic expectations:** Sometimes people set unrealistic expectations for themselves, which can lead to disappointment and stress. It's important to set achievable goals and celebrate small victories along the way.

**Additionally:** This image contains an article about the Civil Rights Act of 1964, which aimed to eliminate discrimination based on race, color, religion, sex, or national origin. The act prohibits discrimination in employment, public accommodations, and education. For more information, refer to the article in the provided text.
Two teenage boys knocked on the door of a Munjoy Hill house on a recent afternoon. When a man answered, they handed him a flyer titled, “Oh, excellent! Great!” he said, reading it out. “I thought you were just going to go to church.”

The 15-year-old cousins, Shaye and Storm, are two of about a dozen Munjoy Hill teenagers who are involved in the Teenage Employment Network (TEN) to help youth avoid the lure of gangs by giving them an opportunity to earn money, gain job skills and get to know their neighbors.

One of the projects sponsored by TEN isaisy's ongoing effort to rid the area of gang violence. Portland Deputy Police Chief Mark Dion, who heads the city's gang unit, said the network is helping to generate information. “It’s a click on the deadbeat we might never have heard,” he said.

In his effort to rid the area of gang violence, Dion has already had some success. When Groton school neighbors who would not toss items to residents, Dion said, several residents have joined the flyer campaign, saying that a group of teenagers at the local school has been handing out flyers and holding meetings.

“But you see nothing bad coming from these people. They’re just speaking out.”

The main goal of the flyer campaign, Dion said, is for Portland to have a say in the future of the city. “Portland is a great place to live, but also had time for lots of other things.”

Gleason said. “And I knew there’s more money in the network than on evidence,” she said. “We heard that this school was doing something like this, but too many people just go to sleep when you have to work.”

Dion said. “They have money to give to their network, even though we know it’s going to be destroyed.”

The network’s help. TEEN will even cover the costs of food and bicycle parts.

If programs such as TEEN can keep young people off the street, the city’s tax rate would rise slightly, the city’s finance committee on April 27 directed the council to pass the measure itself.

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With the predictable clunk of the door, the secretary of state to run for Cumberland County sheriff as an independent candidate, said. “I want to have one car and the house and stuff.”

Dion said. “I’m probabiy going to go to some more events with the kids.”

Too many people just go to sleep when you have to work. And that’s a crowd that Aerin still doesn’t understand the issue of civil rights. In his effort to rid the area of gang violence, Portland Deputy Police Chief Mark Dion, when asked by the Portland city clerk, said he announced that the recent murder of a Gorham High School student in Portland was “a part of our community.”

The project is to give teenagers a way to earn money, gain job skills and get to know their neighbors. “They’re not dealing with the social issues that are going on with this kid,” he said.

Now offers an even greater choice of:

- Bulk Food
- Vitamins
- Organic Produce
- Black Tie Catering
- Oasis Café
- Denny’s on Congress Street

As the former mayor of Portland, he said. “I want to have one car and the house and stuff.”

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Portland's 1998 municipal ballot offers the strongest field of candidates in recent years. But even quality candidates may not be enough to induce the city's apathetic voters to show up at the polls on May 5.

Voters guide

Smart selection

Al Diamond

It is our imagination or are the candidates getting you down? This year's crop of hopefuls for seats on the Portland City Council and School Committee appears, on average, to be more knowledgeable about the issues and more imaginative in finding solutions to problems than any similar group of politicians in recent memory. Most of the class of '98 have, at least, a basic understanding of how municipal government operates and who the key players are. Most have clear ideas of what they hope to accomplish and realistic expectations about how easy it will be to fulfill their goals. Most manage to temper their obvious idealism with a modicum of common sense. In general, realistic expectations about how easy it will be to spout off about their personal career in politics.

For once, the municipal ballot is no joke. Jim Cloutier and Nan Sawyer, for right? You're figuring we're about to take at-large City Council candidates for donations. He also supported tight-fisted words. He voted against public investment in infrastructure to induce the city's apathetic voters to learn about the candidates, they scream.

Do you think city spending on property taxes will be lower or higher after your term? 

Who do you favor the ban on smoking in Portland restaurants? Should the Postal Service be privatized? Do you think city spending on property taxes will be lower or higher after your term? 

What shows would you like to see managed by the Maine State Museum? Do you favor building the last of the Penobscot River hydroelectric projects? Are there other areas Portland should be spending more money on? 

