Yer money or yer life?

Greater Portland's self-defense business is booming, although crime has risen only slightly in recent years. Are local residents at risk of losing their lives — or just their money?

By Mike Pietkiewicz

Photos by Tonee Harbert

Carl Hoffses, the director of People Against Crime, stuck the tip of a plastic gun barrel against his student's spine. "Give me all your money," he said. The woman raised her arms slowly. "I'll give you anything you want," she said. "Just please don't hurt me." Hoffses looked over her shoulder.

"Turn around," he said, jabbing the gun into her back. She began reaching into her right pocket. As his eyes followed her movement, she spun around, clawed him in the face — and with his finger still stuck in the trigger, attempted to twist the gun so it pointed directly at Hoffses' cheek. Theoretically, that's when the gun is supposed to go off.

Similar lessons are occurring all over Portland. People are studying forms of self-defense from the art of kickboxing to the subtleties of blowing someone away with a semi-automatic handgun.

But only People Against Crime (PAC) teaches students to fight an assailant holding them at gunpoint. That technique is likely to backfire and get them killed, according to other self-defense masters and Portland Police Chief Mike Chitwood.

"It's crazy to teach people to wrestle with someone who is holding a gun to your back," Chitwood said. "If someone held a gun to my back, I'd give him everything I had." Hoffses scoffed at these criticisms. "If someone puts a gun to my face, I'll take it away from them," he said. "Other people can choose to be victims if they want to. We teach you what you can do, not what you should do."

And according to Hoffses, PAC is going great.

"People are paying from $75 to $900 per course, but the instructors have trained more than 1,500 people in private lessons and thousands more in seminars and corporate workshops," Hoffses said.

Chitwood said PAC's business has burgeoned because Hoffses is capitalizing on people's fear by misrepresenting the level of crime in Portland — which has increased only slightly in recent years. "This guy is creating a feeding frenzy of fear," Chitwood asserted.

While he admitted that self-defense training can be valuable, Chitwood urged citizens to examine their options carefully.

"Make sure the outfits who are teaching self-defense are legitimate," he warned. "Often times people pay a lot to an outfit for improper techniques, and consequently walk away with a false sense of confidence. In fact, sometimes people learn just enough to get themselves killed."

Continued on page 8
Your Christmas Tree is waiting for you

Pick from a full selection of fresh cut trees including the exceptional Fraser fir.
- Cut trees include Balsam fir, Blue spruce, Scotch pine, Douglas fir, Fraser fir
- Stock for all sizes from table top to a majestic 30 foot
- Living trees you can plant after Christmas
- Wreaths, swags, fresh greens
- Balsam fir roping made to order
- Poinsettias and holiday arrangements
- Gift certificates/gifts for gardeners

Open 8 am to 7 pm Mon-Sat, 9-5 Sunday

O’Donal’s Nurseries
At the junction of Rts. 22 and 114, just five minutes from the Maine Mall
Open daily 8 am to 7 pm Man-Sat, 9-5 Sunday
Christmas Tree is waiting for you

STAY FIT AT UNION STATION FITNESS
Show us another Greater Portland fitness membership and we’ll take 10% off on our 3 month, 6 month or year membership!

Street Jam
Learn the freshest, fastest new street moves and get a great workout at the same time!
A challenging and exciting class for participants of all levels.

Union Station Fitness
Union Station Plaza, Portland 207-879-9114

FREE WEEK of UNION STATION FITNESS

$28 FOR 2 WEEKS PER PERSON
PLUS 10% OFF MERCHANDISE

For six hours only, selected Maralyn Ferree outerwear clothing will be priced well below wholesale, with nothing over $25.00. Selection includes: first reunion, overcoats, seconds and discontinued styles. Don’t miss this opportunity!

Maralyn Ferree
Clothing Designs
45 E. Congress St., Portland

36 Dearborn Street, Portland (207) 774-0626

They’ll be on display for two years.

SALE

December 1, 1992

A conversation with Ernie Villeneuve

Ernie Villeneuve, 38, is better known as “Tattoo Ernie.” He attended the Rhode Island School of Design and an architecture school before opening a tattoo shop on Congress Street.

How did you end up drawing tattoos?
Well, I come into the right hands, I guess you could say. I did some glass etching, woodburning, other things. But I still hadn’t really found what I wanted to do. Then I hooked up with a guy who worked in a tattoo shop, and I took an apprentice course with him for two years.

Is it a form of expressing yourself?
I don’t want to wait till I’m dead for people to enjoy my art. You look at your bosom artist, and they’re dead.

Does it hurt? Do people scream?
It does hurt, but each person has a different tolerance for pain. Also, you’ll find that different people apply tattoos in different ways. Some artists, man, they hurt you. But some are different.

AeroBics
New, Modified Classes

With the most creative gifts you’ll find!

The most creative gifts you’ll find!

Portland Museum of Art

The Museum Shop 7 Congress Square

BOOKS ETC

THE TIBETAN BOOK OF LIVING AND DYING

A beautiful publication for the West on the profound wisdom of Tibetan Buddhism, this is a unique and invaluable reference on how to live in the light of the precious teachings of the Buddha.

Harper Collins Publishers $22

28 Exchange Street, In the Old Port - 774-0628
Mon. - Sat. 10-9, Sun. 12-6
FRESH MARKET PASTA
FRESH PASTAS & SAUCES
Think of Fresh Market Pasta daily until we add fresh made Gnocchi. Bring your Family & Friends. We have an endless variety of fresh and cold meats, homemade pasta and entrees to choose from. Combining the best of Northern Italy with the finest fresh pasta, the chef one week's notice is appreciated. If you would like something specific, please let us know.

10% OFF YOUR HOLIDAY D'ORUEURES ORDER
Includes:
• Beef in phyllo: Baked Ore in Broche Hot & Cold Pastas Pizzas 
• Fried Phyllo: Penne Primavera Pesto 
• Hot Hand-Rolled Displays: Balsamic in Bacon 
• Ready-To-Eat: Shrimp Scampi 
• Sauces: Leek 
• Stuffed Shells & More

We make it, you just pick it up, heat & serve!

FRESH MARKET PASTA $3 Meal!!

Relax after shopping at the Old Port, Hot Pasta & Beverage. 30+ MARKET PASTA 775-1944

SUNDAY

245-1470 • SPRING AND HIGH STREET
MON-THUR 3PM-6PM • FRI AND SAT 3PM-11PM

10% off purchase of 5 lbs or more fresh con pasta, any flavor. Advance notice required. 

FREE delivery within 5 mi of restaurant, minimum $25 order.

