Herbs and vitamins are not going to fix the world, they are not going to create world peace, but neither is McDonald's and the [agencies] sell that.

Jenn Nading is head of the copy writing/creative department at Media Power, a Portland advertising agency. Nading helps write and record radio infomercials, many of which are for all-natural remedies.

What are some of the products you have worked on?
One of my favorites is, we have a hangover cure and it's sort of like an Alka-Seltzer tablet that you drop in water. But it is all natural, vitamins and minerals and herbs. That kind of thing.

Do you like the sound of your own voice on the radio?
Not at all. It is sort of like your answering machine.

What are some adjectives that you would use in your ads?
Exciting, powerful, all-natural, potent.

Do you believe that all-natural pills can solve everything from impotence to small breasts to even the common cold?
I think if you believe that, I don't. If you believe that, I don't. I love the idea to turn to natural remedies rather than going to your doctor. I believe in preventative care. I'd rather be, on a daily basis, taking care of my body, and to me herbs and vitamins are just a sensible way of taking care of myself.

Do you want to eventually end up writing commercials for television?
Certainly not! I would love to be a recluse in a cabin up in northern Maine, right over some body of water and it's remote.

Interview by David Hall; photo by Kristin Chavonelle
*T'ai Chi* CH'UAN

LESS EFFORT MORE POWER

FULL CIRCLE SYNERGY school of T'ai Chi CH'UAN

Say bye, bye, baby... by... baby, baby, baby...

Certified Volkswagens Are Right At Morong

We'll See You In September Sale
Sexual orientation and the city

Portland's streets can be particularly tough on queer homeless teens

by Connor Paccio

In January 1998, 18-year-old Diem O'Donnell ran into any other geçiré in High school graduation. His grades were average, so he wasn't the star athlete like his older brother, but he excelled in other areas of his life. He was president of Student Council and on the state Department of Human Services (DHS) Board. Because he had previously received a letter of recommendation from his high school principal, he knew what he wanted to do after high school. He wanted to go to college and study psychology. He was also interested in pursuing a career in social work.

Dion and his family are part of a larger group of queer homeless teens who face unique challenges. They often lack access to basic necessities like food, shelter, and healthcare. The school system can be particularly difficult for them, as they may face discrimination and harassment.

Dion's story is not unique. Queer teens have different problems than their straight peers. According to the National Center for Lesbian Rights, queer teens are more likely to experience homelessness, depression, and suicide. They are also more likely to be bullied,成為 targeted by their peers, and struggle with identity and self-esteem.

For Dion and other queer homeless teens, the challenge is to find a supportive community where they can thrive. The Portland LGBT Center is one such organization that provides a safe space for them to come together and build relationships.

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that includes sales lax, employee taxes and Social Security and this happens to me." He continued. "I'm sure things happened. I'm not saying necessarily the '80s or '90s."

"Popeye's is a neighborhood bar, and I think what they've done the best of is the neighborhood bar," said Harris. "We've got a lot of people who are doing other things, and the thing that just is the hardest to survive is the bars operating. "Ruski's has survived two world wars and the Great Depression and a few other things, and the thing that just is the hardest to survive is the bars operating."

It's difficult for any bar that wants to operate in a residential neighborhood, said Perry. "It's a struggle. They're not the same people who got kicked out of Popeye's, or the neighborhood bars, who are the same people who got kicked out of Popeye's. The bars have been reinvented themselves."

"It's difficult for any bar that wants to operate in a residential neighborhood."
“There goes the neighborhood”

Sangillo's Tavern is the last neighborhood bar in Old Port where it is located. "It's a cozy, comfortable place with local regulars," said one patron. "I've been coming here for years and everyone knows me."

Sangillo's has been a local favorite for over 25 years, serving homemade comfort food and a variety of drinks. "It's a place where you can relax and enjoy yourself," said another patron.

The bar is located at 20 Commercial St. and is open daily from 3pm to 2am. For more information, call 721-8647.
It's the pits

Portland City Councilor Peter O'Donnell's proposal to ban pit bulls from parts of the city is not only unnecessary, it won't make the streets safer. O'Donnell's pits ban hinges on the Old Port and downtown, and he's not backing down, even though he might not pass muster with the city's legal staff. “That’s legal,” page 6.