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You probably think we're here to serve our small semantic need and that we've just been setting the stage for this page. But we're not. For one, the municipal ballot is no joke. Jim Cloutier and Max Sawyer, for example. Both have run for the Council, Jim as a write-in in 1995 and Max as a write-in in 1997, but both have now sought to learn from the experience. In their previous campaigns, neither worked out a broad knowledge of issues or an immediate issue of concern. But this year, Sawyer, who's been serving on the city's Public Utilities Board, has an agenda, is enthusiastic about her idea of providing low-cost residential developers who agree to build moderately priced apartments. "There's a dearth of good rental housing for the middle class," she said. Cloutier is confident in his opposition to turning the waterfront into a "tangerine" trap — instead advocating public investment in involvements to encourage maine-based development. Journalist in re-industrializing the waterfront. "We've heard nothing about the problems at Sagadahoc Bay," Sawyer or Cloutier, and Sawyer shares a blow when asked how to improve public transportation. Berlin came across as otherwise well informed.

Likewise, their competition for the two at-large seats, planning board member Cyrus Hodge and Portland Trash Task Force leader Lisa Smith, who have allied themselves with the community's efforts to clean up the river, are pushing a review of residential and small business districts to prevent development from encroaching on neighborhoods and open spaces. "We need something positive," he said. "Our concern is how to stimulate that growth without driving people out of the city." Smith wants the city's development to be guided by the city's own special areas. Cloutier, for his part, wants the city to pay attention to the neighborhoods that are not yet fully developed. His reasoning about protecting neighborhoods conflict with his recent planning board vote to allow Maine Medical Center to build a huge office complex on the edge of the peninsula neighborhoods, and Smith's ideas on economic development were active, but both appear to have a foundational group of what makes the city unique. Cloutier argued that any new development on the island must be compatible with the island's character.

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Who do you know?

CRPS asked the Portland City Council and School Committee if they knew certain Portlanders. The city being asked to find out if those seeking elected offices knew them. Everyone gave various answers.

If you're looking for someone's contact information, you should be aware that the Portland City Council and School Committee do not keep such information. They do not have a database of Portlanders.

The city does not maintain a list of people seeking elected office. It is up to the individual to provide contact information.

Sitting in the Portland City Council and School Committee offices on May 9, 1998, one of the council members said, "We don't keep track of people seeking elected office. We rely on the candidates to provide their own information."

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Endorsements

It certainly was an unexpected pleasure to sit down to make our endorsements for Portland School Committee and City Council this little round. Too often, we spend our time arguing about which of the candidates embodies the lesser evil. This time, we wereprivileged to deliberate which embodies the greater good.

Portlanders will be deciding two at-large candidates to the Council May 5. One of our votes goes to Jim Cloutier, whom we've also endorsed when he made his first run for the office last year. Cloutier is, in principle, honest, publicly known for his integrity in the right place. He also has the guts to stand up against big development projects that don't make any sense for the people of Portland — such as a possible Wal-Mart in the Back Cove. Cloutier has the right stuff to win this election.

Our other school committee vote is cast in favor of Don Harrell. As a Bank School parent, Harrell has been an active and concerned participant in the non-profit school-union allocation of the school department's budgetary resources. We think he would be a productive member of the committee.

Cloutier and Harrell are not the only candidates for public office whose qualities do not come from large campaign contributions, or gobs of political write-ups. We hope you'll go out and make a few decisions on the issues.

Through his hands-on commitment to myriad boards of non-profits and his sleeves and get the job done. He is a smart and energetic guy, and while he may be a bit more conservative on the public schools board than some other members of the City Council, we think his experience and his political savvy make him the most qualified candidate to lead the city.

Sending misbehaving kids home leads to increased method of suspension, so that children can have access to an "academic team" and keep it in your pocket for election day.

Another vote goes to a more pro-development candidate; Cyrus Hagge. Hagge currently works with youth in the Parks and Recreation department and he has been an active advocate for development and the arts in the city. He has a background in community organizing and he is a respected member of the Portland community.

Of course, we always urge you to make up your own mind when you go to the polls. We hope our coverage of the race, beginning on page 5A, will be an excellent advocate for both education and youth.

Another one to watch is the race for the City Council's District 8 seat. Russ Cloutier has a firm grasp on the issues that make Portland such a special place to live, and we believe he would work with integrity on the Council in an effort to prevent urban sprawl and improve city services.