MODERN ITALIAN CUISINE

We DO SPECIAL HORS D'OEUVRES
PARTIES, LUNCHON OR DINNER MEETINGS...
AT YOUR PLACE OR OURS!!

Good Cooking KATAHDIN

Do you have someone on your Christmas list who's hard to buy for? Are you knocking out trying to find just the right thing? We have good news — you can solve your problem by giving a Katahdin gift certificate. It's the perfect gift because you don't have to wrap it, you don't have to go to the Mall to buy it and you can decide what you want to pay for it.

A gift of a meal at Katahdin will be appreciated by anyone, no matter what they like to eat. We have delicious offerings for the meat-and-potato person, the seafood lover, the vegetarian and for everyone in between. So make your holiday shopping simpler and drop by any day after noon. We'll be happy to make one out for you.

774-1740 • SPRING AND HIGH STREET

Newspapers

An article about Katahdin is featured in the Portland Press Herald's food section.

Bath Iron Works to design commercial ships

Bath Iron Works will design commercial ships, the Navy announced Thursday.

The Navy and Bath Iron Works announced last month that Bath will receive a $24 million contract to design naval ships.

According to the Navy, Bath will design an 80-foot workboat and a 120-foot supply boat for the U.S. Navy.

The Navy said in a statement that the project will be a "visible test of Bath's capabilities as a commercial shipbuilder." The company will work with Bath's shipyard to ensure that the ships are built to the Navy's specifications.

Bath Iron Works is a subsidiary of the Bath Iron Works Corp., which is headquartered in Bath, Maine.

The company is the second largest employer in Maine, with about 7,000 employees.

The Navy said that the ships will be used for training and other purposes.

The announcement comes as the Navy is looking to increase its commercial shipbuilding capacity.

The Navy has been working with private companies to build ships for the Navy, including Bath Iron Works, which has been building ships for the Navy since the 1940s.

The Navy said that the project will be a "visible test of Bath's capabilities as a commercial shipbuilder." The company will work with Bath's shipyard to ensure that the ships are built to the Navy's specifications.

Bath Iron Works is a subsidiary of the Bath Iron Works Corp., which is headquartered in Bath, Maine.

The company is the second largest employer in Maine, with about 7,000 employees.

The Navy said that the ships will be used for training and other purposes.

The announcement comes as the Navy is looking to increase its commercial shipbuilding capacity.

The Navy has been working with private companies to build ships for the Navy, including Bath Iron Works, which has been building ships for the Navy since the 1940s.

The Navy said that the project will be a "visible test of Bath's capabilities as a commercial shipbuilder." The company will work with Bath's shipyard to ensure that the ships are built to the Navy's specifications.

Bath Iron Works is a subsidiary of the Bath Iron Works Corp., which is headquartered in Bath, Maine.

The company is the second largest employer in Maine, with about 7,000 employees.

The Navy said that the ships will be used for training and other purposes.

The announcement comes as the Navy is looking to increase its commercial shipbuilding capacity.

The Navy has been working with private companies to build ships for the Navy, including Bath Iron Works, which has been building ships for the Navy since the 1940s.

The Navy said that the project will be a "visible test of Bath's capabilities as a commercial shipbuilder." The company will work with Bath's shipyard to ensure that the ships are built to the Navy's specifications.

Bath Iron Works is a subsidiary of the Bath Iron Works Corp., which is headquartered in Bath, Maine.

The company is the second largest employer in Maine, with about 7,000 employees.

The Navy said that the ships will be used for training and other purposes.

The announcement comes as the Navy is looking to increase its commercial shipbuilding capacity.

The Navy has been working with private companies to build ships for the Navy, including Bath Iron Works, which has been building ships for the Navy since the 1940s.

The Navy said that the project will be a "visible test of Bath's capabilities as a commercial shipbuilder." The company will work with Bath's shipyard to ensure that the ships are built to the Navy's specifications.

Bath Iron Works is a subsidiary of the Bath Iron Works Corp., which is headquartered in Bath, Maine.

The company is the second largest employer in Maine, with about 7,000 employees.

The Navy said that the ships will be used for training and other purposes.

The announcement comes as the Navy is looking to increase its commercial shipbuilding capacity.

The Navy has been working with private companies to build ships for the Navy, including Bath Iron Works, which has been building ships for the Navy since the 1940s.

The Navy said that the project will be a "visible test of Bath's capabilities as a commercial shipbuilder." The company will work with Bath's shipyard to ensure that the ships are built to the Navy's specifications.

Bath Iron Works is a subsidiary of the Bath Iron Works Corp., which is headquartered in Bath, Maine.

The company is the second largest employer in Maine, with about 7,000 employees.

The Navy said that the ships will be used for training and other purposes.

The announcement comes as the Navy is looking to increase its commercial shipbuilding capacity.

The Navy has been working with private companies to build ships for the Navy, including Bath Iron Works, which has been building ships for the Navy since the 1940s.

The Navy said that the project will be a "visible test of Bath's capabilities as a commercial shipbuilder." The company will work with Bath's shipyard to ensure that the ships are built to the Navy's specifications.

Bath Iron Works is a subsidiary of the Bath Iron Works Corp., which is headquartered in Bath, Maine.

The company is the second largest employer in Maine, with about 7,000 employees.

The Navy said that the ships will be used for training and other purposes.

The announcement comes as the Navy is looking to increase its commercial shipbuilding capacity.

The Navy has been working with private companies to build ships for the Navy, including Bath Iron Works, which has been building ships for the Navy since the 1940s.

The Navy said that the project will be a "visible test of Bath's capabilities as a commercial shipbuilder." The company will work with Bath's shipyard to ensure that the ships are built to the Navy's specifications.

Bath Iron Works is a subsidiary of the Bath Iron Works Corp., which is headquartered in Bath, Maine.

The company is the second largest employer in Maine, with about 7,000 employees.

The Navy said that the ships will be used for training and other purposes.

The announcement comes as the Navy is looking to increase its commercial shipbuilding capacity.

The Navy has been working with private companies to build ships for the Navy, including Bath Iron Works, which has been building ships for the Navy since the 1940s.

The Navy said that the project will be a "visible test of Bath's capabilities as a commercial shipbuilder." The company will work with Bath's shipyard to ensure that the ships are built to the Navy's specifications.

Bath Iron Works is a subsidiary of the Bath Iron Works Corp., which is headquartered in Bath, Maine.

The company is the second largest employer in Maine, with about 7,000 employees.

The Navy said that the ships will be used for training and other purposes.

The announcement comes as the Navy is looking to increase its commercial shipbuilding capacity.

The Navy has been working with private companies to build ships for the Navy, including Bath Iron Works, which has been building ships for the Navy since the 1940s.

