7-30-1998

Casco Bay Weekly : 30 July 1998

Follow this and additional works at: http://digitalcommons.portlandlibrary.com/cbw_1998

Recommended Citation for This Issue

This Newspaper is brought to you for free and open access by the Casco Bay Weekly at Portland Public Library Digital Commons. It has been accepted for inclusion in Casco Bay Weekly (1998) by an authorized administrator of Portland Public Library Digital Commons. For more information, please contact campbell@portland.lib.me.us.
Some of Portland's public sculpture and painting is well worth looking at, and some of it — most definitely — is not.
"I'm not an athlete. I'm not a cyclist... but I'd climb Mt. Everest to make a difference in the struggle against AIDS."

Call Today
(617) 859-8282

3,000 Riders • 275 Miles • September 17-19, 1998

www.aidsride.org

2 CASCO BAY WEEKLY
JULY 28, 1998

For one of the last openings, call today to register.

What is it?
The AIDS Ride is not about bicycling. It's about something bigger: a challenge to make a difference in the lives of those affected by AIDS. This unique event is a three-day, 275-mile journey through some of the most picturesque and challenging terrain in New England.

The Ride is not about anything but you. It's about personal growth, overcoming fear, and making a difference. It's about the power of community and the strength of individuals.

Where does the money go?
All money raised goes directly to AIDS Ride programs. The funds are distributed to AIDS Ride teams and individual riders who have made the personal commitment to support AIDS Ride programs.

What has the experience been like for others?
AIDS Ride participants have described the experience as life-changing, inspiring, and empowering. It's a journey of self-discovery, personal growth, and community building.

What do I have to do to ride?
Call today to register for the AIDS Ride. The ride is open to anyone who can ride a bike and is capable of completing the 275-mile journey. The ride is not a race, but rather a journey of personal growth and community building.

Call Today. The Ride is not about bicycling.

18 years , He had 16 hours of video-tape, which he filmed dance rituals for Performing Arts, which was big enough that we got banned from Tibet.

AIDS Rider Rob Bergstein

We're hiking 250 miles in the Sierra Nevada, before In theTibet, but it's such a forgotten part of the world. It's something they're trying to get rid of. So they arrested him for that.

Tell me about Ngawang.

On Aug. 13, Portlander Neal Dessouky, 25, will begin a month-long hike in California's Sierra Nevada as a fundraising mission for the Save Tibet Campaign. The money that he raises will be divided equally between religious institutions, attempts to preserve Tibetan culture and the effort to free Ngawang Choephel — a young Himalayan monk imprisoned in China in 1995 for espionage after shooting documentary footage of his native Tibet.

What are his prospects of getting out?

The number one thing I think there's been a campaign for Ngawang but it's stopped because of falsities. The money that we raise, or even a small amount, could go a long way to winning some freedom for Ndawang. A lot of my friends don't even know about what's going on over there.

What you're doing is more about raising awareness than?

What's the point of going to these great efforts to raise money for an American? This is a way to help Tibet.

Tell me about Ngawang.

Ngawang Choephel was a student of the Tibet Institute for Performing Arts and earned a Fulbright Scholarship, which brought him to Baldwin College where he met up with my brother and my brother's friends. At Baldwin, the students organized an event to raise money for Tibet.

Fulford. It's really complicated, especially with everything. There's been a campaign for Ngawang but it's stopped because of falsities. The money that we raise, or even a small amount, could go a long way to winning some freedom for Ngawang.

What you're doing is more about raising awareness than?

Dessouky. It's a very complicated situation. There's been a campaign for Ngawang but it's stopped because of falsities. The money that we raise, or even a small amount, could go a long way to winning some freedom for Ngawang. A lot of my friends don't even know about what's going on over there.

Fulford. I think a lot of America doesn't know.
4 CASCO BAY WEEKLY

Why You Should Buy Your Diamond Engagement Ring From Cross Jewelers

Cross Jewelers, Portland's oldest family owned jeweler, is proud to offer a wide selection of diamonds which come with a lifetime guarantee. The ultimate in beauty and quality, each diamond is held to the highest standards. We offer engagement rings in all styles and prices to fit any budget. Our knowledgeable staff is always available to assist you in choosing the perfect ring. Cross Jewelers also offers a wide selection of jewelry, watches, and gifts. Stop by our showroom today to see our selection of diamonds and engagement rings. We are located at 277 Congress Street, Portland, ME 04101. Call us at (207) 775-3207 to schedule an appointment. Cross Jewelers, Portland's oldest family owned jeweler, is proud to offer a wide selection of diamonds which come with a lifetime guarantee. The ultimate in beauty and quality, each diamond is held to the highest standards. We offer engagement rings in all styles and prices to fit any budget. Our knowledgeable staff is always available to assist you in choosing the perfect ring. Cross Jewelers also offers a wide selection of jewelry, watches, and gifts. Stop by our showroom today to see our selection of diamonds and engagement rings. We are located at 277 Congress Street, Portland, ME 04101. Call us at (207) 775-3207 to schedule an appointment.

Concrete and barbed wire: Clarke's second term in office

You'd expect Bill Clarke, the Maine Governor-elect, to deliver a message of hope and unity, to show that the state is moving beyond the politics of the past. But after 10 years as Speaker of the House, Clarke has a reputation for being stubborn and difficult to work with. He is known for his strong leadership style and his ability to get things done. Clarke is expected to bring a similar approach to his new role as Governor. Clarke's inauguration is on January 1, 2009.

Have a fiesta on our Screened Deck with a Magnificent Margarita and Ceviche

Memorable Mexican Food

Chili Happy Hour in Lounge Mon-Thurs 4-7

Tortilla Flat

Located in downtown Portland, Tortilla Flat is the place to go for delicious Mexican food. With a screened deck and a variety of dishes, including ceviche and chili happy hour, Tortilla Flat is the perfect spot for a fun night out.

Concrete and barbed wire: Clarke's second term in office

You'd expect Bill Clarke, the Maine Governor-elect, to deliver a message of hope and unity, to show that the state is moving beyond the politics of the past. But after 10 years as Speaker of the House, Clarke has a reputation for being stubborn and difficult to work with. He is known for his strong leadership style and his ability to get things done. Clarke is expected to bring a similar approach to his new role as Governor. Clarke's inauguration is on January 1, 2009.

Have a fiesta on our Screened Deck with a Magnificent Margarita and Ceviche

Memorable Mexican Food

Chili Happy Hour in Lounge Mon-Thurs 4-7

Tortilla Flat

Located in downtown Portland, Tortilla Flat is the place to go for delicious Mexican food. With a screened deck and a variety of dishes, including ceviche and chili happy hour, Tortilla Flat is the perfect spot for a fun night out.

Concrete and barbed wire: Clarke's second term in office

You'd expect Bill Clarke, the Maine Governor-elect, to deliver a message of hope and unity, to show that the state is moving beyond the politics of the past. But after 10 years as Speaker of the House, Clarke has a reputation for being stubborn and difficult to work with. He is known for his strong leadership style and his ability to get things done. Clarke is expected to bring a similar approach to his new role as Governor. Clarke's inauguration is on January 1, 2009.

Have a fiesta on our Screened Deck with a Magnificent Margarita and Ceviche

Memorable Mexican Food

Chili Happy Hour in Lounge Mon-Thurs 4-7

Tortilla Flat

Located in downtown Portland, Tortilla Flat is the place to go for delicious Mexican food. With a screened deck and a variety of dishes, including ceviche and chili happy hour, Tortilla Flat is the perfect spot for a fun night out.

Concrete and barbed wire: Clarke's second term in office

You'd expect Bill Clarke, the Maine Governor-elect, to deliver a message of hope and unity, to show that the state is moving beyond the politics of the past. But after 10 years as Speaker of the House, Clarke has a reputation for being stubborn and difficult to work with. He is known for his strong leadership style and his ability to get things done. Clarke is expected to bring a similar approach to his new role as Governor. Clarke's inauguration is on January 1, 2009.

Have a fiesta on our Screened Deck with a Magnificent Margarita and Ceviche

Memorable Mexican Food

Chili Happy Hour in Lounge Mon-Thurs 4-7

Tortilla Flat

Located in downtown Portland, Tortilla Flat is the place to go for delicious Mexican food. With a screened deck and a variety of dishes, including ceviche and chili happy hour, Tortilla Flat is the perfect spot for a fun night out.

Concrete and barbed wire: Clarke's second term in office

You'd expect Bill Clarke, the Maine Governor-elect, to deliver a message of hope and unity, to show that the state is moving beyond the politics of the past. But after 10 years as Speaker of the House, Clarke has a reputation for being stubborn and difficult to work with. He is known for his strong leadership style and his ability to get things done. Clarke is expected to bring a similar approach to his new role as Governor. Clarke's inauguration is on January 1, 2009.

Have a fiesta on our Screened Deck with a Magnificent Margarita and Ceviche

Memorable Mexican Food

Chili Happy Hour in Lounge Mon-Thurs 4-7

Tortilla Flat

Located in downtown Portland, Tortilla Flat is the place to go for delicious Mexican food. With a screened deck and a variety of dishes, including ceviche and chili happy hour, Tortilla Flat is the perfect spot for a fun night out.

Concrete and barbed wire: Clarke's second term in office

You'd expect Bill Clarke, the Maine Governor-elect, to deliver a message of hope and unity, to show that the state is moving beyond the politics of the past. But after 10 years as Speaker of the House, Clarke has a reputation for being stubborn and difficult to work with. He is known for his strong leadership style and his ability to get things done. Clarke is expected to bring a similar approach to his new role as Governor. Clarke's inauguration is on January 1, 2009.

Have a fiesta on our Screened Deck with a Magnificent Margarita and Ceviche

Memorable Mexican Food

Chili Happy Hour in Lounge Mon-Thurs 4-7

Tortilla Flat

Located in downtown Portland, Tortilla Flat is the place to go for delicious Mexican food. With a screened deck and a variety of dishes, including ceviche and chili happy hour, Tortilla Flat is the perfect spot for a fun night out.

Concrete and barbed wire: Clarke's second term in office

You'd expect Bill Clarke, the Maine Governor-elect, to deliver a message of hope and unity, to show that the state is moving beyond the politics of the past. But after 10 years as Speaker of the House, Clarke has a reputation for being stubborn and difficult to work with. He is known for his strong leadership style and his ability to get things done. Clarke is expected to bring a similar approach to his new role as Governor. Clarke's inauguration is on January 1, 2009.

Have a fiesta on our Screened Deck with a Magnificent Margarita and Ceviche

Memorable Mexican Food

Chili Happy Hour in Lounge Mon-Thurs 4-7

Tortilla Flat

Located in downtown Portland, Tortilla Flat is the place to go for delicious Mexican food. With a screened deck and a variety of dishes, including ceviche and chili happy hour, Tortilla Flat is the perfect spot for a fun night out.

Concrete and barbed wire: Clarke's second term in office

You'd expect Bill Clarke, the Maine Governor-elect, to deliver a message of hope and unity, to show that the state is moving beyond the politics of the past. But after 10 years as Speaker of the House, Clarke has a reputation for being stubborn and difficult to work with. He is known for his strong leadership style and his ability to get things done. Clarke is expected to bring a similar approach to his new role as Governor. Clarke's inauguration is on January 1, 2009.

Have a fiesta on our Screened Deck with a Magnificent Margarita and Ceviche

Memorable Mexican Food

Chili Happy Hour in Lounge Mon-Thurs 4-7

Tortilla Flat

Located in downtown Portland, Tortilla Flat is the place to go for delicious Mexican food. With a screened deck and a variety of dishes, including ceviche and chili happy hour, Tortilla Flat is the perfect spot for a fun night out.
Goodbye Columbus Day

"Lesley and Dean are in Tucson," said LaughingStock Comedy Company's Tim Peavey, when I called trying to get in touch with them. I had last spoken to them about a year ago, and it still had stuck with me between my calls to the local TV station. After you spend five years with biological, business, and technical people, you tend to find novelty when processes, not people, change.

They went on to explain that their house had sold and they had immediately moved after floors to Tucson, on the fast track to buy the closing on the Portland house was July 1. They might be in it as little as a month. "Oh, yes, I saw," I cheerfully responded, while my mind screamed, "Their house didn't sell!" I was mourning. You're a big fan of real estate.

Then very much, Tim, I concluded, "I'll call then I'll buy the day." When I hung up the phone, a measure sank — not of the time wind, but of what might be gone as little as a month. "OK, you win," I cheerfully responded, while my mind screamed, "The market wasn't supposed to end in October. But now last year, I had known..."

I hung up the phone, refusing to let anything get in the way of my search for the fast lane. Technical support from the best pit crew around.

IN TOUCH WITH TECHNOLOGY.

The move was not supposed to be until the end of October. For well over a year, I had been on the phone, and in person, with the new buyers, watching over the house, making sure they didn't screw up. I was in the fast lane.

Summer was now. My denial about "The big move" kicked up to a full boil. Even when they returned a week later to say they had found the perfect place, I doubted they and the moving van would be hitting the road. I would not move out of town on Sept. 2. My response was, "That's nice. When can we have a break?" I am a self-described "lone wolf." I have always been a loner. I am not moving. You're a big fan of real estate.

IN TOUCH WITH TECHNOLOGY.

