FARMING WHILE BLACK
Reclaiming Food Sovereignty and Uprooting Racism with Soul Fire Farm
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WHY SAFE INJECTION SITES AND DECRIMINALIZATION ARE “RULED OUT” OF GOV. MILLS’ OPIATE RESPONSE PLAN

BY FRANCIS FLISIUK

In contrast to the previous administration, Gov. Janet Mills is committing a significant amount of state resources to the opiate crisis, which is killing a person a day in Maine. But she won’t consider two strategies which evidence suggests would save lives.

According to Gordon Smith, Mills’s newly appointed Director of Opiate Response, the state of Maine will not be pursuing any strategies that involve safe-injection sites and the decriminalization of drug possession.

“We’ve ruled those out for now,” Smith told the Phoenix. “Primarily because they are a clear violation of federal law. We don’t want to use resources defending federal lawsuits. It’s also an issue of political capital. Right now, Janet Mills has a lot of goodwill in the State House and out in the community. And we don’t want to start an opiate response package with the most controversial thing.”

Safe-injection sites, or overdose prevention sites, are facilities where people addicted to drugs can inject opiates safely, with clean needles and under the supervision of a medical professional. They exist across Europe and Canada, and studies have shown that they are effective at decreasing drug-related fatalities. Two studies from a safe-injection site in Vancouver showed that within a 500-meter radius of the facility, fatal overdose deaths decreased 35 percent compared with a 9.3 percent decrease in the rest of the city.

Studies out of Portugal — where possession and use of all drugs was decriminalized in 2001 — show dramatic drops in problematic drug use, overdose deaths, and HIV infections, and drug-related crime.

Smith says that another reason Maine isn’t considering these radical approaches is because no state in the U.S. has yet to do so.

“We haven’t really examined the effectiveness of those strategies — we don’t want to be tilting at windmills,” said Smith. “I hope I’m in this position long enough that we might eventually look at some of those cases in Vancouver or Portugal…actually I hope not because that would mean that we haven’t been successful in our other initiatives.”

WHAT THE STATE IS DOING ABOUT OVERDOSE DEATHS

This isn’t to say that the new administration isn’t taking harm reduction seriously.

According to Smith, the Mills administration will focus on different harm reduction strategies like increasing supply and access to the anti-overdose drug naloxone and clean needle exchanges. The state of Maine recently purchased 35,000 doses of both intramuscular and intranasal Narcan, which qualified professionals can request for free. The state is also committing $3.5 million dollars to open at least four new needle exchanges — one in every public health district.

Additionally, the state is investing $1 million for the training and hiring of 350 new recovery coaches, ensuring that there are treatment options available in every hospital and clinic across the state. Smith says they are also looking at expanding the number of medically assisted treatment sites, and making rapid induction suboxone available in 33 emergency departments by the end of the year.

“We need more of everything,” said Smith. “Addiction needs to be treated the same way as diabetes or a heart disease.”

This approach is undoubtedly a positive shift from the LePage era, which didn’t always seem to treat the opiate crisis as a public health emergency. However, those on the front lines of the crisis say that by not considering efforts around decriminalization and safe injection sites, Mills’s plan is missing some key foundational pieces toward a progressive drug policy.

“If we don’t engage with these evidence-based solutions, we are dancing around the problem,” said Kenney Miller, the executive director of the Health Equity Alliance. “Mills’s plan is great step in the right direction, but need to go all the way on compassionate care, not part of the way.”

Miller helped spearhead the Maine Coalition For Sensible Drug Policy — which includes at least 20 Maine-based justice organizations like the ACLU of Maine and Maine Equal Justice Partners — in January of 2018 in response to a list of policy ideas from the state’s Opioid Task Force. Then-Attorney General Janet Mills and Smith, at that time the executive vice president of the Maine Medical Association Gordon Smith, both served on that Task Force.

The coalition drafted their own 18-point plan, two of which included safe-injection sites and decriminalization, and made it public last month. Smith said he has read the coalition’s recommendations, “appreciates their contribution to the debate,” and notes that the only two points that Mills won’t endorse are the ones on decriminalization and safe-injection sites.

“The state relies on our least objectionable recommendations instead of our most effective,” said Miller. “We would like to see a real intentional effort to meaningfully move away from punitive approaches to addressing opiate use and relying on the criminal justice system.”

Although Smith only disagrees with two out of the coalition’s 18 points, that difference is huge. The Maine Coalition crafts policy recommendations under the assumption that it’s impossible to completely eradicate the consumption of drugs, while Smith and the state of Maine seemingly does not.

“If we’re going to address the opiate crisis as a public health crisis, we have to lead with prevention,” said Smith. “If we can stop our sons and daughters from going down this path then we don’t have to deal with treatment or harm reduction. In a way it’s the most important thing.”

ARE COPS DOING MORE HARM THAN GOOD?

The Maine Coalition also disagrees with the state on the role law enforcement should play in addressing the opiate crisis.

According to Miller, one of the biggest ongoing barriers to progressive drug policy is when cops throw people in jail for possession and/or petty crimes instead of investigating the links between those crimes and substance use disorder. Miller recognizes that cops are often first responders to people with drug problems and should either leave them alone or divert them toward treatment instead of incarceration.

“Sinking money into enforcement and incarceration is causing more problems for these people, making it harder for them find work, housing, and rebuilding their lives post-incarceration,” said Miller.