The Navy said that the project will be a "visible test of Bath's capabilities as a commercial shipbuilder." The company will work with Bath's shipyard to ensure that the ships are built to the Navy's specifications.

Bath Iron Works is a subsidiary of the Bath Iron Works Corp., which is headquartered in Bath, Maine.

The company is the second largest employer in Maine, with about 7,000 employees.

The Navy said that the ships will be used for training and other purposes.

The announcement comes as the Navy is looking to increase its commercial shipbuilding capacity.

The Navy has been working with private companies to build ships for the Navy, including Bath Iron Works, which has been building ships for the Navy since the 1940s. maine.com
Kirkegaard's philosophy: save balconies

Annamark's expert Larry Kirkegaard's philosophy for saving City Hall Audition balconies for being as possible and as it is found on the city block. Kirkegaard believes in saving the balconies, which are an important part of the building's architecture and history. His plan involves converting the balconies into public spaces that can be used for events and gatherings. Kirkegaard's proposal includes the installation of railings, lighting, and seating areas to make the balconies more accessible and inviting to the public.

Power man

Somebody ought to run in to a good line for him. The Speaker of the House, who is also the leader of his party, has a lot of influence in the legislature. His role is to coordinate the party's activities, manage the legislative process, and represent the party's interests in committee hearings and debates. The Speaker is also responsible for maintaining order and ensuring that the House operates efficiently. In this position, the Speaker has the power to control the agenda, allocate time for different bills, and make decisions that can affect the outcome of legislation.

Portland man fights AIDS discrimination

Portland resident Fred Charon is the first AIDS patient to file a lawsuit against a city in the United States. Charon is a Portland Symphony Orchestra member and lead trumpeter. In 1990, he was denied employment at the Orlando Opera because of his HIV status. He filed a complaint with the American Civil Liberties Union, which was initially approved by the building committee. Charon's case is now one of three recent lawsuits filed under the Americans with Disabilities Act of 1990.

Politics & other mistakes

By M.C. Alcorn

In a complaint filed in Portland last month, Fred Charon is the first AIDS patient to file a lawsuit against a city in the United States. Charon is a Portland Symphony Orchestra member and lead trumpeter. In 1990, he was denied employment at the Orlando Opera because of his HIV status. He filed a complaint with the American Civil Liberties Union, which was initially approved by the building committee. Charon's case is now one of three recent lawsuits filed under the Americans with Disabilities Act of 1990.

The real reason probably had to do with the difference between inside politics, at which Martin in the races, and outsider politics, which requires ordinary people to vote. The only regular rules Martin has to deal with are the to John Valley constituents, who long ago had him on a statute just shy of the lastTRY. The speaker still might not get the same support in parts of the state where he's more likely to be liked than in the{} urban districts.

Martin has done little to change that perception. He is a master of political transactions, able to work the system to his advantage. He is a master of the hardball tactics of the legislative world, where power is traded for money, the minute you speak up, and you're out in the cold.

It's important to note that, in spite of all his success, Martin still carries the weight of what he's said as a result of his service to the state and to the country. He is a man of many talents, and he has a deep and abiding love for his state. His service has been a model for others, and his legacy will be remembered for generations to come.
GIsro and have a strong do have to Bay Waldy (left) and Christine Clohosey take aim at targets during be be stretches and jumping jacks. We teach one-on-one and the whole hour is spent learning techniques to practice at themselves now. "We won't waste your time making you home."

Carl Hoffses is certified as a fifth-degree black belt in his own system of self-defense, which shares the name of his group. "I'm sick of hearing about teenagers raping little babies, you have a problem, just dial 911."

"Women self-defense spray (made with pepper) saved $10 and include instruction in crime prevention techniques."

Carl Hoffses wants to be a Rambo. "Self-defense is not just about fighting against a stranger's attack. It's also about changing your balance when you slip on ice so you don't crack your head open.

"My mother appreciates that her daughter is donning boxing gloves."

"Women are taking self-defense because there's been a growing awareness of the frequency of sexual assaults, and also because people are not as afraid of learning self-defense as they used to be. It's become more valid and less mysterious."

"Women are not fighting machines in six weeks. They are learning to maintain one's balance, using parts of one's body as weapons, learning target areas on an opponent and using one's strength efficiently."

"I finally had to get started fighting back against crime."

"Some women think we are doing this to battle against men, not just to prevent sexual harassment. We are all very feminine women," she said. "We are not doing this to battle against men, but to protect our homes and families."

Continued from front page

Continued on page 10

Carl Hoffses wants to be Portland's self-defense guru. A Port­land native, Hoffses said he broke up when he was 16 years old. Hoffses said the experience changed his life. "I suffered from intense paranoia," he said. "I went into the martial arts — for 12 years, I became a bladie."

Hoffses is certified at a fifth-degree black belt in his own system of self-defense, which shares the name of his group. "I'm sick of hearing about teenagers raping little babies, you have a problem, just dial 911."

"Women are taking self-defense because there's been a growing awareness of the frequency of sexual assaults, and also because people are not as afraid of learning self-defense as they used to be. It's become more valid and less mysterious."

"Women are not fighting machines in six weeks. They are learning to maintain one's balance, using parts of one's body as weapons, learning target areas on an opponent and using one's strength efficiently."

"I finally had to get started fighting back against crime."

"Some women think we are doing this to battle against men, not just to prevent sexual harassment. We are all very feminine women," she said. "We are not doing this to battle against men, but to protect our homes and families."

Continued from front page

Continued on page 10
MEXICAN FOOD SO AFORDABLE YOU'LL WANT TO TRY IT TWICE BEFORE GETTING THE WATER

BRUNCH SUNDAYS 9-2PM
Meatless specialties such as hamous chiles, fresh guacamole, eggs benedict & 

21 Exchange St. Portland, ME 04103 Phone: 772-4400 Open Daily

WASTED YOUTH.

December 1, 1992 13

VEGETARIAN DELIGHTS
Pelletier's Family
Seacoast S.O.G.
Carried Veggie Pocket

WORLDWIDE CHOICES
Chicken & Burgers
Cape
Indiana
American
Mexican
Danish
Southwestern

AND ALWAYS
delicious family-iRing A verr Dome Chili

"Davy's Dark Challenge"
only $2.00
Awarded for by KettleHouse Brewing Co.

JOIN US FOR DINNER FEASTS
Grilled Enchilada Plate
Features carne asada & chips
Platnum's Lunch
Governor's Pike

IN A PERFECTLY REVOLUTIONARY PINEAPPLE

Mike Hallakian's in a perfect pineapple. In a perfect pineapple. In a perfect pineapple. In a perfect pineapple.
Your brain is your best self-defense

After investigating Portland’s self-defense business for this week’s cover story, I can confidently say: Crikey, I feel safe again.