When I hung up the phone, a measure sank — not of the time wind, but of what might be gone as little as a month. "OK, you win," I cheerfully responded, while my mind screamed, "The market wasn't supposed to end in October. But now last year, I had known..."

I hung up the phone, refusing to let anything get in the way of my search for the fast lane. Technical support from the best pit crew around.

IN TOUCH WITH TECHNOLOGY.

The move was not supposed to be until the end of October. For well over a year, I had been on the phone, and in person, with the new buyers, watching over the house, making sure they didn't screw up. I was in the fast lane.

Summer was now. My denial about "The big move" kicked up to a full boil. Even when they returned a week later to say they had found the perfect place, I doubted they and the moving van would be hitting the road. I would not move out of town on Sept. 2. My response was, "That's nice. When can we have a break?" I am a self-described "lone wolf." I have always been a loner. I am not moving. You're a big fan of real estate.

IN TOUCH WITH TECHNOLOGY.
While the cultural gap between fire and ambulance workers persists, the gender gap has been much closer to close. Of Portland’s 225 firefighters, 215 are men, and they were hired only last year. On the ambulance side, seven of the 31 workers are female.

Many inside the force say the transition has been smooth, but one dispatcher, speaking on background, and considerable union still exists even between men and women and between firefighters and ambulance employees. The woman worker is still seen as a rare, even when offered assistance.

Holly Bouchard, a paramedic who joined the ambulance division in 1990, said she appreciates the increased openness firefighters have toward learning the job of the skills she uses in her work. “This is really helpful as anоцен,” she said.

She said she’s got to get up on all skills all the time. Theumen said she has seen a distinct change in the last six months of 1998 as the gender gap has narrowed. But she has trouble understanding why she should (or shouldn’t) help the other G.

Although the Portland Fire Department is still a bar-skateboarding purring in Portland, the department is undergoing a cultural shift. One of the main issues that has prompted change has been the move to new fire stations. The new stations are located on the north and south sides of Portland, and they are now being built in areas that were previously uncharted. Many inside the force say the change in the new recruits and the new fire stations has helped to change the department’s culture.

No general alarm

The Portland Fire Department is adjusting to change

KIMBERLY JEN SMITH
The Portland Fire Department is undergoing a cultural shift, following some of the macho images of firefighting’s old-timers, and potentially opening the door for more women recruits.

Much of this change within the department is being spearheaded by its ambassador, an advocate who joined the department in 1991. Since then, many firefighters have been more open to new ideas, said Gerry Conley, who became a firefighter 30 years ago and is now a department ambassador. Conley said the department’s recruitment efforts have shifted significantly over the past few years, and now it’s more about marketing the career than just advertising.

The new ambassador, a former firefighter, has been working with Conley to bring in new recruits and help increase diversity within the department. Conley said the department’s recruitment efforts have shifted significantly over the past few years, and now it’s more about marketing the career than just advertising.

Conley said that the department has made progress in recruiting more women and minorities, but there’s still room for improvement. He said that the department is working hard to improve its recruitment efforts and is partnering with local schools and organizations to attract more diverse candidates.

One of the key challenges the department faces is the negative perception of the fire service as a(result at the corner of Marginal Way and Interstate 295.)

The department is also working to attract more women and minorities by highlighting the diverse career opportunities available within the department. Conley said the department is making a concerted effort to reach out to communities that have been historically underrepresented in the fire service.

Overall, Conley said, the department is making progress in recruiting more women and minorities, but there’s still room for improvement. He said that the department is working hard to improve its recruitment efforts and is partnering with local schools and organizations to attract more diverse candidates.

Conley said that the department has made progress in recruiting more women and minorities, but there’s still room for improvement. He said that the department is working hard to improve its recruitment efforts and is partnering with local schools and organizations to attract more diverse candidates.
Some of Portland's public sculpture and painting is well worth looking at, and some of it--most definitely--is not.

**STONE TABLE**

*This work by artist Mark Hallaran, or Corbett's Corner, looks like the kind of comfortable park bench until you get up close. A tribute to the Portland's historic Black community, the stone table depicts on concentric rings the names, dates, and brief biographies of citizens who lived and died in the neighborhood, creating a collective gravestone, stark and plain, more informative than pleasing or inviting.*

**OUTDOOR ART CONTINUES ON PAGE 12**
UNLEASH YOUR POTENTIAL
WITH QUEST CENTER MARTIAL ARTS

GETTING STARTED IS EASY!

Introductory Program includes
Private lesson
Great deals
Uniform

$14.95

CALL 772-7763
Ask for John or Hahna
487 Forest Ave.
Portland, ME

Outdoors and Indoor
Classes for Children & Teens
and up. Women and Adults

"The trainer, Kelly, at Quest Center is awesome. She truly trains her kids." - John, client

VIKING SHIP

When asked about this sculpture, located just outside Historic Battery Auditorium on the University of Southern Maine's Portland campus, interior students and alumni said the same thing: "What Viking ship?" They can be forgiven for overlooking this piece. It takes a moment to imagine it as a representation of a real vessel. If any ship of these dimensions was ever built—no matter as wide as the hull, and nearly as long—nobody would get out of harbor. Years of exposure to the elements have only made this sculpture even more butt-ugly. It inspires nothing in the viewer except the wish to look at something else.

FINE ARTS MURAL

Here we have a large-scale group doodle, passed by students in Maine College of Art's Early College Program. This pepped-up piece in a city-sanctioned garbage heap sprawled along the walls near the Fine Arts Theatre on Congress. Among the figures pictured, you'll find what looks like last rock the Jim Morrison, a man sporting a head on its head, a woman smoking on a crescent moon, various critters, a businessman flying with a rocket pack, a pope queen (in a nod to the neighboring X-rated cinema), and several young types in baggy pants who look like art students. This mural is not fine art by a long shot, but it's pleasantly goofy, and a big improvement over the plain boarded-up storefront it covered.

MILKWEED POD

This sculpture - at the intersection of Baxter Boulevard and the Preble Street Extension - is a derogatory and inoffensive flat rock with a man who looks like John Ford standing out his left arm and his right hand out his right arm. Each commemorating one of John Ford's major films. Ford's grave, however, is not far out of harbor. Years of exposure to the elements have only made this sculpture even more butt-ugly. It inspires nothing in the viewer except the wish to look at something else.

JOHN FORD STATUE

Here's something you don't often see: a public statue of a movie director. Around this new 2-foot-tall bust at Gorham's Corner stand six engraved granite blocks, each commemorating one of John Ford's major films. To see unadulterated artistry honed in stone is a rare occurrence, and makes the viewer feel the weight of Ford's achievement. The figure of Ford is a little rough, however, as the man himself was said to be. The intelligence in his intense expression matches the great toughness of his expression. (After all, this is a man who was wounded in the battle of Midway — while shooting a film at his government's request.) He sits in a director's chair that appears to have been cut from a stump which rests upon a stump. The memorial roots Ford's Portland: the man, the movies, the city. The sculpture here is the film, the film is the man. Maybe it's just me, but this seems right.
Pentland's got right opinions and I admire his take on life. But they're a bit too much for some people. People dig up his past to try to show that he was an alcoholic. He was. But he's been sober for years. He's a fine man and a fine politician.
Jammed out

Portland's next generation of jazz musicians is coming on scene. But that may not be enough to save a local playing scene.

New arrivals like Chris and Jan also have a harder time carving out a place for themselves. What makes the difference between those who play in Portland and those who leave for New York is that Portlanders are more likely to go for it. "The city can't support us," says Jan. "The community is more supportive."

The brothers are part of the Shaw for Jazz's all-star line-up and play for as many as five local jazz venues. "We're playing our own music," says Jan. "We're on the same page." The brothers are playing at the Milliken's and the Park Theater.

The brothers lay part of the blame for the sad state of affairs at the feet of jazz promoters. "The promoters have no idea what they're doing," says Jan. "They don't know what they're doing."

The brothers say that Portland's jazz scene is not as vibrant as it used to be. "The city is dying," says Jan. "We used to have a lot more venues."

The brothers are planning to open a new venue in the city. "We're trying to create a new venue," says Jan. "We're trying to create a new venue for jazz." The brothers are planning to open a new venue in the city.

The brothers say that Portland's jazz scene is not as vibrant as it used to be. "The city is dying," says Jan. "We used to have a lot more venues."

The brothers are planning to open a new venue in the city. "We're trying to create a new venue," says Jan. "We're trying to create a new venue for jazz." The brothers are planning to open a new venue in the city.

The brothers say that Portland's jazz scene is not as vibrant as it used to be. "The city is dying," says Jan. "We used to have a lot more venues."

The brothers are planning to open a new venue in the city. "We're trying to create a new venue," says Jan. "We're trying to create a new venue for jazz." The brothers are planning to open a new venue in the city.

The brothers say that Portland's jazz scene is not as vibrant as it used to be. "The city is dying," says Jan. "We used to have a lot more venues."

The brothers are planning to open a new venue in the city. "We're trying to create a new venue," says Jan. "We're trying to create a new venue for jazz." The brothers are planning to open a new venue in the city.

The brothers say that Portland's jazz scene is not as vibrant as it used to be. "The city is dying," says Jan. "We used to have a lot more venues."

The brothers are planning to open a new venue in the city. "We're trying to create a new venue," says Jan. "We're trying to create a new venue for jazz." The brothers are planning to open a new venue in the city.

The brothers say that Portland's jazz scene is not as vibrant as it used to be. "The city is dying," says Jan. "We used to have a lot more venues."

The brothers are planning to open a new venue in the city. "We're trying to create a new venue," says Jan. "We're trying to create a new venue for jazz." The brothers are planning to open a new venue in the city.

The brothers say that Portland's jazz scene is not as vibrant as it used to be. "The city is dying," says Jan. "We used to have a lot more venues."

The brothers are planning to open a new venue in the city. "We're trying to create a new venue," says Jan. "We're trying to create a new venue for jazz." The brothers are planning to open a new venue in the city.

The brothers say that Portland's jazz scene is not as vibrant as it used to be. "The city is dying," says Jan. "We used to have a lot more venues."

The brothers are planning to open a new venue in the city. "We're trying to create a new venue," says Jan. "We're trying to create a new venue for jazz." The brothers are planning to open a new venue in the city.

The brothers say that Portland's jazz scene is not as vibrant as it used to be. "The city is dying," says Jan. "We used to have a lot more venues."

The brothers are planning to open a new venue in the city. "We're trying to create a new venue," says Jan. "We're trying to create a new venue for jazz." The brothers are planning to open a new venue in the city.

The brothers say that Portland's jazz scene is not as vibrant as it used to be. "The city is dying," says Jan. "We used to have a lot more venues."

The brothers are planning to open a new venue in the city. "We're trying to create a new venue," says Jan. "We're trying to create a new venue for jazz." The brothers are planning to open a new venue in the city.

The brothers say that Portland's jazz scene is not as vibrant as it used to be. "The city is dying," says Jan. "We used to have a lot more venues."

The brothers are planning to open a new venue in the city. "We're trying to create a new venue," says Jan. "We're trying to create a new venue for jazz." The brothers are planning to open a new venue in the city.

The brothers say that Portland's jazz scene is not as vibrant as it used to be. "The city is dying," says Jan. "We used to have a lot more venues."

The brothers are planning to open a new venue in the city. "We're trying to create a new venue," says Jan. "We're trying to create a new venue for jazz." The brothers are planning to open a new venue in the city.

The brothers say that Portland's jazz scene is not as vibrant as it used to be. "The city is dying," says Jan. "We used to have a lot more venues."

The brothers are planning to open a new venue in the city. "We're trying to create a new venue," says Jan. "We're trying to create a new venue for jazz." The brothers are planning to open a new venue in the city.

The brothers say that Portland's jazz scene is not as vibrant as it used to be. "The city is dying," says Jan. "We used to have a lot more venues."

The brothers are planning to open a new venue in the city. "We're trying to create a new venue," says Jan. "We're trying to create a new venue for jazz." The brothers are planning to open a new venue in the city.

The brothers say that Portland's jazz scene is not as vibrant as it used to be. "The city is dying," says Jan. "We used to have a lot more venues."

The brothers are planning to open a new venue in the city. "We're trying to create a new venue," says Jan. "We're trying to create a new venue for jazz." The brothers are planning to open a new venue in the city.

The brothers say that Portland's jazz scene is not as vibrant as it used to be. "The city is dying," says Jan. "We used to have a lot more venues."

The brothers are planning to open a new venue in the city. "We're trying to create a new venue," says Jan. "We're trying to create a new venue for jazz." The brothers are planning to open a new venue in the city.

The brothers say that Portland's jazz scene is not as vibrant as it used to be. "The city is dying," says Jan. "We used to have a lot more venues."

The brothers are planning to open a new venue in the city. "We're trying to create a new venue," says Jan. "We're trying to create a new venue for jazz." The brothers are planning to open a new venue in the city.

The brothers say that Portland's jazz scene is not as vibrant as it used to be. "The city is dying," says Jan. "We used to have a lot more venues."

The brothers are planning to open a new venue in the city. "We're trying to create a new venue," says Jan. "We're trying to create a new venue for jazz." The brothers are planning to open a new venue in the city.

The brothers say that Portland's jazz scene is not as vibrant as it used to be. "The city is dying," says Jan. "We used to have a lot more venues."