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Turn on the to at least open the School Committee, we give a hearty endorsement to Scott Erick Michael. The 21-year-old Richard is making his third run for the committee, and he has learned a lot since his first campaign. His forthright and openminded stance on the issues would distinguish himself as the new entry into the already smart and dedicated committee's proceedings. And we believe that the voice of youth is sorely needed in the ongoing debate about how best to educate our children.

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The onion is an amazing vegetable. It has a strong smell, white skin and a crunchy texture. The onion is a bulb that grows underground. It is a perennial plant and it can be grown in many different climates. The onion can be used in many different dishes. It is a very healthy vegetable.
Prime cut

If anyone wants to look for John Renbourn hoping to win over English folk fans, he’s not in for a big surprise. Not only has he earned the love of folk music fans, but he’s also built a reputation as a composer and performer. Renbourn has pushed the envelope by fusing British and Celtic folk music with jazz, country, blues, reggae, capella, Middle Eastern and perfoomance styles. Renbourn was a sprinter in Latin American rock in the 1970s with the groundbreaking folk-rock ensemble Montage. Since 1990, Renbourn has written one and formed a variety of short-term bands—all stretching the boundaries of English folk music. Renbourn’s one guy who will never have to say, “I wish I had tried.” April 30 at BarLing (9 pm/21); May 1 at 865 Forest Ave. Portland, at 8 pm. Dave Van Ronkel opens. Tel: 874-1933.

The next big thing

Stone Coast brewing company

The listings above are for the current week and include only those bands with upcoming performances. Adjustments for times, dates, days, and venues are subject to change. 

Long live rock

It's both a bit of a cliche and quite appropriate that Portland has Foo Fighters and Mike Watt coming to town right after the other. For one thing, Mike Watt is known as one of the most active and innovative bassists in rock, and for one other thing, Foo Fighters are known for their punk roots and their ability to mix genres, much like Watt has did in the past.

One of the most intriguing aspects of this double-bill is the fact that both bands came to prominence in the same time period, with the Minutemen and the Minutemen's bassist Mike Watt. Watt was one of the key figures in the punk rock scene of the late 1980s, and his band the Minutemen were known for their aggressive, energetic style and their innovative approach to songwriting.

Another time rock was declared dead was back in the 1980s, but it survived, Watt and the Minutemen, who were working outside the mainstream. The Minutemen's line-up included guitarist D. Boon and drummer George Hurley, and they were responsible for bringing the band's music to the masses.

Another interesting aspect of this double-bill is the fact that the Minutemen's music was characterized by its use of unconventional time signatures and its focus on歌词 that was often poetic and thought-provoking. Watt's personal history and that of his father, a sailor in the Navy, had a significant influence on his music, and this can be heard in the band's songs.

That second album is ostensibly a "punk rock opera" about "three guys in the engine room of a boat." Listeners, though, will more likely recognize elements of Watt's personal history and that of his father, a sailor in the Navy, than any sort of forcing emotions through a sound. For evidence, one need look no further than the group's single, "I'll Stick Around." When the band broke up in '85, Watt pursued a solo career, free with the attack our dissertation, "Ball-Hog or Tugboat?" and then with last year's "Contemplating the Engine Room."

Another time rock was declared dead was back in the 1980s, but it survived, Watt and the Minutemen, who were working outside the mainstream. The Minutemen's line-up included guitarist D. Boon and drummer George Hurley, and they were responsible for bringing the band's music to the masses.

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Another thing that may be difficult to recall now that the genre is at its most moribund. Granted, rock has been declared dead every three or four years since Buddy Holly's time, but when The Minutemen formed in the mid-80s, it was seen as a time when rock was still mattered, something that may be difficult to remember now. The Minutemen were one of the key figures in the punk rock scene of the late 1980s, and their music was characterized by its use of unconventional time signatures and its focus on歌词 that was often poetic and thought-provoking. Watt's personal history and that of his father, a sailor in the Navy, had a significant influence on his music, and this can be heard in the band's songs.

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TALKING TO ANIMALS

Velvel recording artists TALKING TO ANIMALS will be performing selections from their cd MANHOLE at Borders on Wednesday, May 6 at 5:30pm.

"This four-piece Boston rock band is a promising effort built on intelligent, beyond-the-ordinary songwriting. They also have that tetangkla and inviolable presence with Juliane Nash. Her strong vocal abilities and range....made me wonder how it is to hear such a powerful and distinct songwriting in rock bands these days."

-Portland Press Herald

BORDERS


At the Maine Mall
South Portland
(207)795-6410
Performing arts

**Performers Wanted**

A stitch to wear

J.C. Lee Boutique

Fourth Annual Spring Thing

Please join us in celebration of Spring for an evening of good food, good wine and great people featuring more than 20 fabulous restaurants and international airlines.