O'Donnell says he's responding to complaints that people are being intimidated or harmed by pit bulls and their owners on downtown sidewalks. “The reason for this is that I think there is a higher propensity for violence with these dogs than with any other,” he said CBW.

Even if that's true there's considerable evidence it's not, we're not all clear on why. O'Donnell is pushing this unrelated ball. The city already has a dangerous dog ordinance on the books, and there's a state law covering much the same ground. There are more varieties of all breeds, so pedestrians who might be hurt by batteries or slippings in Portland have more legal recourse.

Why do we need a new law dealing with just one breed, particularly when state law doesn't appear to allow breed specific laws?

Even if O'Donnell's idea was legal, it would still be a case of taking the wrong approach. It would be an attack on specific breeds rather than the party that's actually responsible for any problems: the owners. An expert on dog breeding will tell you, the environment in which a puppy is reared is far more critical to behavior than the genes it got from its parents. Rearing dog attacks on a breed is senseless, blinding them as to how owners can prevent them.

The current city and state laws do just that. They hold people responsible for their pets. The ordinance clearly states that the owner of a dog that exhibits a pattern of aggressive behavior can be issued a ticket and must appear before a judge, who can decide if the dog should be muzzled or put to death. We admit we'd be happier with state that the owner of a dog that exhibits a pattern of muzzled or put to death. We admit we'd be happier with.

The difference between the coverage of the two ordinances doesn't stop there. Under the state's definition of dangerous dog, 10.12.6 is 26 in broad or narrow, it is even more so as at the age of 17. If one was to be true for the Pennsylvanian, one must please explain the coverage of the accident that killed the South Portland teenager Sherie Louis (Loly) (the was Korean-American, for all we know). She died in an automobile accident on intersections 55 or July 13, and there wasn't another dog on the road, but then again I'm allowing of the power to do this on the Cape Elizabeth ordinance. The laws of life is tough and hard to comprehend, especially with those who are not young. Please do not compound the surety by bringing more into the discussion. My company goes out to all those who have the heart come last too early.

Mark Rolly

Portland

Simplex solutions

Why are we so wed to addressing O’Donnell’s calls for pit bulls to be banned? Why haven’t we considered an approach that creates competition in the dog world in the way McDonald’s and Burger King succeed in the fast food world? We need to remain cautious regarding O’Donnell’s proposal will create more problems than it solves.

O’Donnell’s approach — banning one specific breed — would benefit, if he succeeds in banning pit bulls. How irresponsible owners who lack for “dangerous” dogs will switch to other breeds, including the reoperation of those dogs as they have of pit bulls.

Banning one breed of dogs will also create a logistical nightmare for the city. How will the city’s animal control officers be able to distinguish the pit bull from other similar breeds? Will hybridized breeds that come from pit bull and other breeds be added to the list of breeds that are banned? And how will the city be able to add extra permission to enforce the measure?

O’Donnell’s proposal will create more problems than it solves. The city already has the legal tools it needs to deal with dangerous dogs. The pit bull ban is one such payday that should be disposed of as quickly and painlessly as possible.

Yorkshire terrier

It's simple: to say all dogs of a particular breed are automatically dangerous. "Every animal is an individual and his/her character and personality traits are determined by such variables as his background," wrote Linda Simon, director of animal control in various states in the United States. "Certainly, not every pit bull, pit bull or Doberman pinscher is a dangerous dog."

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Work Knot, want not
it takes a Portland collective to make an opening

**JESS KLEIN**

"A whole lot of people are getting a taste of small-venue music, and Portland's small-venue scene is really more of a small-venue movement," says Jess Klein, co-founder and executive director of Portland's Portland's New Music Project. Klein is the first woman to head up a small-venue music organization in Portland, and she's on a mission to expand and diversify the city's music scene.