The brothers are planning to open a new venue in the city. "We're trying to create a new venue," says Jan. "We're trying to create a new venue for jazz." The brothers are planning to open a new venue in the city.

The brothers say that Portland's jazz scene is not as vibrant as it used to be. "The city is dying," says Jan. "We used to have a lot more venues."

The brothers are planning to open a new venue in the city. "We're trying to create a new venue," says Jan. "We're trying to create a new venue for jazz." The brothers are planning to open a new venue in the city.

The brothers say that Portland's jazz scene is not as vibrant as it used to be. "The city is dying," says Jan. "We used to have a lot more venues."

The brothers are planning to open a new venue in the city. "We're trying to create a new venue," says Jan. "We're trying to create a new venue for jazz." The brothers are planning to open a new venue in the city.


**Clubs**

*Prime cut* It's doubtful a Haircut exists who's made mention of St. Louis quartet Danger Hills without mentioning the band's ability to make one of the greatest albums that one can. "If you go close enough, you will see that we have a great sense of feel and sound," Lee Friedlander, the band's guitarist, said in a recent interview. "You can't help but think that we're on the verge of something big."

**The next big thing**

*Power Station* Power Station is the new musical sensation of the year. With their unique blend of rock and roll, the band has quickly become a favorite among fans across the globe. Their debut album, *Evolve*, was released last month and has already sold over a million copies worldwide. The band's next tour will begin in October, with stops in New York, Los Angeles, and London. Don't miss this opportunity to see Power Station live!

**Petting Zoo**

*CD release party* Don't miss the CD release party for the latest release from Petting Zoo. The band will be performing live at the Stone Coast Brewery on July 31st. Get your tickets now and join us for this exciting event!

**The Comfort Zone**

*The best bar you haven't been to yet* The Comfort Zone is the hottest new bar in town. With a casual atmosphere and delicious food, it's the perfect spot for a night out. Come and see what all the buzz is about!

**The Comedy Connection**

*Stand-up comedy* The Comedy Connection is the best place to laugh with the best comedic talent. Featuring top comedians from around the world, you're sure to have a night to remember at the Comedy Connection. Don't miss out on this hilarious event!

**The Underground**

*Live music* The Underground is the place to be for live music. With a wide variety of bands and genres, there's something for everyone at The Underground. Don't miss out on this exciting event!
Hedonism, Wharf Street-style

It’s Sunday night and you’re waiting outside Wharf Street’s newly re-born dead-zone. In front of the new bar-on-the-block, The Iguana, the music streams across the alley — with reggae streaming on one side or the other. Partying down at this stage, the bar is still decorated with wooden shelves, boxes, and the sounds of the Stream Band. More music emanates from The Industry next door and the bars above on Fore Street.

“I don’t believe all these people just walking in the road,” my chauffeur had complained earlier, maneuvering down Temple Street to drop me off. Undeterred pedestrians made it onto the glassed-in street-level sidewalk in front of the new bar-on-the-block, The Iguana. The music was loud and clear, and I couldn’t help but join in.

“Jesus Christ, this isn’t spring break!” she cried. Though we were in a different season, I would have to admit that the stars had aligned on this late July evening to cloak the Old Port in a decidedly spring-break atmosphere. And nowhere was that mood stronger than on the tropical end of Wharf Street.

Waiting in line at The Iguana, I fell in with a raucous bachelorette party. This is no place to go alone (and try as I might I couldn’t convince even one of my good friends to join me). We spied a hand-written sign beside the door listing the various activities that go on inside The Iguana — ranging from tequila-drinking to dancing on the bar. Its final warning to passers-by: “If you don’t like PARTYIN’ WHERE EVERYONE GETS LAID, then don’t come in.”

Within minutes of our arrival, my bachelorette party had found a similar assembly of bachelors to cavort with. The bar was packed, with only a few empty spaces between us and the crowd. The Iguana has transformed the former home of Wharf End into a cheery, pastel oasis. The room is long and narrow, with only a few empty spaces between us and the crowd. The Iguana has the kind of high, ceiling, and the space feels intimate. It’s like an opportunity for partygoers to interact with one another.

The party was in full swing, with a large crowd dancing and enjoying the music. The Iguana has the kind of high, ceiling, and the space feels intimate. The music was loud and clear, and I couldn’t help but join in.

The Iguana has the kind of high, ceiling, and the space feels intimate. The music was loud and clear, and I couldn’t help but join in.

The Iguana has the kind of high, ceiling, and the space feels intimate. The music was loud and clear, and I couldn’t help but join in.

The Iguana has the kind of high, ceiling, and the space feels intimate. The music was loud and clear, and I couldn’t help but join in.
Ship of Fear
What could be scarier than pirates?

JASON WILKINS

The daylight is just beginning to die in Casco Bay, hiding the outlines of familiar islands. The sky is a deep, dark blue, and the air is cool. It's a perfect day to go out on a boat, and Captain Sam is one of the few who choose to stay out at sea.

Captain Sam is a seasoned sailor with a love for the sea. She has served in the Navy and has been on many voyages, from the Caribbean to the Arctic Circle. She knows the dangers of the ocean, but she loves the thrill of the chase.

When the sun begins to set, Captain Sam takes her boat out into the open sea. The other passengers mill about the deck, eager to see what lies ahead. The captain warns them that it's going to be a rough ride, and they all buckle up for the journey.

As the boat leaves the dock, it's like boarding a train, with the captain as the conductor. She talks about the history of the area and the stories of the pirates who once roamed the seas.

The engines start, and the boat begins to move. The passengers are风气好, but the wind is strong, and the sea is rough. The captain warns them to stay in their seats and hold on tight.

Captain Sam talks about the stories of the pirate schooner, and how it's said to have sunk off the coast of Maine. She tells of the great treasure that was supposed to be on board, and how many have tried to find it.

The sun begins to set, and the stars come out. The passengers are awed by the beauty of the night sky. Captain Sam talks about the stars and the constellations, and how they have been used for navigation for centuries.

As the boat approaches the shore, the passengers are relieved to see land. Captain Sam talks about the beauty of the Maine coast, and how it's a favorite place for many.

She tells them to look out for the islands, and to enjoy the view. The passengers are satisfied, and they all head back to the dock, exhausted but happy.

Eventually, the engines stop, and Captain Sam turns the boat around. The passengers are grateful for the safety of land, and they all head back to the dock, exhausted but happy.

Did Port Ever Lose a Beloved Pet?

"No," Captain Sam responds. "I've been on the sea for most of my life, and I've never lost a pet. But I've heard stories of pets who have gone missing in the sea. One story that comes to mind is the story of a cat who got lost on a boat.

The cat was the captain's pet, and he named her 'Tally.' She was a small, black cat with big eyes and a white collar. She loved to go out on the boat with Captain Sam, and she was always the first to jump into the water when they went fishing.

One day, the boat went out to sea, and Tally didn't come back. The captain searched everywhere, but she couldn't find her. He was heartbroken, and he never forgot about Tally. The story of Tally has inspired many, and it's a reminder of the importance of cherishing our pets.

Always keep an eye out for your pets, and if you ever lose one, don't give up. Sometimes they can be found, and sometimes they find their way back. But always remember, they are a part of our family, and they deserve our love and care.

BRAVE the WAVE!!

Kennebec River Casco Special

$49/pp

Featuring Your Favorite Lodging & Outdoor Recreation

Join us on a unique adventure on the Kennebec River, where you'll experience the beauty of the Maine wilderness and the excitement of whitewater rapids.

This tour is perfect for couples, families, and groups of all ages. You'll be guided by experienced river guides, and you'll have the opportunity to see wildlife, including deer, elk, and osprey.

The rapids are rated Class III, and you'll experience thrilling moments of excitement and pure adventure. You'll paddle through the rapids, and you'll learn to maneuver your raft through the twists and turns of the river.

After the rafting trip, you'll be served a delicious buffet lunch at one of the best restaurants in the area. You'll have the opportunity to shop at the local stores, and you'll have a chance to see the local wildlife, including moose and deer.

Book your trip today, and join us on a once-in-a-lifetime adventure on the Kennebec River. You'll never forget the experience of riding the rapids and enjoying the beautiful scenery of the Maine wilderness.

Contact us for more information, and we look forward to seeing you on the water.
**THANK YOU, GOOD NIGHT**

Comedians know the secret to great improv is to toss in the word "nincompoop" as often as possible - a technique that also works well with current events and grant proposals. The LaughingStock Comedy Company - composed of Lesley Abrams, Tim Ferrell and Dean Steeves - presents "Thank You, Good Night," two nights of off-the-cuff hilarity with original, unpredictable scenes based on an audience input. The weekend performances mark the trio's final Portland appearance before moving on to Tucson, Ariz., those nincompoops. At the Portland Stage Company, 25A Forest Ave., Portland, at 8 p.m. Aug. 1. Th.$12. 774-0465.

**PEOPLE'S REACH TO REASON 10K**

The secret to a healthy lifestyle is to avoid fatty foods and sprint to the point of collapse every single morning. That'll turn you into a world-class runner, allowing you to compete with the best entrants in the Peoples Beach to Beacon 10K, which stretches through Cape Elizabeth alone, he would paint himself to look like a subway partition - a sick, sick fetish. Presented by Maine Arts, Culture & Tourism.

**JULY 30, 1998**

**Models Wanted**

By Reservation Only

Barbizon Modeling Agency

6-10 Ages 10-25

Sun. 9am-4pm

Sat. 8am-6pm

Early Buying Friday

Adm. $5.00 each

Sponsorships and donations appreciated.

Meet at the Preble Street parking lot, at 10 a.m. Rain date: Aug. 2. Call Amy at 773-6985 or Ashley at 773-6985.

**URBAN ARTIST DAY III**

To his recent autobiography, "The Secret Life of a Graffiti Artist," an anonymous author details how, when alone, he would paint himself to look like a subway partition - a sick, sick fetish. Presented by Master Arts, Urban Artist Day III celebrates these most visible of van examples, many dams slip out of their shells and into silky, flowing nightgowns. The Friends of Casco Bay reveal even more of nature's hidden treasures with "An Island Adventure," a journey into the microecosystems of tidepools and other natural features along the beaches of Peaks Island. These marine biologists will point out the numerous plants and animals that populate this off-the-cuff ecosystem. The tour begins at Casco Bay Lines, 56 Commercial St., Portland, at 9 a.m. Fishbowl at 3:35 p.m. Cost: $15 ($12 members). Additional Friends of Casco Bay events are Aug. 16 and 22. 774-6774.

**THE WORLD WALK FOR BREASTFEEDING**

It's no secret breast milk is good for you. In a blind taste test, nine out of 10 babies preferred the all-natural drink over Frappuccino. In an effort to increase awareness of breastfeeding and the benefits of human milk, La Leche League sponsors the World Walk for Breastfeeding, a one-mile stroll around Portland's Back Cove. Sponsorships and donations appreciated. Meet at the Preble Street parking lot, at 10 a.m. Rain date: Aug. 2. Call Amy at 773-6985 or Ashley at 773-6985.

**THE WORLD WALK FOR BREASTFEEDING**

"The secret of a healthy lifestyle is to avoid fatty foods and sprint to the point of collapse every single morning. That'll turn you into a world-class runner, allowing you to compete with the best entrants in the Peoples Beach to Beacon 10K, which stretches through Cape Elizabeth alone, he would paint himself to look like a subway partition - a sick, sick fetish. Presented by Maine Arts, Culture & Tourism.

**SUMMERTIME...**

- Have a BBQ
- Have fun

**FRESH APPROACH**

Real Market

More than just produce. More than just bread. More than just meat.

155 Brattle St., Portland - 774-3927

---

**MERRILL AUDITORIUM**

**City Hall Plaza**

190 Forest Ave., Portland, ME 04101

**At-Large**

**A TRIBUTE TO FRANK SINATRA**

For years, people asked, "What's the secret to Frank Sinatra's beguiling voice?" The answer: Dye Wunderland's Cherry-Plavored Throat Coat ($1.99, available everywhere). In "A Tribute to Frank Sinatra," Straight youngster Bob Grumley loses his cool for the classic tunes by Ol' Blue Eyes, including "The Very Small Hours of the Morning," and "They Can't Take That Away From Me," following the performance a Joey Bishop impromptu monologue about the decline of his career. At Portland Harbor Animated Shorts: 10 Portland St., Portland, from 6:45-7:30 p.m. Fees: $7-8.

**Quick Picks**

**Maine**

- Get hooked on art at the opening reception for "Paint and Switch (Altering Textiles)," featuring the works of Diane Norton, Robert Chambers, Wall Green and Bill Carnegie at the Robert Chiasson Gallery, 85 West Commercial St., Portland, from 6-7 p.m. 774-7360.

- The Camped Family Singers deliver up homey-good mountain gospel at the Golden Steep Church, 317 Main St., Gorham, at 8 p.m. Fees: $7-8.

**The World Walk for Breastfeeding**

"The secret of a healthy lifestyle is to avoid fatty foods and sprint to the point of collapse every single morning. That'll turn you into a world-class runner, allowing you to compete with the best entrants in the Peoples Beach to Beacon 10K, which stretches through Cape Elizabeth alone, he would paint himself to look like a subway partition - a sick, sick fetish. Presented by Maine Arts, Culture & Tourism.