Everyone seems to have his or her own reason for seeking self-defense training. Some do it because they sharpen the mind and body. Some are motivated by personal fear or anxiety. Others just want to get a little bit of exercise.

But for me, the real appeal is the sense of security that comes with knowing I can defend myself if I need to. It’s empowering to know that I’m not just sitting here waiting for something to happen. I’m taking action to make sure it doesn’t happen.

And the best part? It’s not just about physical self-defense. The mental aspect of it is equally important. I’ve learned to be more aware of my surroundings, to think ahead, to anticipate threats before they happen.

It’s not just about me, either. I’ve joined a community of people who share my commitment to personal safety. We support each other, we learn from each other, we become stronger together.

So whether you’re looking to beef up your own defenses or just want to know more about what’s out there, I encourage you to check out Portland’s self-defense offerings. You might be surprised by what you find.

*By Tom Lyman*

---

**Maine’s children should come first**

**By Rep. Dan Harlow**

The Maine Department of Corrections released plans for the state’s budget office to administer the state’s criminal justice system for the next two years. The department’s budget has increased by $20 million in the last two years, with a significant portion of that increase going to corrections.

One of the key elements of the department’s budget is the increase in staffing. From 2015 to 2017, the number of corrections officers increased by 400, from 2,900 to 3,300.

In a statement, Harlow said, “We must ensure that our correctional facilities are safe and well-maintained, and that our guards are properly compensated for the work they do.”

Harlow also noted that the increase in staffing was in response to a recommendation made by the Department of Corrections’ own internal review of its facilities.

The review found that the state’s correctional facilities were in need of improvements, including better training for staff, mental health services for inmates, and improved living conditions.

“By increasing the number of corrections officers, we are taking a step towards ensuring that our correctional facilities are safe and well-maintained,” Harlow said. “But we must also ensure that the state provides the necessary resources to support these increased staff levels.”

Harlow ended his statement by calling for increased funding for mental health services and better living conditions in correctional facilities.

---

**Diversify the waterfront: “Portland is never going to be a huge center for anything”**

In 2007, Portland resident Bill 2-10 created a new type of waterfront development known as the Waterfront Park. The plan aimed to create a pedestrian-friendly, mixed-use area featuring shops, restaurants, and offices.

Since then, the waterfront has undergone significant changes. The new park has been expanded to include more than 12 acres of land, and several new buildings have been constructed.

However, despite these changes, Portland’s waterfront remains relatively small compared to other coastal cities. According to a 2017 study by the National Oceanic and Atmospheric Administration, Portland ranks 27th among the top 50 coastal cities in terms of waterfront area.

In this article, we take a closer look at Portland’s waterfront and explore some of the challenges and opportunities facing this area.

---

**Casco Bay Weekly**

**Season’s Shopping**

Local businesses are gearing up for the holiday shopping season, with many offering special deals and events to attract customers.

One such business is the new online store, Season’s. Season’s is a specialty store that offers a wide range of gifts and accessories for the holidays.

The store’s most popular items include handcrafted items, such as wooden ornaments and jewelry. Season’s also offers a variety of local products, such as handmade soaps and candles.

The store’s owner, Sarah Brown, said, “We’re excited to be able to offer our customers a unique selection of gifts that are made right here in Maine.”

Brown added that the store’s mission is to support local artists and makers, and to promote the use of sustainable materials.

Season’s is located at 235 Main Street, Portland. The store is open Monday through Saturday from 10 a.m. to 6 p.m., and Sunday from noon to 5 p.m.

---

**GoldWood Furniture**

**Portland, Maine**

GoldWood Furniture is a well-known furniture store located in Portland, Maine. The store offers a wide range of high-quality, handcrafted furniture, including tables, chairs, and beds.

Many of GoldWood’s pieces are made from locally sourced materials, such as Maine maple and birch. The store’s mission is to provide customers with beautiful, durable furniture that will last for generations.

GoldWood’s showroom is open Monday through Saturday from 10 a.m. to 6 p.m., and Sunday from noon to 5 p.m. The store is located at 432 Congress Street, Portland, ME 04101. For more information, visit www.goldwoodfurniture.com or call (207) 772-3670.
GET FRAMED FOR THE HOLIDAYS!

20% discount on all framing until Dec. 15th with this ad.

GREENHUT GALLERIES
146 Middle St. Portland, ME 04102 207-772-2090

The Portland Ballet Company's
The Nutcracker is moving to Portland — now at Portland High School Auditorium (formerly at City Theater in Biddeford) 100th Anniversary Production

Dino's Trade-in Days
Bring in any outerwear garment for trade and receive "trade-in dollars" toward any new fur.

NEGOTIATE
Get the price you want to pay by negotiating directly with the furrier on December 5th & 6th. Or come in and negotiate early...it's that easy!

Going on now through December 12th!

Dino International Furs - Maine Mall
Phone (207) 772-1344
Open Monday-Saturday 10:00am-9:00pm and Sunday 11:00am-6:00pm

This Christmas, give your child the gift of music.

Pine Point Records proudly announces its newest release:

A LITTLE PEACE & QUIET
by Rick Charette

Available at most book stores and children's toy stores, or call or write Pine Point Records, P.O. Box 901, Windham, Maine 04062 (207) 892-1344 or FAX (207) 892-6593. Visa or Mastercard accepted. Send $9.98 plus $1.00 postage for each cassette ordered. Maine residents please add 6% sales tax.

Dino's Trade-in Days

This Christmas, give your child the gift of music.

A LITTLE PEACE & QUIET
by Rick Charette

Also from Rick Charette:
Christmas Tree
A wonderful collection of original songs written by Rick Charette along with several Christmas classics.

Mad Horse arrives at the right address

Mad Horse apparel features "The Red Address," a new play by David Ives, on Nov. 15, and it can be marked simply metaphysical, certainly that the play will not only speak to those familiar with the highlights of the current season, but will also go down among the plays at Mad Horse's theatrical canon.

Continued on page 48
Maine Audubon Society

LOOK AT ALL THE FUN THINGS YOU CAN DO AT TENNIS OF MAINES

Stay Fit and Healthy at Maine's Most Comprehensive Health and Racquet Club

- Tennis—Clinics, Leagues, Lessons
- Complete Fitness Center & Training Center
- Aerobics for all ages & levels
- Racquetball
- Badminton
- Squash
- Table Tennis
- Children's Programs
- Special Programs
- Ballroom Dancing
- Fitness Yoga
- Tai Chi
- Children's Ballet
- Jazz/Dance
- Varsity Grill & Sports Bar

TENNIS OF MAINE

Admission:
- $2 members
- $3 members

Holiday Gift Certificates Available

Hurry! Special Ends Dec. 18

Donate And Save!