Klein's organization, Portland's New Music Project, is responsible for bringing in a variety of musical acts to the city, including local favorites and national touring acts. Klein is particularly proud of the organization's ability to attract a diverse range of acts, from local bands to international superstars.

Klein's passion for music and her commitment to the city's music scene have earned her a reputation as a leading figure in the Portland music community. She is known for her ability to bring together different groups of people and create a sense of community around music.

Klein's work has not been without its challenges. She has faced criticism from some Portlanders who believe that small-venue music is not a viable industry. Klein has worked hard to prove them wrong, and she is determined to continue to grow and diversify the city's music scene.

Klein's mission is to create a more inclusive and diverse music scene in Portland, and she believes that her work is just beginning. She is excited about the future of music in Portland and is committed to making sure that everyone has a chance to experience the thrill of live music.
**Music**

**Prime Cut**

Precious Reed plans the guitar may be a 4-year-old, but it handled the instrument — tapping the body, strumming the strings on the neck, creating "miraculous" tunings. The difference, of course, in that when Reed does it, it actually sounds good.

**The Comfort Zone**

7 days a week
See our club listings

**Bull Moose Music**

Portland • 151 Middle Street • 780-6424

The Comfort Zone
7 days a week
See our club listings

**Stone Coast**

Karaoke
The Hummingbird
Mick Taylor
Monday night eggboot
Open mic night
Sunday Opening
Lazy Lightning
Stone Soup

**Stone Soup**

7 days a week
See our club listings

**Underground**

Nowhere Better... Nowhere Cheaper!

**45 Danforth**

Music you can dance to

**Popeye's Ice House**

Come Join Us!

Local People, Local Music

Open Every Day 11am-1am
231 York St. 772-9469
quick picks

FRI., SEPT. 8 AND SAT., SEPT. 9

Take a peek. The Portland Lyric Theatre presents "The People's Choice," a new play, opening at 7:30 p.m. at the Lyric Theatre, 1015 Commercial St. SE. Tickets are $15. For reservations, call 764-4323.

SAT., SEPT. 9

Take a sports tour through Historical American Art on this anti-war, anti-corporate, anti-capitalist, anti-carbon-laden, anti-capitalist, anti-capitalist tour. It's a leisurely bike ride, featuring a guided tour of the Portland Art Museum, the Portland Museum of Art, and other galleries. The tour begins at 9 a.m. at the Portland Art Museum. Call 764-2139 for reservations.

SUN., SEPT. 10

Take a trip to the People's Choice" and hear the story of a Portland kid who bagged a part with the Kennebunkport Players, "The People's Choice," at the Portland Art Museum. The show begins at 8 p.m. at the museum. Call 764-2139 for reservations.

THEIR OWN PHARMACIST!

PetScripts
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THE RONSELL SCHOOL OF BALLET

26 FOREST STREET

class by the bay

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THE RONSELL SCHOOL OF BALLET

26 FOREST STREET

Fall Children's Classes

We are happy to announce our Fall Children's classes! Our children's classes will be held in the leaves, in the snow, and in the rain! They will be held at our school, in a small studio. We are excited to offer a variety of classes for children of all ages.

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portland PROWLER

Nightmare on Fore Street

In a nightmare, it's summer in the year 2010, and I'm wandering around the international Old Port in downtown Portland, looking for food, clothes, and commercial signs. I'm extremely disoriented and there's a Red Sox game on time to the Nightmare, by delivering these early morning World Series rolls against a hot

Broadcasting to Nightmare on Fore Street, I play a ground round, an Aground Neighborhood Golf and I set the Delias and a new corporate chair, Gentry McDonald, which after

The second annual Portland Beer Week Flora Bar & Grill is featured on the front page of the Portland Press Herald, which is advertised to Flora Bar & Grill, a trustful firm and a cut of Greenlight, as we print, all the food and drinks, enjoyed by players with an annual public works dinner and performed by President Clinton, whose scrawling signature grace them from four giant billboards.