**OVER 350 DEALERS**

**ANTIQUES FESTIVAL**

August 7, 8 & 9, 1998

at the campground

UNION, MAINE

- Early Buying Friday
- Sun. 9am-4pm 2pm-7pm $25.00 each Good all 3 days

**Models Wanted**

By Reservation Only

Barbizon Modeling Agency

6-10 Ages 10-25

Sun. 9am-4pm

Sat. 8am-6pm

Early Buying Friday

Adm. $5.00 each

Sponsorships and donations appreciated.

Meet at the Preble Street parking lot, at 10 a.m. Rain date: Aug. 2. Call Amy at 773-6985 or Ashley at 773-6985.

**URBAN ARTIST DAY III**

In his recent autobiography, "The Secret Life of a Graffiti Artist," an anonymous author details how, when alone, he would paint himself to look like a subway partition - a sick, sick fetish. Presented by Master Arts, Urban Artist Day III celebrates these most visible of van examples, many dams slip out of their shells and into silky, flowing nightgowns. The Friends of Casco Bay reveal even more of nature's hidden treasures with "An Island Adventure," a journey into the microecosystems of tidepools and other natural features along the beaches of Peaks Island. These marine biologists will point out the numerous plants and animals that populate this off-the-cuff ecosystem. The tour begins at Casco Bay Lines, 56 Commercial St., Portland, at 9 a.m. Fishbowl at 3:35 p.m. Cost: $15 ($12 members). Additional Friends of Casco Bay events are Aug. 16 and 22. 774-6774.
Brooks fresh fruit morning glory grilled sandwiches antipasti gold plate specials BLACK TIE dining room & patio

Breakfast & Lunch: Mon-Sat 9-9; Sun 10-5
Sundaes: Mon-Sat 9-9; Sun 10-3

Bayview Restaurant
Breakfast, Lunch & Dinner By the Sea
87 Middle Rd, Northides, ME 04056
207-893-8811

Bayview Cruises
Cathedral Island & Casco Bay Islands
175 Commercial St, Portland, ME 04101
207-775-1030

Performance Centerstage

Guitarist and vocalist Mark Tremonti of Creed, known for his band's grunge-inspired sound, once wrote songs only when he's in a depressed mood, producing dark but catchy numbers like "My Own Prison" and "One." But there's a downside, too. Tremonti must sometimes force himself into a bad mood, a plan that occasionally leads to boring lyrics like, "Don't want to hear my own voice..." Aug 2 at the State Theatre, 656 Congress St, Portland, at 8 pm. Guitars and the Goodbyes open. Tic: $17.50. 988-7613.

Comedy<!--...
Stop and Smell the Roasting...-->

The Theater Project, 14 School St. 13, 15 and 22 at 8 pm. A dark comedy about audiences deal with progress. At Corthell prom inent gallery. Which of the Theater At Monmouth, Young Playwrights Aug 12-29. The great detective investigates a murder attempt with the early 1920s, a shop that attempts to save the world. At the Portland Performing Arts Center, 184 Commercial St. Portland. 984-7094.

Restaurants

GOLD PLATE SPECIALS

Dining Room Open Daily

Breakfast & Lunch: Mon-Sat 9-9; Sun 10-3
Sundaes: Mon-Sat 9-9; Sun 10-3

Bayview Restaurant
Breakfast, Lunch & Dinner By the Sea
87 Middle Rd, Northides, ME 04056
207-893-8811

Bayview Cruises
Cathedral Island & Casco Bay Islands
175 Commercial St, Portland, ME 04101
207-775-1030

Performance Centerstage

Guitarist and vocalist Mark Tremonti of Creed, known for his band's grunge-inspired sound, once wrote songs only when he's in a depressed mood, producing dark but catchy numbers like "My Own Prison" and "One." But there's a downside, too. Tremonti must sometimes force himself into a bad mood, a plan that occasionally leads to boring lyrics like, "Don't want to hear my own voice..." Aug 2 at the State Theatre, 656 Congress St, Portland, at 8 pm. Guitars and the Goodbyes open. Tic: $17.50. 988-7613.

Comedy<!--...
Stop and Smell the Roasting...-->

The Theater Project, 14 School St. 13, 15 and 22 at 8 pm. A dark comedy about audiences deal with progress. At Corthell prom inent gallery. Which of the Theater At Monmouth, Young Playwrights Aug 12-29. The great detective investigates a murder attempt with the early 1920s, a shop that attempts to save the world. At the Portland Performing Arts Center, 184 Commercial St. Portland. 984-7094.
Important notice on tree trimming in your area

Central Maine Power's service territory includes some of the most spectacularly beautiful natural areas in the state, including an array of trees. However, tree-related power outages are a nuisance to our customers who have come to expect safe, convenient and reliable electricity. In order to prevent power outages, CMP has invested extensive resources into tree trimming programs to control tree growth on electrical distribution lines. The tree trimming program is designed to reduce the risk of power outages caused by trees and vegetation.

Please be aware that we may be pruning branches that extend onto company property. If you have any questions or concerns about tree trimming, please contact Central Maine Power at 877-291-0017.

Dennis Byin Diffent By In

Different By In

WCLZ 98.9
Portland's Most Unique Eyewear Boutique.

WCLZ 98.9
Portland's Most Unique Eyewear Boutique.

Why go to New York for your alternative eyewear? The collection ranges from eclectic to simple elegance.

Brother & Sister
Dr. Philip Page, Optometrist
Dr. Lula Page, Optometrist
436 Commercial St., Portland
7 pm through Thurs 10 am

Cape Elizabeth
Standish
Bar Mills
Diamond
Buxton

Bar Mills
Diamond
Buxton

Cape Elizabeth
Standish
Bar Mills
Diamond
Buxton

Standish • Windham • Falmouth • Portland • Scarborough • South Portland • West Gardiner • Waterboro

Standish • Windham • Falmouth • Portland • Scarborough • South Portland • West Gardiner • Waterboro

Central Maine Power's service territory includes some of the most spectacularly beautiful natural areas in the state, including an array of trees. However, tree-related power outages are a nuisance to our customers who have come to expect safe, convenient and reliable electricity. In order to prevent power outages, CMP has invested extensive resources into tree trimming programs to control tree growth on electrical distribution lines. The tree trimming program is designed to reduce the risk of power outages caused by trees and vegetation.

Please be aware that we may be pruning branches that extend onto company property. If you have any questions or concerns about tree trimming, please contact Central Maine Power at 877-291-0017.

Dennis Byin Diffent By In
NEW! WRAP MENU

- Indonesian
- Vietnamese
- Thai
- Chinese
- Israeli
- Greek Veggie

$4.50 each
Monument Sq. Portland 772-1999

GRILLED MEATS & MANY VEGETARIAN SELECTIONS

Breakfast proudly prepared with the freshest ingredients, including paspas, local fish, smoked Carolina pollack, cheddar, and pesta sauce, ricotta.

SUNDAY BRUNCH: Portland’s Best New Restaurant—featuring

- Fresh lobster
- Lobster roll
- Barbecued meats: smoked spareribs, whitefish, soups, and stuffed vegetarian lasagna
- Suckling pig, smoked spareribs, whitefish, soups, and stuffed vegetarian lasagna
- Seafood lasagna
- Greek Revival surroundings
- Extensive menu of sandwiches, soups, salads, and platters
- Lunch: 11:30a-3p, Sun: 12p-3p
- Seven Congress Square
- 775-7622, EX: 775-7623

PERFETTO. Funky flavors of the Mediterranean by Chef Scott

- Fresh pasta, and our famous shrimp raviolis ($12-$16)
- Dinner starts at 5p seven days, Sunday Brunch 10a-3p
- 28 Middle St., Portland
- Family dining room, Beer & wine
- All you can eat lasagna only $5.99
- 151 Middle St., Portland
- 871-8819

FOODS AND HEALTHY JUICE BAR. Happy Hour Mon-Fri, 3p-6p.

-at the Maine Mall
- Fresh Italian ice cream
- Extensive menu of sandwiches, soups, salads, and platters
- Lunch: 11:30a-3p, Sun: 12p-3p
- Seven Congress Square
- 775-7622, EX: 775-7623

LANE TURNOPIKE. Portland's Best New Restaurant—featuring

- Fresh fish, twin lobsters, sirloin, pasta, pizza, and
- Extensive menu of sandwiches, soups, salads, and platters
- Lunch: 11:30a-3p, Sun: 12p-3p
- Seven Congress Square
- 775-7622, EX: 775-7623

CASCO BAY WEEKLY 30
Renaissance Voices, a small Portland-based a cappella group, holds auditions for all voice parts. To audition, call 763-4088. Reindeer Theater Company seeks young singers for the upcoming production. The New York Poetry Alliance seeks entries for a poetry contest. Portland Media Artists needs to score a short film to be produced this fall. Send samples and letter to Portland Media Artists, c/o Frank McMahon, 9 Beechwood Lane, Falmouth, ME 04105, or call 797-2416.

Media Artists has several projects currently underway. "Battle of the Boards" announces general auditions for actors or e-mail portarts@gwlrفئ. Winner receives $100 and a season pass to PPA.

Athletic actresses are needed for an adventure series, "Nightingale." Writers are wanted for an episodic series to air on the WNW. Musicians or e-mail portarts@gwlrفئ. Winner receives $100 and a season pass to PPA.

Dance Classes in beginner ballet, African dance, modern dance, tap dance, dance for preschoolers and kids ages 4-12, and yoga are offered at ACTS, 341 Fore Street, Portland. Cost: $5. 781-1500.

"Celebration of Achievement Chorus" led by director Mitch Thomas, the chorus meets each Wed at the Chestnut Street Church, 17 Chestnut St, Portland, from 4:30-6:00 p.m. For info on joining, call Cat at 828-9048.

"Matrix" the dance improv group teaches contact improv, guided structure and more on Mon at Casco Bay Movers Dance Studio, 151 Fore St, Portland, from all levels and ages on Thurs at Ram Island. Cost: $15. 773-2966.

Dance Classes in beginner ballet, African dance, modern dance, tap dance, dance for preschoolers and kids ages 4-12, and yoga are offered at ACTS, 341 Fore Street, Portland. Cost: $5. 781-1500.

"Celebration of Achievement Chorus" led by director Mitch Thomas, the chorus meets each Wed at the Chestnut Street Church, 17 Chestnut St, Portland, from 4:30-6:00 p.m. For info on joining, call Cat at 828-9048.

"Matrix" the dance improv group teaches contact improv, guided structure and more on Mon at Casco Bay Movers Dance Studio, 151 Fore St, Portland, from all levels and ages on Thurs at Ram Island. Cost: $15. 773-2966.

Dance Classes in beginner ballet, African dance, modern dance, tap dance, dance for preschoolers and kids ages 4-12, and yoga are offered at ACTS, 341 Fore Street, Portland. Cost: $5. 781-1500.

"Celebration of Achievement Chorus" led by director Mitch Thomas, the chorus meets each Wed at the Chestnut Street Church, 17 Chestnut St, Portland, from 4:30-6:00 p.m. For info on joining, call Cat at 828-9048.

"Matrix" the dance improv group teaches contact improv, guided structure and more on Mon at Casco Bay Movers Dance Studio, 151 Fore St, Portland, from all levels and ages on Thurs at Ram Island. Cost: $15. 773-2966.

Dance Classes in beginner ballet, African dance, modern dance, tap dance, dance for preschoolers and kids ages 4-12, and yoga are offered at ACTS, 341 Fore Street, Portland. Cost: $5. 781-1500.
"The Opposite of Sex," directed by Dan Rosen. Rated R. At the Movies, 10 Exchange St., Portland. 722-0206.

The Opposite of Sex is funny in a way the opposite sex might not find funny. Despite her successful career, Lucy is a single 34-year-old Los Angeles professional who believes she's been afraid to commit for fear of being dumped. If there's anything Lucy would like more than anything else in the world, it's love. When she meets Dan, a 38-year-old divorcee and father of two, Lucy is charmed, and she's also looking for a man who will love her unconditionally.

Daneel Ackles as Dan and Maura Tierney as Lucy. Universal Pictures.

The Opposite of Sex is a romantic comedy about love, sex, and relationships. It's about the things that make us human, and the things that make us laugh. It's a story about the power of love, and the lengths we will go to find it. It's a story about the importance of communication, and the things that can come between us. It's a story about the things we love, and the things we hate. It's a story about the things we wish for, and the things we have.

The Opposite of Sex is a movie that will make you laugh, cry, and think. It's a movie that will make you feel. It's a movie that will make you want to hold on to the ones you love, and never let go. It's a movie that will make you believe in love, and in second chances. It's a movie that will make you believe in the power of the human spirit. It's a movie that will make you believe in the power of dreams.

The Opposite of Sex is a movie that will make you feel. It's a movie that will make you laugh, cry, and think. It's a movie that will make you believe in love, and in second chances. It's a movie that will make you believe in the power of the human spirit. It's a movie that will make you believe in the power of dreams.

The Opposite of Sex is a movie that will make you feel. It's a movie that will make you laugh, cry, and think. It's a movie that will make you believe in love, and in second chances. It's a movie that will make you believe in the power of the human spirit. It's a movie that will make you believe in the power of dreams.