Tuesday, May 5 at 6pm

Holiday Inn By the Bay, Portland

The Thomas Snow Quartet entertains and our silent auction focuses on the good life. Items range from hotel accommodations and Casco Bay cruises to certificates for your favorite spots.

Tickets are $50 or $90 for two.

All proceeds benefit Ingram's Club, residential and support programs. To order tickets, please call Donna Schmidt at 828-0435.

We've grown, so we've moved to 865 Congress St.

Limited number of annual memberships available. Call 583-9245 for info.

Portland Spiritualist Church

Spiritualism is a religion, Philosophy and Science. We prove the continuity of life through communication with Spirit loved ones.

Spiritual Development Center workshops are held Friday evenings. 7:30-9pm. Church Services are held Sunday evenings, 6:30-8 pm.

Weating for Women: Casual and Formal Wear

MIX 96.9

A 50/50 MIX OF THE 80s & 90s

- Gin Blossoms
- Melissa Etheridge
- Eric Clapton
- Phil Collins
- Bonnie Raitt

Distinctive Portraiture

Tonee Herbert

Call for an appointment 207-772-1967
**Thursday 30**

**DASC STERN**

**Bike Week**

1996, when nineteen years have passed, 1996 is the year of the birth of the first bicycle. The birth date of the bicycle is celebrated every year in the United States on November 20th. This year, the celebration will be held in Portland, Maine, where the bicycle was invented. The event will feature a parade, a bike show, and a bike race. The parade will start at 11 am on Congress Street, and the bike show will be held at the Portland Expo Center. The bike race will be held on Saturday, November 21st, at 9 am. The race will start and finish at the Portland Expo Center. For more information, please visit www.bikelife.me.

**Saturday 2**

**Dancing With the Stars Contest**

He's in town! Jaycee's annual charity auction fundraiser, under the stars, will feature a variety of dances, including salsa, tango, and hip hop, performed by local celebrities. The event will be held at the Portland Expo Center, from 6 pm to 10 pm. All proceeds will benefit local charities. Advance tickets are available for $30 per person, or $50 per couple. For more information, please call 289-5000.

**Sunday 3**

**Portland High School Variety Show**

The Portland High School Variety Show is a showcase of student talent, featuring a variety of acts, including singing, dancing, and comedy. The show will be held at the Portland High School Auditorium, from 7 pm to 9 pm. Tickets are $10 per person, or $5 for students and seniors. For more information, please call 764-2200.

**Monday 4**

**Frank Black**

Frank Black, the lead singer of the surf punk band, the Pixies, will be performing at the Portland High School Auditorium, at 9 pm. The show is part of the school's 100th anniversary celebration. Tickets are $10 per person, or $5 for students and seniors. For more information, please call 764-2200.

**Tuesday 5**

**Storyteller Joseph Bruchac**

Joseph Bruchac, the renowned storyteller and author, will be performing at the Portland Public Library, at 7 pm. The event is part of the library's summer reading program. Tickets are $10 per person, or $5 for students and seniors. For more information, please call 764-2200.

**Commute Another Way Week**

June 15-19, 1998

"Try it for fun! Do it for life!"

This year, more than 4,800 people from 170 different employers in the Greater Portland and Southern Maine area participated in Commute Another Way Day! This year with the week's expanded event, organizers of Commute Another Way Week hope to have more than 6,000 people and 200 companies take part. The theme is "Try it for fun! Do it for life!" Each day high school students and adults, picking up the Knickerbocker Award for Juvenile Literature, enjoy the genuine heir of oral tradition. Hence the many crude paintings the ancient skeptics said it would never last - and pointed to as its downfall. For centuries, the knowledge of one generation passes on to the next, and improve the environment and air quality.

**Monday, June 15 - Bike day.** Take advantage of the start of summer. Call RideShare at 1-800-200-20-20 for good bike routes. Too far to pedal all the way? RideShare at 1-800-200-20-20 for a convenient bike lot.Only the bravest flier dares to fly against the winds of change. Stick with me, Frank Black, and you'll be hooked up with some great solo cello. The show is 9 pm. It's probably a good idea to see some local bands, before they shave off their beards to Black Frog or Parachute Boggs or Commander Herbier. The show is 9 pm. For more information, please call 764-2200.
Try it for Fun!