Step Up To Great Home Entertainment This Holiday!

Donate to our annual canned food drive and we'll provide you with great home entertainment. For just 4.95 and 5 cans of food you can have Public Cable installed in your home. Again this holiday season, Public Cable is teaming up with The Salvation Army and The Preble Street Resource Center to distribute canned food to those who need it. Public Cable brings your family a full-line-up of the highest quality programming available! Public Cable's quality service is always backed by our 30 Day Money Back Guarantee. Call now and save $25.00!

Donate 5 cans of food and SAVE $25!

Call now for $4.95 installation.
775-3431 or 1-800-833-2253

Public Cable

All the things we care


delicious • homemade

MEXICAN CUISINE

Happy Holidays

Felix Navidad

AMIGOS

MEXICAN FOOD

SINCE 1972

9 DANA STREET
OLDPORT

PORTLAND

772-0772

DINING HOURS:
LUNCH Tues-Sat 11:30-2
DINNER Tues-Sat 5-10

Martha's Whim - A delightful little restaurant near the intersection of the 285 and 395 highways in Saco, serving delicious, homemade Mexican food in a cozy atmosphere. Great for a quick lunch or a relaxing dinner. Open daily for lunch and dinner.

Huston's Restaurant - Located in downtown Portland, this restaurant offers a wide variety of Mexican dishes, including tacos, burritos, and enchiladas. The atmosphere is casual and welcoming, making it a popular spot for both locals and tourists. Open daily for lunch and dinner.

Taste of Mexico - Situated in the heart of Portland, this restaurant serves authentic Mexican cuisine with a modern twist. The menu features dishes like ceviche, fajitas, and enchiladas made with fresh, high-quality ingredients. Open daily for lunch and dinner.

Sazon - This cozy little restaurant in Portland offers a unique dining experience with its customizable dishes. Choose your own fillings and sauces for a truly personalized meal. The atmosphere is warm and inviting, making it a great spot for a casual meal. Open daily for lunch and dinner.

Molestie's - A classic favorite in Portland, Molestie's offers a range of Mexican dishes, including tacos, burritos, and enchiladas. The atmosphere is casual and laid-back, making it a popular spot for a quick bite to eat. Open daily for lunch and dinner.

CasaNueva - Located in Portland, this restaurant serves traditional Mexican dishes with a modern twist. The menu features dishes like ceviche, fajitas, and enchiladas made with fresh, high-quality ingredients. The atmosphere is warm and inviting, making it a great spot for a casual meal. Open daily for lunch and dinner.

Taco Taco - A popular fast-casual spot in Portland, Taco Taco offers a wide variety of tacos and other Mexican dishes. The atmosphere is casual and welcoming, making it a great spot for a quick lunch or dinner. Open daily for lunch and dinner.

LoqueDXST - A unique restaurant in Portland, LoqueDXST offers a wide variety of Mexican dishes, including tacos, burritos, and enchiladas. The atmosphere is modern and stylish, making it a great spot for a special occasion. Open daily for lunch and dinner.

El Pueblito - Located in Portland, this restaurant offers a range of Mexican dishes, including tacos, burritos, and enchiladas. The atmosphere is casual and welcoming, making it a great spot for a quick bite to eat. Open daily for lunch and dinner.

Cali's Mexican Kitchen - Situated in Portland, Cali's Mexican Kitchen offers a wide variety of Mexican dishes, including tacos, burritos, and enchiladas. The atmosphere is casual and inviting, making it a great spot for a quick lunch or dinner. Open daily for lunch and dinner.

Santoé's - A popular spot in Portland, Santoé's offers a range of Mexican dishes, including tacos, burritos, and enchiladas. The atmosphere is casual and welcoming, making it a great spot for a quick bite to eat. Open daily for lunch and dinner.

Flava - Situated in Portland, this restaurant offers a wide variety of Mexican dishes, including tacos, burritos, and enchiladas. The atmosphere is casual and inviting, making it a great spot for a quick lunch or dinner. Open daily for lunch and dinner.

La Hacienda - A classic favorite in Portland, La Hacienda offers a range of Mexican dishes, including tacos, burritos, and enchiladas. The atmosphere is casual and welcoming, making it a great spot for a quick bite to eat. Open daily for lunch and dinner.
The Red Address explores the shadowy landscape between gender and identity. E.G. (played by Walt Disney) is a man's man, working in a man's world, whose life changes dramatically when he marries Elizabeth (played by Donald Jellerson). E.G. learns to dress up as a woman and live a double life. The play explores themes of gender identity, power dynamics, and the complexities of living in a binary world.

The cast was warm and natural, and there was excellent chemistry enjoyed by all. The sound, stage, lighting scheme and costumes lend themselves to mythic and enduring aspects of human nature, and so does Dick, E.G.'s right-hand man (played by Donald Jellerson), a middle-aged man who learns what it means to be a man's man working in a man's world, rustling femininity. Lady (played by Mary Farnham) is a masculine paradigm, a milquetoast — the man who wears on occasion, along with appropriate tears of longings, a velveteen rabbit — who lends herself as an Individual Nov 27-Dec 6 for the Arts at the Royal River Play... - and the source to The Red Horse's guest artists was of a particularly high quality. Paul B. Stassen, of The Red Horse, presented a musical about the last days waiting passively at home for the return of Her Man, when not men. The show opens 7:30 pm. 10:30 am.

Christmas Visitor — and the source to The Red Horse's guest artists was of a particularly high quality. Paul B. Stassen, of The Red Horse, presented a musical about the last days waiting passively at home for the return of Her Man, when not men. The show opens 7:30 pm. 10:30 am.

High Technology Sisterhoods has received a warm reception, so the return of Her Man, when not men. The show opens 7:30 pm. 10:30 am.

The Red Address explores the shadowy landscape between gender and identity. E.G. (played by Walt Disney) is a man's man, working in a man's world, whose life changes dramatically when he marries Elizabeth (played by Donald Jellerson). E.G. learns to dress up as a woman and live a double life. The play explores themes of gender identity, power dynamics, and the complexities of living in a binary world.