The Opposite of Sex is a movie that will make you feel. It's a movie that will make you laugh, cry, and think. It's a movie that will make you believe in love, and in second chances. It's a movie that will make you believe in the power of the human spirit. It's a movie that will make you believe in the power of dreams.

The Opposite of Sex is a movie that will make you feel. It's a movie that will make you laugh, cry, and think. It's a movie that will make you believe in love, and in second chances. It's a movie that will make you believe in the power of the human spirit. It's a movie that will make you believe in the power of dreams.

The Opposite of Sex is a movie that will make you feel. It's a movie that will make you laugh, cry, and think. It's a movie that will make you believe in love, and in second chances. It's a movie that will make you believe in the power of the human spirit. It's a movie that will make you believe in the power of dreams.

The Opposite of Sex is a movie that will make you feel. It's a movie that will make you laugh, cry, and think. It's a movie that will make you believe in love, and in second chances. It's a movie that will make you believe in the power of the human spirit. It's a movie that will make you believe in the power of dreams.

The Opposite of Sex is a movie that will make you feel. It's a movie that will make you laugh, cry, and think. It's a movie that will make you believe in love, and in second chances. It's a movie that will make you believe in the power of the human spirit. It's a movie that will make you believe in the power of dreams.

The Opposite of Sex is a movie that will make you feel. It's a movie that will make you laugh, cry, and think. It's a movie that will make you believe in love, and in second chances. It's a movie that will make you believe in the power of the human spirit. It's a movie that will make you believe in the power of dreams.
Ask The Advice Goddess

BY AMY ALBON

The Young And The Restless

I am a 25 year-old woman, and I have been seeing a man who is 46. After we date for a few weeks, he moved in with me. We talked about marriage and kids, and one day we decided to move into a larger apartment. It was all very casual and relatively recent, so we hadn't discussed the future. But my parents are concerned, and I don't want to feel like I'm rushing things...[redacted]

Seeking Single, Married, Straight, Bi Individuals

To learn more about Emergency Contraception Pills (ECP), effective at preventing pregnancy when used within 72 hours of unprotected sex. Don't wait for an emergency, keep an ECP kit (prescription necessary) on hand.

More cover pages. www.cascobayweekly.com

THE PERFECT DATE...

Dinner & a Show
Dinner/Therapy every Thursday
a collaboration with Main Street Manhattan of Portland
make reservations by noon Thursday.

Twelfth Night Cabaret
Frid., July 31 & Fri., Aug. 7, 8:00 pm

ZEPHYR GRILL
Free Parking
539-2320/2327
107 Main St., Portland
www.zephyrgrill.com
CBW IS LOOKING FOR A NEW ARTS DIRECTOR.

The ideal candidate will have experience in human services, management, and personnel supervision and development. A Bachelor's degree in a related field is preferred. Please send a letter and resume to Recruiting Administrator, Dept. 320, Goodwill Industries, PO. Box 8600, Portland, ME 04104.

CBW is an equal opportunity employer.

RESIDENTIAL PROGRAM MANAGER/ADMINISTRATOR

Goodwill Industries of Northern New England is seeking an individual to manage a Level II mentored Living Facility that is home to 7 adults with developmental disabilities and mental health issues. This is a full-time exempt position that offers residual educational support, an excellent training program, competitive wages, a flexible schedule, a professional benefit package, an opportunity for career growth and development, and a great working environment. The ideal candidate will have experience in human services, management, and personnel supervision and development. A Bachelor's degree in a related field is preferred. Please send a letter and resume to Recruiting Administrator, Dept. 320, Goodwill Industries, PO. Box 8600, Portland, ME 04104.

CBW is an equal opportunity employer.

**CBW CLASSIFIEDS**

CBW is offering 100 classified ads at a special rate of $10 each, for $100 total. For more information contact 207-772-2882.

**HELP WANTED**

CBW is looking to hire a Recreation Specialist for our Summer Camp. Responsibilities include facilitating youth groups and managing conflict resolution. This position requires evening and weekend availability. Please contact 207-772-2882 for more information.

**RECEPTIONIST**

CBW is looking for a part-time receptionist. The position requires working 10-20 hours per week. Please contact 207-772-2882 for more information.

**ADMINISTRATIVE ASSISTANT**

CBW is looking for an Administrative Assistant. Responsibilities include providing administrative support to the Executive Director. Please contact 207-772-2882 for more information.

**RECEPTIONIST**

CBW is looking for a Receptionist. This position requires working 10-20 hours per week. Please contact 207-772-2882 for more information.

**ADMINISTRATIVE ASSISTANT**

CBW is looking for an Administrative Assistant. Responsibilities include providing administrative support to the Executive Director. Please contact 207-772-2882 for more information.

**RECEPTIONIST**

CBW is looking for a Receptionist. This position requires working 10-20 hours per week. Please contact 207-772-2882 for more information.

**ADMINISTRATIVE ASSISTANT**

CBW is looking for an Administrative Assistant. Responsibilities include providing administrative support to the Executive Director. Please contact 207-772-2882 for more information.

**RECEPTIONIST**

CBW is looking for a Receptionist. This position requires working 10-20 hours per week. Please contact 207-772-2882 for more information.

**ADMINISTRATIVE ASSISTANT**

CBW is looking for an Administrative Assistant. Responsibilities include providing administrative support to the Executive Director. Please contact 207-772-2882 for more information.
MEET DEBRA WATERHOUSE
AUTHOR OF OUTSMARTING THE MID-LIFE FAT CELL
THURSDAY, AUGUST 6 • 7PM

Debra Waterhouse, MPH, RD (Masters in Public Health, Registered Dietitian) is an internationally recognized nutritionist. She is the best-selling author of Outsmarting the Female Fat Cell, Why Women Need Chocolate and Like Mother, Like Daughter. Her latest book, Outsmarting the Mid-Life Fat Cell (Harper), takes on the #1 concern of all women between the ages of 35 to 55—menopausal weight gain. Join Debra Waterhouse this evening and learn about the "Meno-Positive Approach"—strategies designed to encourage fat cells to shrink without compromising their ability to produce estrogen.

Meet Suzanne Skees
AUTHOR OF GOD AMONG THE SHAKERS
FRIDAY, AUGUST 7 • 7PM

Have you ever wondered what it would be like to remove yourself wholely from the bustling, modern world and live in an atmosphere of simplicity and peacefulness? Suzanne Skees found such a place at the Shaker Village in Sabbathday Lake, Maine. This evening Borders welcomes Suzanne Skees, author of God Among the Shakers: A Search for Stillness and Faith at Sabbathday Lake (Harper). Suzanne Skees holds a Master's Degree in World Religions from Harvard Divinity School. She writes about women's spirituality and international religion for national publications.
DEBRA WATERHOUSE, MPH, RD (MASTERS IN PUBLIC HEALTH, REGISTERED DIETICIAN) IS AN INTERNATIONALY RECOGNIZED NUTRITIONIST. SHE IS THE BEST-SELLING AUTHOR OF OUTSMARTING THE FEMALE FAT CELL, WHY WOMEN NEED CHOCO4I
HER LATEST BOOK, THE MID-LIFE'FAT CELL (HYPERION), TAKES ON THE CONCERN OF ALL WOMEN BETWEEN THE AGES OF 35 TO 55--MENO-PUSAAL WEIGHT GAIN . JOIN DEBRA WATERHOUSE THIS EVENING AND LEARN ABOUT THE "MENO-POSITIVE APPROACH"- STRATEGIES DESIGNED TO ENCOURAGE FAT CELLS TO SHRINK WITHOUT COMPROMISING THEIR
HAVE YOU EVER WONDERED WHAT IT WOULD BE LIKE TO REMOVE YOURSELF WHOLLY FROM THE BUSTLING, MODERN WORLD AND LIVE IN AN ATMOSPHERE OF SIMPLICITY AND PEACEFULNESS? SUZANNE SKEES FOUND SUCH A PLACE AT THE SHAKER VILLAGE IN SABBATH DAY LAKE, MAINE. THIS EVENING BORDERS WELCOMES SUZANNE SKEES, AUTHOR OF GOD AMONG THE SHAKERS: A SEARCH FOR STILLNESS AND FAITH AT SABBATHDAY LAKE (HYPERION) . SUZANNE SKEES HOLD A MASTER'S DEGREE IN WORLD RELIGIONS FROM HARVARD DIVINITY SCHOOL. SHE WRITES ABOUT WOMEN'S SPIRITUALITY AND INTERNATIONAL RELIGION FOR NATIONAL PUBLICATIONS. PHOTO ' l.
Meet Debra Waterhouse
Author of OUTSMARTING THE MID-LIFE FAT CELL THREAT
Thursday, August 6 • 7 PM

Debra Waterhouse, MPH, RD
(Registered Dietitian Nutritionist) is the bestselling author of OUTSMARTING THE MID-LIFE FAT CELL THREAT. She is a nutritionist and speaker on themid-life fat cell threat. Her new diet plan for women over 40, 90 TO 55: A FUTURE PROOF STRATEGY FOR WOMEN AGE 40 TO 55, will be published in 2000. She was the Registered Dietitian Nutritionist on Dancing with the Stars, a VH1 reality show.

Have you ever wondered what it would be like to remove yourself wholly from the bustling, modern world and live in an atmosphere of simplicity and peacefulness? Suzanne Skees found such a place at the Shaker Village in Sabbathday Lake, Maine. This evening Borders welcomes Suzanne Skees, author of GOD AMONG THE SHAKERS: A SEARCH FOR STILLNESS AND FAITH AT SABBATHDAY LAKE (Hyperion), to discuss her book and her experiences at the Shaker Village.

Message from the President
Welcome to Maine. Our nationally recognized professional programs are renowned throughout the arts and sciences. Our liberal arts programs in fine arts, design, and architecture are among the best in the nation. Our master's degree programs in contemporary art, architecture, and design are among the best in the world. We are committed to providing our students with the knowledge, skills, and experience they need to succeed in their chosen fields. Our faculty are world-renowned artists and scholars who bring their expertise to the classroom. We are dedicated to excellence in teaching and scholarship.

What about withdrawal and refund policies? Students who wish to withdraw must notify the Continuing Studies department at least six working days before the last meeting of their class for a refund. Please see page 24.

Maine College of Art Summer Courses
Continuing Studies Programs

Who are we? The Continuing Studies Department of MECA offers open-enrollment courses for adults, youth, and children. Students under age 18 please see courses listed on pages 15 to 20.

What are classes like? Classes are relatively small and most are held in the studio classrooms of the College. Most courses can be taken for credit or non-credit. Students are members of the community who take courses for personal enrichment and professional development. Instructors are practicing artists, some also teach in the College's degree program.

How to register? You can register by phone or FAX, by mail, or in person. Please see the registration form at the back of this brochure for details. Registrations must be accompanied by full payment and are processed in the order received. Some classes fill quickly, so early enrollment is advised.

What about withdrawal and refund policies? Students who wish to withdraw must notify the Continuing Studies department at least six working days before the last meeting of their class for a refund. Please see page 24.

Questions? Call (207) 775-1052

Maine College of Art
2 College Street
Portland, ME 04104-1704
(207) 775-1052
www.meca.edu
LEARN ABOUT THE "MENO-POSITIVE APPROACH" - STRATEGIES DESIGNED TO ENCOURAGE FAT CELLS TO SHINE WITHOUT COMPROMISING THE ABILITY TO PRODUCE ESTROGEN.

SUZANNE SKEES, AUTHOR OF "GOD AMONG THE SHAKERS"

Evening Borders Welcomes Suzanne Skees, author of "God Among the Shakers". She writes about women's spirituality and interdependence, simplicity and peacefulness. The search for stillness and finding, place at the Shaker Village in New Lebanon, N.Y. She teaches in the B.F.A. degree program at MECA during the academic year.

RODGER'S SKI & SPORT

RODGER'S SKI & SPORT

THURSDAY, AUGUST 6 • 7PM

Meet Debra Waterhouse, Author of "Outsmarting the Mid-Life Fat Cell"

Debra Waterhouse, a master's in public health registered dietitian, internationally recog-

nized nutritionist, is the bestselling author of "Outsmarting the Female Fat." The women's need for mid-life motherhood is the focus of "Outsmarting the Mid-Life Fat Cell". Waterhouse, a food writer for the New York Times, has also appeared on CNN, the Today Show, and in the New England Journal of Medicine. Her upcoming book, "Outsmarting the Mid-Life Fat Cell" will be released in fall 2014.

Meet Suzanne Skees, Author of "God Among the Shakers"

Friday, August 7 • 7PM

EXHIBITION AND EVENTS CALENDAR

August 8, September 25
Opening reception 4-7, 9:30pm
Portland Museum, 112 Congress Street

October 24
MCAC
Opening reception 5-7:30pm
Town Hall, 601 Congress Street

November 15, December 14
Beginning Earthenware Ceramics CCE 111, Portland Museum, 112 Congress Street

December 6, 9:30 am - 12:30 pm
Portland Museum, 112 Congress Street

Note: For more information concerning any of these events, please contact the Portland Museum of Art at 207-775-6886.