Committing to work doesn't have to be a boring hassle. Believe it or not, it can be fun! How? Join thousands of other Miamis during Commute Another Way Week, June 15-19. Leave your car in the driveway and all those traffic headaches behind — bike into work. Enjoy the fresh air and sunshine with a leisurely walk into work. Hop on the bus and tighten up on the way into work. Pick up a co-worker on the way in and enjoy conversation, instead of listening to the drone of your engine.

Here are more ways to put some fun in your commute during Commute Another Way Week:

1. Meet friends for breakfast, then carpool into work together.
2. Grab your Walkman and bob to the beat all the way to work.
3. Meet your sweetheart for a quick bite, then bike into work.
4. Drop the kids off at day care, park the car for the day, and enjoy the walk into the office.
5. After your morning workout, carpool to work with your gym buddy. Heck, hop off for a bagel with cream cheese. You deserve it!
6. Pick up a few co-workers on your way in, then at lunch walk together to a nearby restaurant.
7. Buy a page-turner and read it on the way to work on the bus.
8. Don't stress out trying to squeeze in a workout. Bike to work and exercise your commute in your workout!
9. Meet your best friend at a Park and Ride lot and “walk and talk” the rest of the way to work.
10. Ride with your neighbor and use the time to plan a party.

Do it for Life!

We're sure once you've tried carpooling, walking, biking or riding the bus to work, you'll see how easy alternative commuting is and you won't want to do it again and again! But we know getting started can be hard. Old habits are hard to break. If you need some encouragement or you just don't know where to start, look no further.

Share a ride

Why not carpool to work during Commute Another Way Week? Perhaps you or a co-worker lives near you and who has similar schedules. Make the move now! Commute Another Way Month or anytime:

- Meet your sweetie for a quick bite, then bike into work.
- Grab your Walkman and bob to the beat all the way to work.
- Meet friends for breakfast, then carpool into work together.
- Meet your sweetheart for a quick bite, then bike into work.
- Drop the kids off at day care, park the car for the day, and enjoy the walk into the office.
- After your morning workout, carpool to work with your gym buddy. Heck, hop off for a bagel with cream cheese. You deserve it!
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- Meet your best friend at a Park and Ride lot and “walk and talk” the rest of the way to work.
- Ride with your neighbor and use the time to plan a party.

DESTINATION AUGUSTA!

If you work or live in the Augusta area, GO Augusta can provide you with assistance for Commute Another Way Week and all year long. Call GO Augusta at 633-3883 for carpool and carpool information and assistance!

Put the pedal to the pavement

Biking to work can be a great way to start your day, but it does take a little planning:
- Pack a backpack or saddlebag with a change of clothes for work.
- Inspect your bike; make sure it's in good shape. Carry a small bike tool kit and change for a phone call should you run into trouble.
- Think safety first! Use a light at night (reflectors are not enough); ride with traffic; always wear a helmet; watch for railroad tracks, road debris, rough pavement, drainage grates and other hazards.
- Lock your bike so it will be there when it's time to pedal home!

If you live farther than you can pedal, go multi-modal. Drive with your bike to a handy, free Park and Ride lot. Or park your bike on the front of a bus and hop on board! For details and suggested bike routes, call RideShare at 1-800-280-RIDE or return the fax-back sheet on the other side of this page. We’ll give you a simple kit with everything you need to promote the event!

CALLING ALL COMMUTE ANOTHER WAY WEEK COORDINATORS AND WANNABEES!

Come to an informational breakfast, Thursday, May 7th from 7:45-8:45 a.m. at the Mariner’s Church Banquet Center on Fore Street in Portland OR Wednesday, May 6th from 7:45-8:45 a.m. at the Senator Inn in Augusta.

Can’t make it? Don’t worry—you can still organize your company. Call RideShare at 1-800-280-RIDE or return the fax-back sheet on the other side of this page. We’ll give you a simple kit with everything you need to promote the event!

Why Commute Another Way?

Traffic

More than 85,000 single occupancy vehicles drive into Portland on the average work day. Traffic congestion continues to worsen by about 5% per year.

Money

Driving solo is expensive... approximately $24 per mile and about $36 to and from work. Carpool just a few days a week and you’ll have extra cash for that much-needed vacation or those little extras you’re living without!

Environment

You can make a difference. Last year Commute Another Way Day participants working together reduced the number of vehicle miles traveled on Southern Maine roads by more than $2,000,000 and kept more than 2,300 pounds of pollutants out of the environment. And that was just one day’s effort! Imagine what the results will be this year, with our expanded week-long event! Think about how much cleaner the air would be if everyone used alternative commuting just a few days a month.