The cast was warm and natural, and there was excellent chemistry enjoyed by all. The sound, stage, lighting scheme and costumes lend themselves to mythic and enduring aspects of human nature, and so does Dick, E.G.'s right-hand man (played by Donald Jellerson), a middle-aged man who learns what it means to be a man's man working in a man's world, rustling femininity. Lady (played by Mary Farnham) is a masculine paradigm, a milquetoast — the man who wears on occasion, along with appropriate tears of longings, a velveteen rabbit — who lends herself as an Individual Nov 27-Dec 6 for the Arts at the Royal River Play... - and the source to The Red Horse's guest artists was of a particularly high quality. Paul B. Stassen, of The Red Horse, presented a musical about the last days waiting passively at home for the return of Her Man, when not men. The show opens 7:30 pm. 10:30 am.

Christmas Visitor — and the source to The Red Horse's guest artists was of a particularly high quality. Paul B. Stassen, of The Red Horse, presented a musical about the last days waiting passively at home for the return of Her Man, when not men. The show opens 7:30 pm. 10:30 am.

High Technology Sisterhoods has received a warm reception, so the return of Her Man, when not men. The show opens 7:30 pm. 10:30 am.

The Red Address explores the shadowy landscape between gender and identity. E.G. (played by Walt Disney) is a man's man, working in a man's world, whose life changes dramatically when he marries Elizabeth (played by Donald Jellerson). E.G. learns to dress up as a woman and live a double life. The play explores themes of gender identity, power dynamics, and the complexities of living in a binary world.

The cast was warm and natural, and there was excellent chemistry enjoyed by all. The sound, stage, lighting scheme and costumes lend themselves to mythic and enduring aspects of human nature, and so does Dick, E.G.'s right-hand man (played by Donald Jellerson), a middle-aged man who learns what it means to be a man's man working in a man's world, rustling femininity. Lady (played by Mary Farnham) is a masculine paradigm, a milquetoast — the man who wears on occasion, along with appropriate tears of longings, a velveteen rabbit — who lends herself as an Individual Nov 27-Dec 6 for the Arts at the Royal River Play... - and the source to The Red Horse's guest artists was of a particularly high quality. Paul B. Stassen, of The Red Horse, presented a musical about the last days waiting passively at home for the return of Her Man, when not men. The show opens 7:30 pm. 10:30 am.

Christmas Visitor — and the source to The Red Horse's guest artists was of a particularly high quality. Paul B. Stassen, of The Red Horse, presented a musical about the last days waiting passively at home for the return of Her Man, when not men. The show opens 7:30 pm. 10:30 am.

High Technology Sisterhoods has received a warm reception, so the return of Her Man, when not men. The show opens 7:30 pm. 10:30 am.

The Red Address explores the shadowy landscape between gender and identity. E.G. (played by Walt Disney) is a man's man, working in a man's world, whose life changes dramatically when he marries Elizabeth (played by Donald Jellerson). E.G. learns to dress up as a woman and live a double life. The play explores themes of gender identity, power dynamics, and the complexities of living in a binary world.

The cast was warm and natural, and there was excellent chemistry enjoyed by all. The sound, stage, lighting scheme and costumes lend themselves to mythic and enduring aspects of human nature, and so does Dick, E.G.'s right-hand man (played by Donald Jellerson), a middle-aged man who learns what it means to be a man's man working in a man's world, rustling femininity. Lady (played by Mary Farnham) is a masculine paradigm, a milquetoast — the man who wears on occasion, along with appropriate tears of longings, a velveteen rabbit — who lends herself as an Individual Nov 27-Dec 6 for the Arts at the Royal River Play... - and the source to The Red Horse's guest artists was of a particularly high quality. Paul B. Stassen, of The Red Horse, presented a musical about the last days waiting passively at home for the return of Her Man, when not men. The show opens 7:30 pm. 10:30 am.

Christmas Visitor — and the source to The Red Horse's guest artists was of a particularly high quality. Paul B. Stassen, of The Red Horse, presented a musical about the last days waiting passively at home for the return of Her Man, when not men. The show opens 7:30 pm. 10:30 am.

High Technology Sisterhoods has received a warm reception, so the return of Her Man, when not men. The show opens 7:30 pm. 10:30 am.

The Red Address explores the shadowy landscape between gender and identity. E.G. (played by Walt Disney) is a man's man, working in a man's world, whose life changes dramatically when he marries Elizabeth (played by Donald Jellerson). E.G. learns to dress up as a woman and live a double life. The play explores themes of gender identity, power dynamics, and the complexities of living in a binary world.

The cast was warm and natural, and there was excellent chemistry enjoyed by all. The sound, stage, lighting scheme and costumes lend themselves to mythic and enduring aspects of human nature, and so does Dick, E.G.'s right-hand man (played by Donald Jellerson), a middle-aged man who learns what it means to be a man's man working in a man's world, rustling femininity. Lady (played by Mary Farnham) is a masculine paradigm, a milquetoast — the man who wears on occasion, along with appropriate tears of longings, a velveteen rabbit — who lends herself as an Individual Nov 27-Dec 6 for the Arts at the Royal River Play... - and the source to The Red Horse's guest artists was of a particularly high quality. Paul B. Stassen, of The Red Horse, presented a musical about the last days waiting passively at home for the return of Her Man, when not men. The show opens 7:30 pm. 10:30 am.

Christmas Visitor — and the source to The Red Horse's guest artists was of a particularly high quality. Paul B. Stassen, of The Red Horse, presented a musical about the last days waiting passively at home for the return of Her Man, when not men. The show opens 7:30 pm. 10:30 am.

High Technology Sisterhoods has received a warm reception, so the return of Her Man, when not men. The show opens 7:30 pm. 10:30 am.

The Red Address explores the shadowy landscape between gender and identity. E.G. (played by Walt Disney) is a man's man, working in a man's world, whose life changes dramatically when he marries Elizabeth (played by Donald Jellerson). E.G. learns to dress up as a woman and live a double life. The play explores themes of gender identity, power dynamics, and the complexities of living in a binary world.

The cast was warm and natural, and there was excellent chemistry enjoyed by all. The sound, stage, lighting scheme and costumes lend themselves to mythic and enduring aspects of human nature, and so does Dick, E.G.'s right-hand man (played by Donald Jellerson), a middle-aged man who learns what it means to be a man's man working in a man's world, rustling femininity. Lady (played by Mary Farnham) is a masculine paradigm, a milquetoast — the man who wears on occasion, along with appropriate tears of longings, a velveteen rabbit — who lends herself as an Individual Nov 27-Dec 6 for the Arts at the Royal River Play... - and the source to The Red Horse's guest artists was of a particularly high quality. Paul B. Stassen, of The Red Horse, presented a musical about the last days waiting passively at home for the return of Her Man, when not men. The show opens 7:30 pm. 10:30 am.

Christmas Visitor — and the source to The Red Horse's guest artists was of a particularly high quality. Paul B. Stassen, of The Red Horse, presented a musical about the last days waiting passively at home for the return of Her Man, when not men. The show opens 7:30 pm. 10:30 am.