Fall 1998 Calendar

August 17
Foundations for Studio Art (non-credit)

September 4
Adult Continuing Studies classes (non-credit)

September 14
Adult Continuing Studies classes (non-credit)

October 14
Teen Drawing and Painting classes (non-credit)

December 13
Teen Drawing and Painting classes (non-credit)

Adult Continuing Studies classes (non-credit)

EXHIBITION AND EVENTS CALENDAR

August 8, September 25
Opening reception 4-7, 9:30pm
Portland Museum, 112 Congress Street

October 24
MCAC
Opening reception 5-7:30pm
Town Hall, 601 Congress Street

November 15, December 14
Beginning Earthenware Ceramics CCE 111, Portland Museum, 112 Congress Street

December 6, 9:30 am - 12:30 pm
Portland Museum, 112 Congress Street

Note: For more information concerning any of these events, please contact the Portland Museum of Art at 207-775-6886.
RODGER'S SKI & SPORT

MEET DEBRA WATERHOUSE
AUTHOR OF OUTSMARTING THE MID-LIFE FAT CELL
THURSDAY, AUGUST 6 • 7 pm

MEET SUZANNE SKEES
AUTHOR OF GOD AMONG THE SHAKERS
FRIDAY, AUGUST 7 • 7 pm

HAVE YOU EVER WONDERED WHAT IT WOULD BE LIKE TO REMOVE YOURSELVES FROM THE BUSY, MODERN WORLD AND LINGER IN AN ATMOSPHERE OF BUSTLING, MODERN WORLD AND SUZANNE SKEES FOUND SUCH A LIVING IN AN ATMOSPHERE OF NATIONAL RELIGIONS FOR NATIONAL PUBLICATIONS. PHOTO: (HYPERION) •

SUZANNE SKEES, AUTHOR OF EVENING BORDERS WELCOMES SUZANNE "WATERHOUSE, MPH, INTERNATIONALLY RECOGNIZED NUTRITIONIST. SHE IS THE BEST LIKE MOTHER, LIKE DAUGHTER. HER LATEST BOOK, OUTSMART THE MID-LIFE FAT CELL (HYPERION), TAKES ON THE #1 COMBINATION OF ALL WOMEN BETWEEN THE AGES OF 35 TO 55: MIND AND FATTY-WEIGHT GAIN. JOIN DEBRA WATERHOUSE THIS EVENING AND LEARN ABOUT THE "MEDICAL-POSITIVE APPROACH" STRATEGIES DESIGNED TO ENCOURAGE FAT CELLS TO SHRINK WITHOUT COMPROMISING THEIR ABILITY TO PRODUCE ENERGIZED.

RODGER'S SKI & SPORT

THE MANY COLORS OF THE HUMAN VOICE: 'A Workshop for Women COM 106
TUESDAY, OCTOBER 30 • 12:30 - 2:30 pm, $25
This workshop is a great introduction to the concept of connecting the voice with the body in order to express the physical and emotional self. The speaker focuses on recognizing the voice as a container of physical and emotional energy: how to use it within the context of various performance forms such as acting, singing and storytelling.

LIFE DRAWING

LIFE DRAWING FOR BEGINNERS (HYPERION), TAKES ON THE #1 OPENS TO EXPLORATION OF THE VISUAL LANGUAGE OF DRAWING AS A WAY TO EXPRESS THE VISION OF THE CREATIVE SELF WITHIN. IF YOU FEEL A LONGING TO RECONNECT WITH THAT CREATIVE SELF WITHIN, THIS COURSE IS SUITABLE FOR BEGINNERS AND IS FLEXIBLE ENOUGH TO MEET THE NEEDS OF EXPERTS.

YOGA

Hatha Yoga CDR 104
Monday, Wednesday, Friday, 6:00 - 7:30 pm, $72
This two-day-weekend workshop is for those interested in moving closer to the core of Hatha Yoga. It is a journey into the heart of the traditions of the yoga asana practice and the rich history of the yoga philosophy. This workshop is a journey into the heart of the traditions of the yoga asana practice and the rich history of the yoga philosophy.

DRAWING

Drawing for the Complete and Other Beginner CDR 050
Sunday, 6:30 - 9:30 pm, September 19 - December 19, $250
This course is designed especially for the beginning or intermediate drawing student. We will look at the human figure and use chalk as our tool. We will focus on the essence of the body in order to draw it accurately and dramatically.

LIGHT DRAWING

Light Drawing CDR 115
Thursday, 6:00 - 9:30 pm, September 26 - December 19, $250
This course is designed to explore the medium of light as it is related to the human figure. We will use charcoal as our tool. We will focus on the essence of the body in order to draw it accurately and dramatically.

PAINTING

Watercolor Painting CDR 120
Tuesday, 6:30 - 9:30 pm, September 24 - December 19, $250
This course is designed to explore the medium of watercolor as it is related to the human figure. We will use charcoal as our tool. We will focus on the essence of the body in order to draw it accurately and dramatically.
CONCERN OF ALL WOMEN: ARE YOU HAVING TROUBLE REMOVING YOURSELF WHOLLY FROM THE MID-LIFE FAT CELL?

Suzanne Skees, author of "Search for Stillness," introduces a program through which you can remove yourself wholly from the mid-life fat cell. The techniques she will use are those that have been so successfully used by thousands of women. This is a wonderful opportunity to experience a new delight in your body.

Graphic Design and Illustration

Students will translate two-dimensional designs into the fundamental of visual organization. This is a hands-on studio class, starting with simple exercises and leading to creative work. This is an excellent class for those considering design careers.

Design Basics by David Lauer

Saturday, 6:00-9:00 pm, September 19, 20

Tuition: $25

B.F.A. in Graphic Design from Parsons School of Design in New York with many years of experience as a professional calligrapher for over twenty years. Her clients range from large corporations to small businesses.

Calligraphy

How do you plan to use it professionally? Italic will be taught beginning in September. The goal of this class is to help you plan to use your calligraphy in a creative way. This is a hands-on studio class, starting with simple exercises and leading to creative work. This is an excellent class for those considering design careers.
CONCERN OF ALL WOMEN BETWEEN THE AGES OF 15 TO 55:

HAVEN'T YOU EVER WONDERED WHAT IT WOULD BE LIKE TO REMOVE SIMPLICITY AND PEACEFULNESS?

GOD AMONG THE SHAKERS: A BOOK, MUSIC VIDEO, AND A CAFE.

ENCOURAGE FAT CELLS TO SHRINK WITHOUT COMPROMISING CLARITY AND FOCUS.

How to lose weight fast and keep it off forever.

BEGINNERS/JUNIOR Metalsmithing

Wednesday, 6:00 pm, September 10, 7 weeks

Prerequisite: None. Skills for beginning students.

Bring to class: A pencil, 24" ruler and 1 yard of 18" or non-credit, credits

Intermediate Metalsmithing

Tuesday, 6:00 pm, October 8, 6 weeks

Prerequisite: Fundamentals of fabrication to beginning students.

Bring to first class: notebook, catalogs, photos or examples of finished work, or equivalent.

Debra Waterhouse, author of Outsmarting the Mid-life Fat C (Hypertext), takes us.

CONCERN OF ALL WOMEN BETWEEN THE AGES OF 15 TO 55: HAVE YOU EVER WONDERED WHAT IT WOULD BE LIKE TO REMOVE SIMPLICITY AND PEACEFULNESS?

GOD AMONG THE SHAKERS: A BOOK, MUSIC VIDEO, AND A CAFE.

ENCOURAGE FAT CELLS TO SHRINK WITHOUT COMPROMISING CLARITY AND FOCUS.

How to lose weight fast and keep it off forever.

BEGINNERS/JUNIOR Metalsmithing

Wednesday, 6:00 pm, September 10, 7 weeks

Prerequisite: None. Skills for beginning students.

Bring to class: A pencil, 24" ruler and 1 yard of 18" or non-credit, credits

Intermediate Metalsmithing

Tuesday, 6:00 pm, October 8, 6 weeks

Prerequisite: Fundamentals of fabrication to beginning students.

Bring to first class: notebook, catalogs, photos or examples of finished work, or equivalent.

Debra Waterhouse, author of Outsmarting the Mid-life Fat C (Hypertext), takes us.

CONCERN OF ALL WOMEN BETWEEN THE AGES OF 15 TO 55: HAVE YOU EVER WONDERED WHAT IT WOULD BE LIKE TO REMOVE SIMPLICITY AND PEACEFULNESS?

GOD AMONG THE SHAKERS: A BOOK, MUSIC VIDEO, AND A CAFE.

ENCOURAGE FAT CELLS TO SHRINK WITHOUT COMPROMISING CLARITY AND FOCUS.

How to lose weight fast and keep it off forever.

BEGINNERS/JUNIOR Metalsmithing

Wednesday, 6:00 pm, September 10, 7 weeks

Prerequisite: None. Skills for beginning students.

Bring to class: A pencil, 24" ruler and 1 yard of 18" or non-credit, credits

Intermediate Metalsmithing

Tuesday, 6:00 pm, October 8, 6 weeks

Prerequisite: Fundamentals of fabrication to beginning students.

Bring to first class: notebook, catalogs, photos or examples of finished work, or equivalent.

Debra Waterhouse, author of Outsmarting the Mid-life Fat C (Hypertext), takes us.

CONCERN OF ALL WOMEN BETWEEN THE AGES OF 15 TO 55: HAVE YOU EVER WONDERED WHAT IT WOULD BE LIKE TO REMOVE SIMPLICITY AND PEACEFULNESS?

GOD AMONG THE SHAKERS: A BOOK, MUSIC VIDEO, AND A CAFE.

ENCOURAGE FAT CELLS TO SHRINK WITHOUT COMPROMISING CLARITY AND FOCUS.

How to lose weight fast and keep it off forever.

BEGINNERS/JUNIOR Metalsmithing

Wednesday, 6:00 pm, September 10, 7 weeks

Prerequisite: None. Skills for beginning students.

Bring to class: A pencil, 24" ruler and 1 yard of 18" or non-credit, credits

Intermediate Metalsmithing

Tuesday, 6:00 pm, October 8, 6 weeks

Prerequisite: Fundamentals of fabrication to beginning students.

Bring to first class: notebook, catalogs, photos or examples of finished work, or equivalent.

Debra Waterhouse, author of Outsmarting the Mid-life Fat C (Hypertext), takes us.

CONCERN OF ALL WOMEN BETWEEN THE AGES OF 15 TO 55: HAVE YOU EVER WONDERED WHAT IT WOULD BE LIKE TO REMOVE SIMPLICITY AND PEACEFULNESS?

GOD AMONG THE SHAKERS: A BOOK, MUSIC VIDEO, AND A CAFE.

ENCOURAGE FAT CELLS TO SHRINK WITHOUT COMPROMISING CLARITY AND FOCUS.

How to lose weight fast and keep it off forever.

BEGINNERS/JUNIOR Metalsmithing

Wednesday, 6:00 pm, September 10, 7 weeks

Prerequisite: None. Skills for beginning students.

Bring to class: A pencil, 24" ruler and 1 yard of 18" or non-credit, credits

Intermediate Metalsmithing

Tuesday, 6:00 pm, October 8, 6 weeks

Prerequisite: Fundamentals of fabrication to beginning students.

Bring to first class: notebook, catalogs, photos or examples of finished work, or equivalent.

Debra Waterhouse, author of Outsmarting the Mid-life Fat C (Hypertext), takes us.
CONCERN OF ALL WOMEN BETWEEN THE AGES OF
LEARN ABOUT THE "MENO-POSITIVE APPROACH" - STRATEGIES DES
YOURSELF WHOLLY FROM THE
BUSTLING, MODERN WORLD AND
SIMPLICITY AND PEACEFULNESS?
SUZANNE SKEES FOUND SUCH A
PLACE AT THE SHAKER VILLAGE IN
GOD AMONG THE SHAKERS: A
ONAL RELIGION FOR NATIONAL PUBLICATIONS. PHOTO :
SKEES HAS A MASTER'S DEGREE IN WORLD RELIGIONS FROM HARVARD DIVIN
SCHOOL. SHE WRITES ABOUT WOMEN'S SPIRITUALITY AND INTE

CONCERN OF ALL WOMEN BETWEEN THE AGES OF 35 TO 55-70
MANUAL WEIGHT GAIN. JOIN DEBRA WATERS house THIS EVENING AND
LEARN ABOUT THE "MENO-POSITIVE APPROACH" - STRATEGIES DES
YOURSELF WHOLLY FROM THE
BUSTLING, MODERN WORLD AND
SIMPLICITY AND PEACEFULNESS?
SUZANNE SKEES FOUND SUCH A
PLACE AT THE SHAKER VILLAGE IN
GOD AMONG THE SHAKERS: A
ONAL RELIGION FOR NATIONAL PUBLICATIONS. PHOTO :
SKEES HAS A MASTER'S DEGREE IN WORLD RELIGIONS FROM HARVARD DIVIN
SCHOOL. SHE WRITES ABOUT WOMEN'S SPIRITUALITY AND INTE

Landscape Design
Introduction to Landscape Design 100
Suzan Parrish Carter
Introduction, 6:30 - 7:30 pm, September 9 - December 10
Tuition $190, Studio Fee $10, Reg. Fee $10, Non-credit
Suzan Parrish Carter, a landscape designer with many years experience in landscape design, has been teaching at the University of Maine, taught at Brooklyn College and is currently teaching at the University of New Haven. She will teach this seven-week course to help you develop your own garden. This course is for those who want to understand the principles of design but do not have experience in this area. It will cover the basics of design and teach you how to use traditional design techniques to create beautiful gardens. Both aspiring and working artists will find this program helpful in learning what they have to tell us and exploring ways to move on from that point. Students will be expected to spend a minimum of 10 hours outside class time working on their projects. This course is appropriate for both novice gardeners and artists who have spent time in the garden. Students will be expected to work on their own projects and will not be required to bring class projects.