Health

Walking or riding your bike to work can help improve your health. You’ll get your blood moving and may be able to eliminate the need for some or all of a separate exercise regimen. You’ll also reduce stress and arrive at your destination relaxed and ready to get on with your day! Carpooling and riding the bus can also help reduce stress by cutting out worries about driving and parking!

Sign Up To Win

Fabulous, fun, exciting prizes can be yours! But only if you sign up to Commute Another Way and fill out your official Commute Another Way Sign-Up Card. Filling out the card gives you one opportunity to win prizes, and helps us track participation. All completed cards will be entered for random prize drawings. So fill it out and get in on the fun! See your Commute Another Way Week Coordinator at work for your official sign-up card!

MONDAY, 6/15

BIKE DAY

RideShare ........................................ 1-800-280-RIDE

TUESDAY, 6/16

CARPOOL DAY

RideShare ........................................ 1-800-280-RIDE

WEDNESDAY, 6/17

WALK DAY

RideShare ........................................ 1-800-280-RIDE

THURSDAY, 6/18

BUS DAY

METRO ........................................ 774-0351

ZIP shuttle ........................................ 774-0351

S.P. Bus Service ............................... 787-5556

ShuttleBus ................................. 883-5408

RideShare ........................................ 1-800-280-RIDE

FRIDAY, 6/19

CHOICE DAY
Employer Fax Back

Company: __________________________
Address: __________________________
Name: ____________________________
Phone: ____________________________

No. of Employees ____________________

We need to know more. Please contact the following persons with information about Commute Another Way Week 1998:

YESS: We want to participate in Commute Another Way Week 1998, but won’t be able to come to the breakfast.

YESS: We plan on coming to the breakfast rally too!

Thursday, May 7, 1998
7:45 a.m. – 8:45 a.m.
Mariner’s Church Banquet Center, 368 Free Street, Portland

Sponsor, Sen. Augusta

# of people attending _______________________

Commute Another Way Week + 233 Oxford Street + Portland, Maine 04101
1-800-280-RISE
Fax (207) 774-7349

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The following companies have lent their support to Commute Another Way Week 1998:

Platinum Sponsors

- ABB Environmental Services
- Central Maine Newspapers
- Central Maine Power
- Children’s Hospital
- Eye Care and Surgery Center
- H.M. Payson
- Hall School
- MEBSR Co.
- MAPS International
- Rehabilitation Center
- University of Southern Maine
- H.M. Payson
- Rehabilitation Center
- University of Southern Maine

Silver Sponsors

- Acadia Environmental
- H. M. Payson
- Central Maine Power
- University of Southern Maine
- Central Maine Power
- University of Southern Maine

Bronze Sponsors

- Art & Outdoors
- Greater Portland Drummond, Woodsum
- Greater Portland Council of Support and Recovery Services
- Greater Portland School of Business
- Greater Portland School of Business
- Greater Portland School of Business

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The 1998 Commute Another Way Week 5-Day Pass is a soft, heavyweight cotton with the imprinted insignia "Commute Another Way Week logo! What a great way to show others you're doing your part to reduce pollution and traffic congestion! Ask at work how you can get your very own. Wear it whenever you participate during Commute Another Way Week!

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Name: ____________________________
Phone: ____________________________

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"Wilderness Transformed: Art in America by Ean Dotter," shows through May 23. Hours: Mon and Sat 11 am-3 pm, Fri 10 am-2 pm. 775-6245.

Morse. shows through May 16. Hours: Tues-Sat 10 am-4 pm, Sun 11 am-4 pm. 780-0766.

"Portraits 01 the Century A .D . Walker Gallery. An exhibition of portraits traiture I dating from the 1860's to the 1960's. Hours: Mon-Fri 7 am-4 pm, Sat 8 am-5 pm, Sun 10 am-5 pm. 775-6148.

Continental Revealed: a history of the European continent. Ongoing. Hours: Mon-Sat 10 am-5 pm, Sun noon-5 pm. 797-7261.

"Drawings: a display of worlls and monotypes by four University, shows through May 9. Hours: Tues-Fri 12 pm-5 pm, Sat-Sun 12 pm-4 pm. 885-5903.

慑pit. shows through June 6. September 27, by Tom Maciag, Nancy Montgomery. Ongoing. Hours: noon-9 pm. Sat 9 am-5 pm, Fri 10 am-9 pm, Sun noon-5 Mon-Thurs 8 am-10 pm. Admission: $6 ($5 stu-. 8 am-5 pm, 892-8086.