High Technology Sisterhoods has received a warm reception, so the return of Her Man, when not men. The show opens 7:30 pm. 10:30 am.

The Red Address explores the shadowy landscape between gender and identity. E.G. (played by Walt Disney) is a man's man, working in a man's world, whose life changes dramatically when he marries Elizabeth (played by Donald Jellerson). E.G. learns to dress up as a woman and live a double life. The play explores themes of gender identity, power dynamics, and the complexities of living in a binary world.

The cast was warm and natural, and there was excellent chemistry enjoyed by all. The sound, stage, lighting scheme and costumes lend themselves to mythic and enduring aspe
Eat an Austentatious Lunch
Learn more about the lady who "hit other pens dwell on guilt and misery." The Jane Austen Society of Maine hosts a discussion of their heroine's letters Dec. 5 at 11 a.m., followed by a luncheon at 12:15 and dramatic presentations of scenes from her novels.

Saturday, December 5, 1992

Jane Austen, who lived from 1775-1817, was the daughter of a clergyman, English country environment, and received more education than most of her female contemporaries. Although she began writing as a girl and was encouraged by her family, she wasn't published until age 36, and the popular image of austere, impossible women, takes no consideration.

Cheap thrill
Austen only lived to age 37; Austen's novels—"Pride and Prejudice," "Emma," "Northanger Abbey," "Mansfield Park," "Sense and Sensibility" and "Persuasion"—are set in her own upperclass county, English country environment. They tend to center on a young heroine and end in a happy marriage.

Union of Maine Visual Artists
Holiday art sale
Celebrating the many achievements of this year's students. Portland Pottery announces its fourth annual Student Christmas Show & Sale SATURDAY, DECEMBER 5, 1992 10 AM - 6 PM

Olatunji and Drums of Passion
An innovation of the Holiday spirit with the traditional African Drum Master
Saturday, December 12, 5:30 - 8:30 pm
Featuring musical performances of traditional African drumming

Cafe No 1

Cheap thrill
Austen only lived to age 37; Austen's novels—"Pride and Prejudice," "Emma," "Northanger Abbey," "Mansfield Park," "Sense and Sensibility" and "Persuasion"—are set in her own upperclass county, English country environment. They tend to center on a young heroine and end in a happy marriage.

Union of Maine Visual Artists
Holiday art sale
Celebrating the many achievements of this year's students. Portland Pottery announces its fourth annual Student Christmas Show & Sale SATURDAY, DECEMBER 5, 1992 10 AM - 6 PM

Olatunji and Drums of Passion
An innovation of the Holiday spirit with the traditional African Drum Master
Saturday, December 12, 5:30 - 8:30 pm
Featuring musical performances of traditional African drumming

Cafe No 1

Cheap thrill
Austen only lived to age 37; Austen's novels—"Pride and Prejudice," "Emma," "Northanger Abbey," "Mansfield Park," "Sense and Sensibility" and "Persuasion"—are set in her own upperclass county, English country environment. They tend to center on a young heroine and end in a happy marriage.

Union of Maine Visual Artists
Holiday art sale
Celebrating the many achievements of this year's students. Portland Pottery announces its fourth annual Student Christmas Show & Sale SATURDAY, DECEMBER 5, 1992 10 AM - 6 PM

Olatunji and Drums of Passion
An innovation of the Holiday spirit with the traditional African Drum Master
Saturday, December 12, 5:30 - 8:30 pm
Featuring musical performances of traditional African drumming

Cafe No 1

Cheap thrill
Austen only lived to age 37; Austen's novels—"Pride and Prejudice," "Emma," "Northanger Abbey," "Mansfield Park," "Sense and Sensibility" and "Persuasion"—are set in her own upperclass county, English country environment. They tend to center on a young heroine and end in a happy marriage.

Union of Maine Visual Artists
Holiday art sale
Celebrating the many achievements of this year's students. Portland Pottery announces its fourth annual Student Christmas Show & Sale SATURDAY, DECEMBER 5, 1992 10 AM - 6 PM

Olatunji and Drums of Passion
An innovation of the Holiday spirit with the traditional African Drum Master
Saturday, December 12, 5:30 - 8:30 pm
Featuring musical performances of traditional African drumming

Cafe No 1
Bela Fleck and the Flecktones with special guests Robert S. Corthell and John Leaman

**Our live show is fast, loose and always fresh. We're not making time for a set list. What's next will have better be right in terms of the time and feel of that moment...**

**"We're not making time for a set list. What's next will have better be right in terms of the time and feel of that moment..." -Bela Fleck**

Bela Fleck and the Flecktones with special guests Robert S. Corthell and John Leaman have created a unique and dynamic musical experience. Their performances are characterized by improvisation and spontaneity, allowing each moment to unfold naturally. With their mastery of a wide range of instruments, including banjo, cajon, and slide guitar, the band seamlessly blends elements of bluegrass, jazz, and world music to create a sound that is both innovative and accessible.

**Recorded live in the studio in 11 days.**

**"Flecktones"**

The four of us are a band and went on to release "Flecktones" in 1992. "Flecktones" celebrates the band's unique sound, combining elements of bluegrass, jazz, and world music in a way that is both innovative and accessible. The band's sound is characterized by a mix of acoustic and electric instruments, creating a rich tapestry of sound that is both complex and enjoyable to listen to.

**"Sometimes I play harmonica and piano in a way that's unique to the Flecktones..." -Bela Fleck**

Bela Fleck and the Flecktones have been hailed as one of the most innovative and influential bands in the world of jazz and bluegrass. Their music has been described as a seamless blend of bluegrass, jazz, and world music, with a sound that is both complex and accessible. The band's sound is characterized by a mix of acoustic and electric instruments, creating a rich tapestry of sound that is both complex and enjoyable to listen to.

**Bela Fleck and the Flecktones are known for their...**

Bela Fleck and the Flecktones are known for their innovative sound, which blends elements of bluegrass, jazz, and world music in a way that is both unique and accessible. The band's sound is characterized by a mix of acoustic and electric instruments, creating a rich tapestry of sound that is both complex and enjoyable to listen to.

**"We're not making time for a set list. What's next will have better be right in terms of the time and feel of that moment..." -Bela Fleck**

Bela Fleck and the Flecktones have been hailed as one of the most innovative and influential bands in the world of jazz and bluegrass. Their music has been described as a seamless blend of bluegrass, jazz, and world music, with a sound that is both complex and accessible. The band's sound is characterized by a mix of acoustic and electric instruments, creating a rich tapestry of sound that is both complex and enjoyable to listen to.