Liberal Arts and Writing
The Author's Way: Beyond Our Selves
Creative Writing C1A 118
Suzan Parrish Carter
Suzan Parrish Carter, a landscape designer with many years experience in landscape design, has been teaching at the University of Maine, taught at Brooklyn College and is currently teaching at the University of New Haven. She will teach this seven-week course to help you develop your own garden. This course is for those who want to understand the principles of design but do not have experience in this area. It will cover the basics of design and teach you how to use traditional design techniques to create beautiful gardens. Both aspiring and working artists will find this program helpful in learning what they have to tell us and exploring ways to move on from that point. Students will be expected to spend a minimum of 10 hours outside class time working on their projects. This course is appropriate for both novice gardeners and artists who have spent time in the garden. Students will be expected to work on their own projects and will not be required to bring class projects.

Painting
Painting: The Tree of Life Beginner CPT 100
Margaret Lane
Margaret Lane, a landscape designer with many years experience in landscape design, has been teaching at the University of Maine, taught at Brooklyn College and is currently teaching at the University of New Haven. She will teach this seven-week course to help you develop your own garden. This course is for those who want to understand the principles of design but do not have experience in this area. It will cover the basics of design and teach you how to use traditional design techniques to create beautiful gardens. Both aspiring and working artists will find this program helpful in learning what they have to tell us and exploring ways to move on from that point. Students will be expected to spend a minimum of 10 hours outside class time working on their projects. This course is appropriate for both novice gardeners and artists who have spent time in the garden. Students will be expected to work on their own projects and will not be required to bring class projects.

At the Maine Mall • South Portland • (207)775-6110
THOUSANDS OF SPECIALS- WITH SAVINGS TO THE MAX
Rte. 1 Scarborough / Saco Gary Brookshire Elizabeth Funeral Home 883-3669
CONCERN OF ALL WOMEN BETWEEN THE AGES OF
LEARN ABOUT THE "MENO-POSITIVE APPROACH"- STRATEGIES DESIGNED
TO ENCOURAGE FAT CELLS TO SHRINK WITHOUT COMPROMISING THEIR
QUALITY, THROUGH USING NATURAL METHODS. 

S UZ ANNE SKEES, AUTHOR OF (HYPERION).
SCHOOL. SHE WRITES ABOUT WOMEN'S SPIRITUALITY AND INTERNA­
TIONAL RECOGNIZED TEACHER. A MEMBER OF THE UNIVERSITY OF MAINE,
SABBATHDAY LAKE, MAINE. THIS EVENING BORDERS WELCOMES
S UZ ANNE SKEES, AUTHOR OF (HYPERION). 

This course is designed for both the new and the experienced
photographer. It is a hands-on learning experience that covers the
fundamentals of all photo equipment, exposure, composition, and
printing techniques. The course takes a "hands-on" approach, with
each participant working on their own project. You'll learn about
lighting, exposure, composition, and printing techniques, and how
to make the most of your equipment and materials.

Selling Author of "The Female Fat Cell A Chef's Guide to Health
and Longevity" and "Like Mother, Like Daughter". 

Intermediate/Advanced Painting CPT 250 Gall Spalen 
Thursdays, 6:00-9:00 pm, September 12 to December 19, 12 weeks 
Portraits, Figurative, and Still Life 
Tuition $250, Studio Fee $30, Reg. Fee $25 
Credit (Non-credit), Credits 3 
This course is designed for both the new and the experienced
students. The course will focus on developing your skills in
painting and drawing. The process of creating art is an
important way to express yourself. You'll learn about different
styles and techniques, and how to develop your unique
approach to painting.
MEET DEBRA WATERHOUSE
AUTHOR OF OUTSMARTING THE MID-LIFE FAT CELL
THURSDAY, AUGUST 6 • 7 PM

Debra Waterhouse, MPH, RD (Nutrition in Public Health, Registered Dietitian) is an internationally recognized nutritionist. She is the bestselling author of Outsmarting the Female Fat Cell, Why Women Need Chocolate and Like Brother, Like Daughter. Her latest book, Outsmarting the Mid-Life Fat Cell (Hyperion), takes on the #1 manual by the New York Times. This evening learn about the "Nondi-Positive Approach" strategies designed to encourage fat cells to shrink without compromising their ability to produce estrogen.

MEET SUZANNE SKEES
AUTHOR OF AMONG THE SHAKERS FRIDAY, AUGUST 7 • 7 PM

Have you ever wondered what it would be like to remove yourself whole from the bustling, modern world and live in an atmosphere of simplicity and peacefulness? Suzanne Skees found such a place at the Shaker Village in Sabbathday Lake, Maine. This evening, Skees welcomes Suzanne Skees, author of Among the Shakers a search for stillness and faith at Sabbathday Lake (Hyperion). Suzanne Skees holds a master's degree in world religions from Harvard Divinity School. She writes about women's spirituality and interfaith religions for national publications.

BORDERS COME INSIDE
BOOKS, MUSIC, VIDEO, AND A CAFE.
At the Maine Mall • South Portland • (207)775-6110

WITH SAVINGS TO THE MAX
Rite, 1 Sturbridge, Cameron from Scarborough Towne
883-3669
MEET DEBRA WATERHOUSE
AUTHOR OF OUTSMARTING THE MID-LIFE FAT CELL

Thursday, August 6 • 7PM

DEBRA WATERHOUSE, MPH, RD (MASTERS IN PUBLIC HEALTH, REGISTERED DIETICIAN) IN AN INTERPERSONALLY RECOGNIZED NUTRITIONIST. SHE IS THE BEST-SELLING AUTHOR OF OUTSMARTING THE FEMALE FAT CELL, WHERE WOMEN NEED CHOCOLATE AND LIKE MOTHER, LIKE DAUGHTER.

HER LATEST BOOK, OUTSMARTING THE MID-LIFE FAT CELL, CONCERN OF ALL WOMEN BETWEEN THE AGES OF 35 TO 55. WEALTH, WISDOM, HEALT-

HAVE YOU EVER WONDERED WHAT EVENING BORDERS WELCOMES SUZANNE SKEES HOLD A FAITH AT SABBATHDAY LAKE

MEET SUZANNE SKEES
AUTHOR OF GOD AMONG THE SHAKERS
Friday, August 7 • 7PM

HAVE YOU EVER WANTED TO KNOW WHAT IT WOULD BE LIKE TO LIVE IN A COMMUNITY WHERE EVERYONE LIVES AND WORKS IN A SIMPLIFIED AND PEACEFUL WIRLD. SUZANNE SKEES POURS SUCH A PLACE AT THE SHAKER VILLAGE IN SARABATNERY LAKE, MAINE. THIS EVENING BORDERS WELCOMES SUZANNE SKEES, AUTHOR OF GOD AMONG THE SHAKERS: A SEARCH FOR SPIRITUALITY AND TRUTH AT SABBATHDAY LAKE (HYPERION).

SUZANNE SKEES HOLD A MA'S DEGREE IN WORLD RELIGIONS FROM HARVARD DIVINITY SCHOOL. SHE WRITES ABOUT WOMEN'S SPIRITUALITY AND INTERNATIONAL RELIGION FOR NATIONAL PUBLICATIONS.

BORDERS COME INSIDE.
BOOKS, MUSIC, VIDEO, AND A CAFE.
At The Maine Mall • South Portland • (207)775-6110

35

Rodger's Ski & Sport
RODGER'S SKI & SPORT
RODGER'S SKI & SPORT
RODGER'S SKI & SPORT
RODGER'S SKI & SPORT
RODGER'S SKI & SPORT

PORTLAND-AREA SATURDAY SCHOOL CLASSES FOR YOUNG ARTISTS

Creative Kids, Grades 6-8, CSF 819 Kathleen Meade Saturday, 1:30-2:30 pm, October 3 - December 12

This class is designed to introduce children to the fundamentals of painting through the use of two-dimensional materials, color and drawing. Ages 6-8.

Drawn in charcoal, Grades 7-12, CSF 827 Joshua Eckles Saturday, 9-10 am, October 3 - December 12

This class is for students who want to expand their drawing skills. Students will explore the fundamentals of creating drawings, and will explore different mediums such as charcoal, pencils, and pastels.

Artistic Drawing for Kids, Grades 4-6, CSF 836 Kathleen Meade Saturday, 9-10 am, October 3 - December 12

This class is designed for young children to learn the basics of drawing with pencil, charcoal, and colored pencils.

Artistic Drawing for Kids, Grades 4-6, CSF 835 Kathleen Meade Saturday, 1-2 pm, October 3 - December 12

This class is designed to introduce children to the fundamentals of painting through the use of two-dimensional materials, color and drawing. Ages 6-8.

Drawing, Grades 7-12, CSF 841, Morning sessions
Karen Huber Saturday, 9:15 am - 12:15 pm, December 12 - January 16

This class is for students who want to expand their drawing skills. Students will explore the fundamentals of creating drawings, and will explore different mediums such as charcoal, pencils, and pastels.

Drawing, Grades 7-12, CSF 841, Afternoon sessions
Karen Huber Saturday, 1-2:30 pm, December 12 - January 16

This class is for students who want to expand their drawing skills. Students will explore the fundamentals of creating drawings, and will explore different mediums such as charcoal, pencils, and pastels.

Continued Drawing, Grades 7-12, CSF 841
Joshua Eckles Saturday, 9-10 am, October 3 - December 12

This class is for students who want to expand their drawing skills. Students will explore the fundamentals of creating drawings, and will explore different mediums such as charcoal, pencils, and pastels.

Advanced Drawing Process Grades 7-12, CSF 842
Joshua Eckles Saturday, 9:30 am - 12:30 pm, October 3 - December 12

This class is for students who want to expand their drawing skills. Students will explore the fundamentals of creating drawings, and will explore different mediums such as charcoal, pencils, and pastels.

Continued Drawing, Grades 7-12, CSF 841
Joshua Eckles Saturday, 9-10 am, October 3 - December 12

This class is for students who want to expand their drawing skills. Students will explore the fundamentals of creating drawings, and will explore different mediums such as charcoal, pencils, and pastels.

Continued Drawing, Grades 7-12, CSF 841
Joshua Eckles Saturday, 9-10 am, October 3 - December 12

This class is for students who want to expand their drawing skills. Students will explore the fundamentals of creating drawings, and will explore different mediums such as charcoal, pencils, and pastels.

Continued Drawing, Grades 7-12, CSF 841
Joshua Eckles Saturday, 9-10 am, October 3 - December 12

This class is for students who want to expand their drawing skills. Students will explore the fundamentals of creating drawings, and will explore different mediums such as charcoal, pencils, and pastels.

Continued Drawing, Grades 7-12, CSF 841
Joshua Eckles Saturday, 9-10 am, October 3 - December 12

This class is for students who want to expand their drawing skills. Students will explore the fundamentals of creating drawings, and will explore different mediums such as charcoal, pencils, and pastels.

Continued Drawing, Grades 7-12, CSF 841
Joshua Eckles Saturday, 9-10 am, October 3 - December 12

This class is for students who want to expand their drawing skills. Students will explore the fundamentals of creating drawings, and will explore different mediums such as charcoal, pencils, and pastels.

Continued Drawing, Grades 7-12, CSF 841
Joshua Eckles Saturday, 9-10 am, October 3 - December 12

This class is for students who want to expand their drawing skills. Students will explore the fundamentals of creating drawings, and will explore different mediums such as charcoal, pencils, and pastels.

Continued Drawing, Grades 7-12, CSF 841
Joshua Eckles Saturday, 9-10 am, October 3 - December 12

This class is for students who want to expand their drawing skills. Students will explore the fundamentals of creating drawings, and will explore different mediums such as charcoal, pencils, and pastels.

Continued Drawing, Grades 7-12, CSF 841
Joshua Eckles Saturday, 9-10 am, October 3 - December 12

This class is for students who want to expand their drawing skills. Students will explore the fundamentals of creating drawings, and will explore different mediums such as charcoal, pencils, and pastels.

Continued Drawing, Grades 7-12, CSF 841
Joshua Eckles Saturday, 9-10 am, October 3 - December 12

This class is for students who want to expand their drawing skills. Students will explore the fundamentals of creating drawings, and will explore different mediums such as charcoal, pencils, and pastels.

Continued Drawing, Grades 7-12, CSF 841
Joshua Eckles Saturday, 9-10 am, October 3 - December 12

This class is for students who want to expand their drawing skills. Students will explore the fundamentals of creating drawings, and will explore different mediums such as charcoal, pencils, and pastels.

Continued Drawing, Grades 7-12, CSF 841
Joshua Eckles Saturday, 9-10 am, October 3 - December 12

This class is for students who want to expand their drawing skills. Students will explore the fundamentals of creating drawings, and will explore different mediums such as charcoal, pencils, and pastels.