Lewiston. The works of over 100 artists may be seen. Ongoing. Hours: Mon-Fri 9 am-5 pm. 761-3012.

"Women Give Birth to Men Who Wear Uniforms" by Maggie Foskett, at the UNE Art Gallery in Gorham. Shows through May 29. Hours: Mon-Sat 9 am-5 pm. 826-8833.

"Drawings: a display of worlls and monotypes by four University, shows through May 9. Hours: Tues-Fri 12 pm-5 pm, Sat-Sun 12 pm-4 pm. 885-5903.

Contemporary artists include from left to right: Alfonso Gobea, Maggie Foskett, Victoria Sheridan, Phyllis Rees and Susan Amons. The gallery, though resembling a bunker from the outside, is ghostly images superimposed on a female X-ray ("Women Give Birth to Men Who Wear Uniforms") is particularly powerful.

"Ghostly images superimposed on a female X-ray ("Women Give Birth to Men Who Wear Uniforms") is particularly powerful. Avy Claire's lurid Pop painting, 'Untitled Red Woman,' contrasts with the bright, transparent red of the works of over 100 artists may be seen. Ongoing. Hours: Mon-Fri 9 am-5 pm. 761-3012.

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Hey Maniacs! Get Out and Play on the Rivers in Your Own Back Yard!

DEAD RIVER MAY 2 & 9 $79.00 P/P

Celebrating 20 Years of Rafting Excellence!
for a FREE Brochure call 1-800-UNICORN
UNICORN EXPEDITIONS, INC. 1450 Wharf St, • Across from G'Vanni's
207-775-3222

Our Customers Comment About the Food:
"Your food is superb - always have a good meal here!"
"Your chocolate pudding cake is very imaginative and successful." 
"Never run out of strawberry shakes!"
"Enjoyed the variety - had lunch time closing."
"I'll have to come back!"
"The best food we've had in ages. Service nothing short of spectacular!"
"We eat out here!"
"I like the way you season your food. This barbeque is made the hard way!"
"Excellent! Huge portions!"
"The service was very pleasant in great fashion!"
"Soup Can you order by the roll? Supper?"
"Bueno pork dinner (Hue Fish) was absolutely delicious. Don't run my story, but I'm not one to throw bad food away!"
"I love your establishment, key change I could get the room!"
"Enjoyed blancon grilled veal mina steak, spinach, and pastry very good!"
"Great!! The主任 served was very, very, very good!"
"Pickles! Thank you - always a good meal here!"
"Oyster appetizer very luxurious and excellent!"
"The raspberry punch oldfashioned was wonderful!"

Tim & Tom: Fri 6:30-10pm Sat & Sun 5-2:00pm 770-67-10 Spring Rd & High Streets

Cotton Street Tropical Bar & Grill
Special Margarita & Choice of Enchilada or Taco
W.O.W. - It's Cinco de Mayo MAY 5TH
$1.00 Tecate Call for a menu 773-7146
Try it... You'll Love Us!
Red, 43 EXCHANGE St Portland, ME 04101

Fresh Market Pasta Co. $5

COTTAGE BAY EAGLE DINNER

TODAY

Jones Landing is open for the season March 5-10-11-12

Specials

PECS

900 Scotch - "S" Atlantic Avenue

766-5562

Come on out to the docks (just 23 minutes east of Peaks Island) and try one of Peaks Island's finest seafood restaurants. Enjoy the best seafood, a beautiful sunset, specialty cocktails, and the company of friends.

OFFICE CATERING

10% off with this coupon

Call for a menu 773-7146

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The Great Lost Bear

The Best in Home Audio & Home Theater Surround Sound for 33 years

New England Hi-Fi

The Best in Home Audio & Home Theater Surround Sound for 33 years
The 9th Annual Little Festival of the Unexpected
April 29 - May 2
Four Innovative Works-in-Progress
2 Staged Readings
A Bicycle Country
by John Goddard & Mark Waters
and Brian Silverman
1 One-Woman Show
The Shaneequa Chronicles
Written and performed by
Stephanie Berry
1 Musical-in-Progress
Leaving Queens
Staged Reading

Family Festival
A Night with Picasso
Friday May 1, 5:30 to 7:30 p.m.
Free admission!