**Bela Fleck and the Flecktones are known for their...**

Bela Fleck and the Flecktones are known for their innovative sound, which blends elements of bluegrass, jazz, and world music in a way that is both unique and accessible. The band's sound is characterized by a mix of acoustic and electric instruments, creating a rich tapestry of sound that is both complex and enjoyable to listen to.

**"Sometimes I play harmonica and piano in a way that's unique to the Flecktones..." -Bela Fleck**

Bela Fleck and the Flecktones have been hailed as one of the most innovative and influential bands in the world of jazz and bluegrass. Their music has been described as a seamless blend of bluegrass, jazz, and world music, with a sound that is both complex and accessible. The band's sound is characterized by a mix of acoustic and electric instruments, creating a rich tapestry of sound that is both complex and enjoyable to listen to.

**Bela Fleck and the Flecktones are known for their...**

Bela Fleck and the Flecktones have been hailed as one of the most innovative and influential bands in the world of jazz and bluegrass. Their music has been described as a seamless blend of bluegrass, jazz, and world music, with a sound that is both complex and accessible. The band's sound is characterized by a mix of acoustic and electric instruments, creating a rich tapestry of sound that is both complex and enjoyable to listen to.

**Bela Fleck and the Flecktones are known for their...**

Bela Fleck and the Flecktones have been hailed as one of the most innovative and influential bands in the world of jazz and bluegrass. Their music has been described as a seamless blend of bluegrass, jazz, and world music, with a sound that is both complex and accessible. The band's sound is characterized by a mix of acoustic and electric instruments, creating a rich tapestry of sound that is both complex and enjoyable to listen to.
CHRISTMAS AT THE CATHEDRAL

December 6, 1992 • 2:30 & 7:00 p.m.
AT THE CATHEDRAL OF THE IMMACULATE CONCEPTION
307 Congress Street, Portland, Maine

Traditional music . . .
"A Christmas Carol" by Benjamin Britten with Jara Goodrich, harp
"O magnum mysterium" by Tomas Luis de Victoria
"Nunc dimittis" by Gustav Hober
"Bignoratus Deus" by Sergti Rachmaninoff
and other holiday favorites performed by the Choral Art Society and the Portland Brass Quintet • Pre-program Handbell performance

and a world premiere:
"Upon a Christmas Night" by George Andonian

Tickets: $12 ($8 students and seniors)
Available in Brunswick: Mack's Music. From Choral Art Society members or call 828-0043.

The Choral Art Society
Short stories sought for Casco Bay Weekly's Relevant Fiction Competition

Casco Bay Weekly is accepting original, unpublished short stories on topics relevant to modern life in the Casco Bay region. A panel of three judges will choose the most compelling, well-written short stories for inclusion in Casco Bay Weekly's Relevant Fiction Issue, Feb. 11, 1993.

We seek stories that raise questions about some facet of everyday life here in the Casco Bay region. We are looking for stories that demand to be told: fiction that is evocative and finely tuned to the author's intentions. (Please do not submit stories in the "great" traditions of erotica, fantasy, mystery, science fiction, the supernatural, reminiscence or romance.)

Double-spaced manuscripts of 3,000 words or less will be accepted until 5 p.m., Dec. 25. (Longer stories will be disqualified.) The author's name, address and phone number must appear only on the cover page of the manuscript. Subsequent pages should be identified by story titles and page numbers only. Do not submit illustrated stories. Preface your stories carefully.

Submissions must be postmarked within one month. Only manuscripts accompanied by a self-addressed, stamped envelope will be returned. Selected authors will each receive $50, and their stories will be published in the Feb. 11 issue of Casco Bay Weekly. Around that time, judges, authors and CBW editors will dine together for the literary and gastronomic benefit of all concerned.

Send your manuscript by Friday, Dec. 29 to:

Casco Bay Weekly
519 Congress St.
Portland, ME 04101
Finding an Apartment

**2 Bedroom in Gorham**

A 2 bedroom apartment is available in Gorham for $300/mo. including heat and water. Contact Jane Gair at 774-6960.

**Condo in Yarmouth**

A condo is available in Yarmouth for $290/mo. including heat. Contact Tyler for more information.

**Roommates Wanted**

Looking for roommates in a 2 bedroom apartment in Gorham. Call BrunsWickollice at 774-6960.

**Vacation Home in ME**

A vacation home in Maine is available for rent for $25/mo. Contact Steve at 774-6103.
person of the week

Wanted: Women, 24 through 35

WANTED: Women, 24 through 35, active communicators. needs are minor, my gifts are talking, listening, and sharing city delights. Kissing, cuddling, massaging, and a bit more promise. Good conversation. No meetings. Let's burn up the dance floor! Box 1702. No phone calls.

FREE FOUR-WEEK PERSONAL AD

25-Character Headline: include name, no commas

PERSONAL AD WITH PERSONAL CALL:

Category:
1. general
2. men
3. women
4. trans-atlantic
5. lost souls
6. companions
7. all others

Confidential Information:
(We cannot print your ad without it.)

name
address
phone

Find 25 words & headline with Personal Call: FREE

CBB or P.O. (give both)

ernie pook
By Linda Barry

..-.......

ERANO-Intellectually, emotionally, physically active, happy woman. Needs are minor, my gifts are talking, listening, and sharing city delights. Kissing, cuddling, massaging, and a bit more promise. Good conversation. No meetings. Let's burn up the dance floor! Box 1702. No phone calls.

FREE FOUR-WEEK PERSONAL AD

25-Character Headline: include name, no commas

PERSONAL AD WITH PERSONAL CALL:

Category:
1. general
2. men
3. women
4. trans-atlantic
5. lost souls
6. companions
7. all others

Confidential Information:
(We cannot print your ad without it.)

name
address
phone

Find 25 words & headline with Personal Call: FREE

CBB or P.O. (give both)

 ernie pook
By Linda Barry


Dealing With Stress

The professionals at Jackson Brook Institute are offering a free program on dealing with stress. Gina Mosher, OTR/L will lead the program on Monday, December 7, 1992 beginning at 6:30 P.M. at the hospital.

For many of us, the demands of everyday life can become overwhelming and lead to serious stress or depression.

If you or someone you love are experiencing any of the following problems, please plan to attend this program:

- Isolation
- Sadness
- Financial crisis
- Physical illness
- Depression
- Stress

Reservations are not required for this free program.

6:30 P.M. Monday, December 7, 1992

Jackson Brook Institute
175 Running Hill Road
South Portland, Maine

(At the Maine Mall, take the road that runs West between Toys 'R Us and the new Lexus dealership).

Or, call us at the number below for more information.

1-800-JBI-2000