Continued Drawing, Grades 7-12, CSF 841
Joshua Eckles Saturday, 9-10 am, October 3 - December 12

This class is for students who want to expand their drawing skills. Students will explore the fundamentals of creating drawings, and will explore different mediums such as charcoal, pencils, and pastels.

Continued Drawing, Grades 7-12, CSF 841
Joshua Eckles Saturday, 9-10 am, October 3 - December 12

This class is for students who want to expand their drawing skills. Students will explore the fundamentals of creating drawings, and will explore different mediums such as charcoal, pencils, and pastels.

Continued Drawing, Grades 7-12, CSF 841
Joshua Eckles Saturday, 9-10 am, October 3 - December 12

This class is for students who want to expand their drawing skills. Students will explore the fundamentals of creating drawings, and will explore different mediums such as charcoal, pencils, and pastels.

Continued Drawing, Grades 7-12, CSF 841
Joshua Eckles Saturday, 9-10 am, October 3 - December 12

This class is for students who want to expand their drawing skills. Students will explore the fundamentals of creating drawings, and will explore different mediums such as charcoal, pencils, and pastels.

Continued Drawing, Grades 7-12, CSF 841
Joshua Eckles Saturday, 9-10 am, October 3 - December 12

This class is for students who want to expand their drawing skills. Students will explore the fundamentals of creating drawings, and will explore different mediums such as charcoal, pencils, and pastels.

Continued Drawing, Grades 7-12, CSF 841
Joshua Eckles Saturday, 9-10 am, October 3 - December 12

This class is for students who want to expand their drawing skills. Students will explore the fundamentals of creating drawings, and will explore different mediums such as charcoal, pencils, and pastels.
HAVE YOU EVER WONDERED WHAT IT WOULD BE LIKE TO REMOVE YOURSELF WHOLLY FROM THE ATMOSPHERE OF THE SABBATH DAY LAKE, MAINE. THIS EVENING BORDERS WELCOMES A SEARCH FOR STILLNESS AND ENCOURAGE FAT CELLS TO SHRINK WITHOUT COMPR!

CONCERN OF ALL WOMEN BETWEEN THE AGES OF 35 TO 50! MAHAL WEIST EIN. JOIN DEBRA WATERHOUSE THIS TO LEARN ABOUT THE "POSITIVE APPROACH" STRATEGIES TO ENCOURAGE FAT CELLS TO SHRINK WITHOUT COMPR.

MEET SUZANNE SKEE, AUTHOR OF GOD AMONG US

MEET SUZANNE SKEE, AUTHOR OF GOD AMONG US

DO YOU EVER WONDER WHAT IT WOULD BE LIKE TO REMOVE YOURSELF WHOLLY FROM THE ATMOSPHERE OF THE SABBATH DAY LAKE, MAINE. THIS EVENING BORDERS WELCOMES A SEARCH FOR STILLNESS AND ENCOURAGE FAT CELLS TO SHRINK WITHOUT COMPR!

CONCERN OF ALL WOMEN BETWEEN THE AGES OF 35 TO 50! MAHAL WEIST EIN. JOIN DEBRA WATERHOUSE THIS TO LEARN ABOUT THE "POSITIVE APPROACH" STRATEGIES TO ENCOURAGE FAT CELLS TO SHRINK WITHOUT COMPR.

MEET SUZANNE SKEE, AUTHOR OF GOD AMONG US

DO YOU EVER WONDER WHAT IT WOULD BE LIKE TO REMOVE YOURSELF WHOLLY FROM THE ATMOSPHERE OF THE SABBATH DAY LAKE, MAINE. THIS EVENING BORDERS WELCOMES A SEARCH FOR STILLNESS AND ENCOURAGE FAT CELLS TO SHRINK WITHOUT COMPR!

CONCERN OF ALL WOMEN BETWEEN THE AGES OF 35 TO 50! MAHAL WEIST EIN. JOIN DEBRA WATERHOUSE THIS TO LEARN ABOUT THE "POSITIVE APPROACH" STRATEGIES TO ENCOURAGE FAT CELLS TO SHRINK WITHOUT COMPR.

MEET SUZANNE SKEE, AUTHOR OF GOD AMONG US

DO YOU EVER WONDER WHAT IT WOULD BE LIKE TO REMOVE YOURSELF WHOLLY FROM THE ATMOSPHERE OF THE SABBATH DAY LAKE, MAINE. THIS EVENING BORDERS WELCOMES A SEARCH FOR STILLNESS AND ENCOURAGE FAT CELLS TO SHRINK WITHOUT COMPR!

CONCERN OF ALL WOMEN BETWEEN THE AGES OF 35 TO 50! MAHAL WEIST EIN. JOIN DEBRA WATERHOUSE THIS TO LEARN ABOUT THE "POSITIVE APPROACH" STRATEGIES TO ENCOURAGE FAT CELLS TO SHRINK WITHOUT COMPR.

MEET SUZANNE SKEE, AUTHOR OF GOD AMONG US

DO YOU EVER WONDER WHAT IT WOULD BE LIKE TO REMOVE YOURSELF WHOLLY FROM THE ATMOSPHERE OF THE SABBATH DAY LAKE, MAINE. THIS EVENING BORDERS WELCOMES A SEARCH FOR STILLNESS AND ENCOURAGE FAT CELLS TO SHRINK WITHOUT COMPR!
CONCERN OF ALL WOMEN BETWEEN THE AGES OF 50 AND 59 TO REDUCE PHYSICAL WEIGHT GAIN. JOIN DEBRA WATERHOUSE AND LEARN ABOUT THE "MENO-POSITIVE APPROACH" TO ENCOURAGE FAT CELLS TO SHRINK WITHOUT AFFECTING YOUR ABILITY TO PRODUCE ESTROGEN.

MEET SUZANNE SKEES
AUTHOR OF GOD AMONG THE SHAKERS
FRI DAY,AUGUST 7

HAVE YOU EVER WONDERED WHAT IT WOULD BE LIKE TO REMOVE YOURSELF WHOLLY FROM THE BUSTLING, MODERN WORLD AND LIVE IN AN ATMOSPHERE OF SIMPLICITY AND PEACEFULNESS? SUZANNE SKEES FOUND SUCH A PLACE AT THE SHAKER VILLAGE IN SABBATHDAY LAKE, MAINE. THIS EVENING BORDERS WELCOMES SUZANNE SKEES, AUTHOR OF GOD AMONG THE SHAKERS: A SEARCH FOR STILLNESS AND FAITH AT SABBATHDAY LAKE (HYPERION) •

SUZANNE SKEES HOLD A MASTER’S DEGREE IN WORLD RELIGION FROM THE UNIVERSITY OF PENNSYLVANIA. SHE WRITES ABOUT WOMEN’S RELIGION FOR NATIONAL PUBLICATIONS.
CONCERN OF ALL WOMEN BETWEEN T
HAVE YOU EVER
YOURSELF WHOLLY FROM THE
IT WOULD BE LIKE TO REMOVE I
BUSTLING, MODERN WORLD AND
LIVE IN AN ATMOSPHERE OF
PLACE AT THE SHAKER VILLAGE I

SUZANNE SKEES, AUTHOR OF J
GOD AMONG THE SHAKERS: A
(HYPERION)

At the Maine Mall • South Portland • (207) 715-3052

ENCOURAGE FAT CELLS TO
ABOUT THE "MENO-POSITIVE

58 CASCO BAY WEEKLY

A 100% refund of tuition and studio fee is granted when the Continuing Studies Department cancels the course or when the
The College reserves the right to cancel courses, substitute instructors, change course times, and limit enrollment. The...may be used by the College in future promotional efforts, without specific written permission from the student.

In order to ensure your place in the class of your choice, you are encouraged to register early. September 1 is the registration deadline for classes beginning the week of September 7. Late registrations must be made by calling

Students who are unsure about which course or level of study is appropriate for your needs, please call the Continuing Studies Office at (207) 451-3052, ext. 230.

Grades and Transcripts
Continuing Studies courses are graded on a pass/fail basis, unless a letter grade is specifically requested by the student. Failure to inform your instructor of your desire for a letter grade prior to the first meeting of the course will result in the student receiving an automatic "P" in your grade. A failing grade in a non-credit course may be made up within one year of the original grade by repeating the course. A grade of "F" must be made up within one year if the student wishes to receive credit for the course. The student may take as many courses as they desire, and students may receive no more than two courses during any one term. Students who receive a grade of "F" in a non-credit course may re-register the following term without repeating the course. Students who receive a grade of "F" in a credit course may not re-register the following term without repeating the course. Students who receive a grade of "F" in a credit course may not re-register the following term without repeating the course.

Grades and Transcripts
Continuing Studies students have the option of selecting either a credit or non-credit basis for their study, simply by submitting a letter to the Office of the Registrar. Continual Studies courses are graded on a pass/fail basis, unless a letter grade is specifically requested by the student. Failure to inform your instructor of your desire for a letter grade prior to the first meeting of the course will result in the student receiving an automatic "P" in your grade. A failing grade in a non-credit course may be made up within one year of the original grade by repeating the course. A grade of "F" must be made up within one year if the student wishes to receive credit for the course. The student may take as many courses as they desire, and students may receive no more than two courses during any one term. Students who receive a grade of "F" in a non-credit course may re-register the following term without repeating the course. Students who receive a grade of "F" in a credit course may not re-register the following term without repeating the course. Students who receive a grade of "F" in a credit course may not re-register the following term without repeating the course.

Refund Policy
The College reserves the right to cancel courses, substitute instructors, change course times, and limit enrollment. The...may be used by the College in future promotional efforts, without specific written permission from the student.

In order to ensure your place in the class of your choice, you are encouraged to register early. September 1 is the registration deadline for classes beginning the week of September 7. Late registrations must be made by calling

Students who are unsure about which course or level of study is appropriate for your needs, please call the Continuing Studies Office at (207) 451-3052, ext. 230.

Grades and Transcripts
Continuing Studies courses are graded on a pass/fail basis, unless a letter grade is specifically requested by the student. Failure to inform your instructor of your desire for a letter grade prior to the first meeting of the course will result in the student receiving an automatic "P" in your grade. A failing grade in a non-credit course may be made up within one year of the original grade by repeating the course. A grade of "F" must be made up within one year if the student wishes to receive credit for the course. The student may take as many courses as they desire, and students may receive no more than two courses during any one term. Students who receive a grade of "F" in a non-credit course may re-register the following term without repeating the course. Students who receive a grade of "F" in a credit course may not re-register the following term without repeating the course. Students who receive a grade of "F" in a credit course may not re-register the following term without repeating the course.

Refund Policy
The College reserves the right to cancel courses, substitute instructors, change course times, and limit enrollment. The...may be used by the College in future promotional efforts, without specific written permission from the student.

In order to ensure your place in the class of your choice, you are encouraged to register early. September 1 is the registration deadline for classes beginning the week of September 7. Late registrations must be made by calling

Students who are unsure about which course or level of study is appropriate for your needs, please call the Continuing Studies Office at (207) 451-3052, ext. 230.
CONCERN OF ALL WOMEN BETWEEN THE AGE OF 40 AND 60 IS PAUSAL WEIGHT GAIN. JOIN DEBRA WATERHOUSE, AUTHOR OF "OUTSMARTING THE MIDLIFE FAT CELL" ON THURSDAY, AUGUST 13, TO LEARN ABOUT THE "MENO-POSITIVE APPROACH" TO ENCOURAGE FAT CELLS TO SHRINK WITH THE ABILITY TO PRODUCE ESTROGEN.

HAVE YOU EVER WONDERED WHAT IT WOULD BE LIKE TO REMOVE YOURSELF WHOLLY FROM THE BUSTLING, MODERN WORLD AND LIVE IN AN ATMOSPHERE OF SIMPLICITY AND PEACEFULNESS? SUZANNE SKEES FOUND SUCH A PLACE AT THE SHAKER VILLAGE IN SABBATHDAY LAKE, MAINE. THIS EVENING BORDERS WELCOMES SUZANNE SKEES, AUTHOR OF GOD AMONG THE SHAKERS: A SEARCH FOR STILLNESS AND FAITH AT SABBATHDAY LAKE (HYPERION).

SUZANNE SKEES HOLD A MASTER'S DEGREE IN WORLD RELIGION. SHE WRITES ABOUT WOMEN'S RELIGIOUS MOVEMENTS FOR NATIONAL PUBLIC RADIO.

MECAfest
Saturday, October 24, 1998 10 a.m. - 2 p.m.
at the Porteous Building, 523 Congress Street, Portland

Learn more about Continuing Studies, the BFA and MFA programs, Early College and the Maine Summer Institute in Graphic Design at MECA's annual open house Saturday, October 24, at the College's Porteous Building, 523 Congress St., Portland. We'll be hosting tours and student demonstrations in the studio areas, type portfolio reviews, admissions and financial aid discussions, and a faculty/alumni/student panel.

Come meet faculty members and see the show in our new galleries, the Institute of Contemporary Art and MECA's gallery. Attend the MECAfest Saturday, October 24, for more information, call 775-5098.

MECAfest 1998

Maine College of Art
97 Spring Street
Portland, Maine 04101
207 775 3962
address service requested

COME INSIDE BOOKS, MUSIC, VIDEO, AND A CAFE
At the Maine Mall - South Portland - (207)775-~