Oddly similar to one Old Chicago. The sign restaurant is the oldest serving and drinking establishment left in the Old Port. To the nightmare, the selection of 10 beers is featured when a special in the raising of 2006 has been revealed to 2015 borns. It's just 2015. I'm the same goes for


I'm about to get up and go down the Cap when I spot these Maine and Grandoli in front of it. climbing the beach, I notice the rear in nothing the standard face up and down Chippy's. Black-boarded signs. I avoid, however, everything and sized all of them.

On the way I step inside the restaurant, located in the Portland Forest building, formerly occupied by the Sundance Club, an Old Day afternoon to the game. I'm avoiding searching for a Portland-based restaurant. Old Chicago is like a man shown by M.C. Etcher. On a previous visit I noticed to get in the ballpark of original place and entertaining atmosphere. It is not a bad place at all. I didn't have the pressure to someone or one of the best return to my usual.

The most frustrating thing about the place is the depth of space, the main bathroom on the second floor is big as a closet. At last you can't get too in

Old Chicago isn't a bad place. The food is a little pricey, but it's tasty and, and the best selection is extensive and eclectic. Though it's something of a research project to pick out the one you seek.

On my Labor Day trip, I was partially interested in Old Chicago employees. I'm interested in the food and atmosphere, looking for something new and exciting.

The former of the Portland Beer Week Flora Bar & Grill is featured on the front page of the Portland Press Herald, which is advertised to Flora Bar & Grill, a trustful firm and a cut of Greenlight, as we print, all the food and drinks, enjoyed by players with an annual public works dinner and performed by President Clinton, whose scrawling signature grace them from four giant billboards.


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calls GOOD - LOOKING, ACTIVE owner: with a sense of humor.

for fun in the sun. DWM, 5' 9" , pinches of 5/DF , individual.

way more than to the mating dance of the Japanese
es make you want to do a mating dance?

PRESENT answered. tr65665

AN honest. caring, trustworthy Man

patient, communicative , LOVING,
a~ernative, kiss you like there's no

there. I enjoy

canoeing, camping,

together, finger paint until dawn, go

business

bicycles and long hikes. Webbed

ISO

I'm 27-year-old.

GOOD-LOOKING, HEALTHY,

60s, 5' 9" , 195 lbs , well-groomed , nice per­

pressible

to the bar scene.

Female in 20s or older, to spend time with.

mentally

to the mating dance of the Japanese
es make you want to do a mating dance?

PRESENT answered. tr65665

AN honest. caring, trustworthy Man

patient, communicative , LOVING,
a~ernative, kiss you like there's no

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I'm 27-year-old.
Job Fair
Residential Resources of Maine provides services to adults with disabilities in their homes throughout the greater Portland area.
Please join us on Thursday, September 21st, on site, and be available outside.
Get more information regarding specific responsibilities, our extensive benefits packages, and meet the dynamic people we work with.
We have many FT/PT day/ evening/ weekends positions available.
DIRECT SUPPORT STAFF
REFRESHMENTS WILL BE SERVED!!!

Employment Opportunities
Office Furniture Installers
Seek furniture experience preferred, but will train applicants.
Must be detail-oriented, dependable, and possess good interpersonal skills.
Children, no pets please. Call us at 207-595-6000 or stop by for an application at Creative Office Solutions, 157 Forest Street, Portland, ME.

R.N. LPN
Opportunities Available:
1-11 SHIFT R.N.

A Mayhem-Johnston Staffing
SOUTH PORTLAND NURSING HOME INC.
244 South Street, South Portland, ME
(207) 767-7351

CNA's
Do you need extra $?
Full and part time positions available.
Work 40+ or 12 hour shifts.
Contact Marian Cheek/Cindy Scott at:
402 Maine Medical Center
125 High Street
Portland, ME 04101
775-7401

WANT TO SELL YOUR CAR, BOAT, MOTORCYCLE FAST?

BOATS
S 10,000 - 50,000
$100+$800
400+ Ad Viewers

call: 1-800-784-7583
04101

ART
LOOKING GOOD
INCREASING ANTI-AGING SUGAR FOR YOU!

LASH BURNS

call: 1-800-784-7583

CD PROJECT

MASSAGE THERAPY

Practiced in a relaxing hands-on approach.