Bring your friends! Bring your family!
Visit with one of the great artists of the 20th century, and a group of his friends, one sunny summer day in Paris in 1916. See the exhibition A Day with Picasso, and draw yourself and your family and friends into a scene with Picasso and his friends. Go on a hunt for the Picassos in the Museum.
PORTLAND MUSEUM OF ART
Seven Congress Square, Portland, ME 04101
(207) 775-6148
The Clay Cafe

A Contemporary Studio
Where Tea & the Arts meet

IT'S A GREAT DATE
Surprise your sweetheart with a visit to the Clay Cafe to paint pottery bowls, wine and ale tile mugs...

Opening July 4th
26 Free St., Portland
772-9600

New York Times

Theater Notes

April 24-May 9

BARRY'S GREAT ADVENTURE

Barry's the theme, growing stale of the TV show "Wendy, Wendol, What's New?" the girl has been on with intermittent success and only frequented by stars want to keep his show on the air. This Barry is being presented to us by a production team giving him a new image. It's no television shows, movie,...

Yarmouth, Maine 04096
Email: hheap@ctel.net

Hagy Heap
Director
5 Lupine Court
Palisades, NY 10964

You're Not Blame Victor Hugo if you don't watch "The Hunchback of Notre Dame". However, that the massive tome can't possibly be translated to the screen without losing some of the elements that make it a masterpiece of literature, it's not showing up in this wheeling, crack at a comeback cast."The Hunchback of Notre Dame" is a visual feast, but it's not a movie. It's a cinematic interpretation of a...
free 40 word ad • free voice greeting • free retrieval everyday!

Want your free 40 word ad? Simply fill out the coupon and mail it back to us at: personals 200 Oxford St. Portland ME 04101. With our new automated system, we'll send you all the information you want to know on how to access your free voice greeting.

free services:
free 40 word ad:
name:
phone:

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Release tension in your body.
Train your body to relax.
Tone your muscles.
Remember your breathing.
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Counseling Services, INC. is looking for a full-time Community Support Clinician. The ideal candidate will have a Master's degree in Social Work, Psychology or a related field and license in Maine. Experience in substance abuse treatment is preferred but not required. This position offers excellent benefits including health, dental, vision, and paid time off. If you are interested in this opportunity, please send your resume to Human Resources, CRH, 50 Franklin St., Calais, ME 04619 or call 692-5456.

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Looking for an experienced executive chef to manage our kitchen operations. Must have at least 5 years of experience in a similar role, able to lead a team of 12-15 people, and have a passion for quality food and service. Please send resume to humanresources@calaisregionalhospital.com.

Director of Public Affairs

Norell Group is seeking a Director of Public Affairs to lead our communications strategy for the Scarano Foundation. The ideal candidate will have a minimum of 7 years of experience in public relations, with experience in healthcare, non-profit, or government. Strong writing and research skills are required. Please send resume to info@norellgroup.com.

Healthcare RNs & LPNs

Nursing Home Opening in Calais, ME

We are seeking RNs and LPNs for a full-time opening in Calais, ME. Must have recent experience with geriatric populations and be able to work rotating shifts. Please send resume to hr@calaisregionalhospital.com.

Travel nurses needed in Maine

Calais Regional Hospital is seeking travel nurses for various units. Must have current licenses and certifications. Benefits include competitive pay, travel allowance, and flexible schedules. Please send resume to travelnurses@calaisregionalhospital.com.

Community Care Systems of Maine

The Community Care Systems of Maine is seeking a Community Support Clinician. The position requires a Master's degree in Social Work, Psychology, or a related field and license in Maine. Experience in substance abuse treatment is preferred but not required. This position offers excellent benefits including health, dental, vision, and paid time off. If you are interested in this opportunity, please send your resume to Human Resources, CRH, 50 Franklin St., Calais, ME 04619 or call 692-5456.

AmeriHealth Integrity

We are currently seeking a Senior Software Engineer to join our team in Maine. The ideal candidate will have 5+ years of experience in software development, with expertise in Java and .NET. This position offers a competitive salary and a comprehensive benefit package. Please send your resume to jobs@amerihealthintegrity.com.

Healthcare jobs in Maine

Calais Regional Hospital is seeking nurses for various units. Must have current licenses and certifications. Benefits include competitive pay, travel allowance, and flexible schedules. Please send resume to travelnurses@calaisregionalhospital.com.

RN Charge Nurse

Part-Time, Full-Time

Peniel Community Care is seeking RN Charge Nurses for our various locations in Maine. Must have a current license and at least one year of experience in a similar role. Please send resume to hr@penielcommunitycare.com.

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