CARE SYSTEM!! Nothing like a hand massage to ease the mind.

AVAIL.

TI-PET TOP

Come on over - we won't be here when the school is out.

WANTS: SCHOOL NURSES

S-2500/5000,

Candidates for this full-time position should be

SERIOUS-NO SUGGESTIBLES

NEED CASH?

T-FREE INFORMATION

EFFICIENCY. CONTACT 207-1878-4150.

FOR FREE LEAVE TODAY AND EXPLORE.

ART

THE DOOR IS WIDE OPEN!!!

RESIDENTIAL RESOURCES OF MAINE PROVIDES SERVICES TO ADULTS WITH DISABILITIES IN THEIR HOMES THROUGHOUT THE GREATER PORTLAND AREA.

DIRECT SUPPORT STAFF

WANT TO SELL YOUR CAR, BOAT, MOTORCYCLE FAST?

ART

ARTISTS

INTERIM POSITION

NURSES NEEDED

CARE SYSTEM!! NOTHING LIKE A HAND MASSAGE TO EASE THE MIND.

NEED CASH?

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**ADULT SERVICES**

- **REAL HORNY GIRLS**: 1-888-355-6691, 1-900-825-9388, 1-784-490-0000
- **Horny Nympoos**: Young Nasty Girls Want To Talk, 1-900-825-9388
- **Intimate Connections**: 1-888-355-6691
- **Maine's Hottest Live Talk Line**: 99¢ per minute, 1-900-475-7443
- **Horny nymphos**: Young Nasty Girls Want To Talk, 1-900-825-9388
- **Crossdressers**: 1-877-357-4733
- **Bar Essentials**: 312-748-1515
- **4th Call Free!!!**: (215) 601-0045, 1-800-697-0010
- **Intimate Connections**: 1-888-355-6691
- **EROTIC PLAYGROUND**: 100% of Local Girls (6475) 92-9314, 1-800-728-0010
- **HOT LIVE TALK**: 1-900-488-0010
- **Sensual Mistresses**: 1-800-728-0010
- **Saturday Night**: 1-800-728-0010
- **Live Gay Chat**: 1-900-555-7575

**THE PERSONALS ARE ON**

**Captivating Connections**: 1-800-825-9388

**Men Seeking**

- Young, tall, attractive, and strong. Open to all interests. Wanting to have fun and enjoy the company of others. Contact: 1-800-825-9388

**Women Seeking**

- Seeking a male companion who values emotional and physical connection. Interested in exploring various forms of intimacy. Contact: 1-800-825-9388

**Anytime**

- To respond to any ad call: 1-900-454-2194

**DID YOU KNOW MESSAGE RETRIEVAL IS FREE?**

- Any message left on your account is retrievable free of charge. Contact: 1-900-454-2194

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**Note:** The above text is a sample of adults-only content and includes contact information for various adult services and personal ads. It is intended for use within the context of an adult service directory. The content is not suitable for all audiences and should be used responsibly.
Tickets are available from Bull Moose Music Stores, or at the Asylum Box Office at 121 Center St, or call 207/774-8274.

The Stone Coast 420IPA Concert Series...

**ASYLUM**

**6969**
Saturday, September 9th
7:00PM All Ages

**twitchboy**
**Ransom**

**nothingface**
**AMEN**
Friday, Sept 15th
8:00PM All Ages

**MACEO PARKER**
KELLER WILLIAMS
Saturday, Sept 23rd
8:00PM All Ages

**JOAN OSBORNE**
Sunday, Oct. 8th
8:00PM All Ages

**ALICE COOPER**
Friday, October 6th
7:30PM

**John Hiatt**
Sunday, October 15th
7:30PM

**THE STRING CHEESE INCIDENT**
Tuesday, October 31st
8:00PM

**MOE.**
Thursday, November 16
8:00PM

**State Theatre**
400 Congress St, Portland ME

Tickets are available from BULLMOOSE.COM or at the State Theatre Box Office or by phone, and are subject to all applicable fees, service charges, and tax. All tickets are non-refundable and non-exchangeable.