Meanwhile, Smith says that law enforcement are doing “extraordinary work” on this issue and trusts their ability to identify people who are “ready to recover” and people who are “primarily criminals.”

“I’m incredibly impressed with the more enlightened and progressive law enforcement officials who have said ‘we’re just arresting the same people over and over again who are sick, why don’t we try to get them in treatment,’” said Smith.

Smith is opposed to decriminalization because it would hamper efforts to “vigorously prosecute the people who are bringing this poison into the state and the people who are getting it for them.”

Despite the state’s unwillingness to consider the Maine Coalition’s most controversial recommendations, advocacy for them is ramping up in 2019. The Maine Coalition will attempt to shift attitudes toward these ideas through a number of community forums planned in Portland, Rockland, and Hallowell throughout the spring. There’s also a legislative effort — state Rep. Mike Sylvester (D-Portland) is sponsoring a bill that would certify safe-injection sites in the state of Maine.

“Even if Gov. Mills doesn’t support the bill directly we hope she declines to veto it,” said Miller.
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2.28

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3.01

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W/ AUBREY HADDARD
3.02

SUN Dervish
3.03

TUE MaineVoices Live: Monica Wood
3.05

WED Dead Horses & HoneySuckle
3.06

THU Sierra Hull
W/ 10 STRING SYMPHONY
3.07

FRI Highway Kind:
A Celebration of Townes Van Zandt
3.08

SAT Barnes Gordy Walsh Trio
3.09

WED LOLs: An Evening of Local Comedy
Feat. Colby Bradshaw, Rachel Gendron and More
3.13

THU Josephine County
3.14

FRI BensBeendead, JustPlainJones, Sarah Violette & ReneeCoolbrith
3.15

SAT James Montgomery
3.16

THU The Portland Jazz Orchestra
THU THE PORTLAND JAZZ ORCHESTRA
WITH SPECIAL GUEST SOUTH PORTLAND HIGH SCHOOL JAZZ ENSEMBLE
3.21

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THE BATTLE FOR MAINE WATER
How privatizing water systems removes democratic control

BY MEAGHAN LASALA

While the deadly water crisis in Flint, Michigan, was a flashpoint in our national dialogue about water, it was far from an anomaly. Thousands of communities in the U.S. have higher levels of lead in their water than Flint. The Wall Street Journal reports that “U.S. water systems need to invest $1 trillion over the next 20 years... [while] federal funding for water infrastructure has fallen 74 percent in real terms since 1977.”

The percentage of privately-owned water systems in the U.S. declined from 2007 to 2014, but there are signs that the trend could be reversing in light of financial pressures faced by municipalities across the country. Trump’s 200 billion dollar infrastructure plan encourages private takeover as a solution to the nation’s crumbling water infrastructure. The Dow Jones Water Index began rising in 2007 to 2014, but the trend could be reversed when Trump’s plan was unveiled.

Many studies have shown that rates rise when water systems are privatized, but in Maine we have seen play out one of the less-reported consequences of privatization: loss of democratic control. In 2016, the Maine Supreme Court upheld a contract between Nestlé (the largest food and beverage company in the world) and Fryeburg Water Company, granting Nestlé 45 years of water extraction rights for its water bottling subsidiary Poland Spring.

Nickie Sekera is a resident of Fryeburg and an organizer with Community Water Justice, a network of front-line organizers in Maine working against the privatization of water sources. According to Sekera, the 45-year deal was more difficult for local residents to fight because it was made between two private corporations.

Sekera points to communities in California where Nestlé had tried to secure 50-year contracts and failed. “The community mobilized and blocked it. It doesn’t take too much to figure out that’s a bad deal. But unfortunately in our case, because our municipal water supplier is run by a private company, the deal was between two private corporations. It really marginalized the community’s voice.”

Regulatory capture was also evident in the Fryeburg case. All three Maine Public Utilities Commissioners were forced to recuse themselves because of direct ties to Nestlé, and LePage-appointed judges stepped in, approving the deal. “Witnessing something like this happen, it’s like watching a train wreck in slow motion,” said Sekera.

In the course of resisting the deal, Fryeburg community members learned how little environmental oversight the regulatory bodies involved were required to provide. “Part of the value of dragging it out all the way to the Maine State Supreme Court was to clearly hear the judges state that it was not within the purview of the Maine Public Utilities Commission to consider environmental impacts when it reviewed the contract,” said Sekera. “Our regulatory system is really more about providing customer service to corporations than it is about genuine protections.”

Nestlé claims that the 603,000 gallons per day it is permitted to extract has no impact on the aquifer, but according to Sekera, residents are reporting dry wells. The burden of proof is on the resident to demonstrate that Nestlé’s withdrawals are the culprit. “Maine is a poor rural state,” said Sekera. “Who can fight Nestle in court?” In January a hydrologist reported to the Fryeburg Water District that aquifer flow levels have been on the decline for years due to both drought and increasing withdrawals.

Maine has a higher percentage of privatized water systems than the national average, with 62 percent of community water systems in private ownership. Maine Water Company took over management of Fryeburg Water Co. in 2016, and is by far the largest private water utility in Maine, serving 32,000 customers in 12 communities. It’s parent company is currently pursuing a merger that would make it part of the third-largest privately owned water utility in the country.

Sekera sees water privatization as deeply interconnected with other front lines in the climate crisis. “When we destroy our local fresh water sources, whether it’s with fossil fuel pipelines that burst, or toxic extractive industries, bottled water is being sold as the solution to that. But displacing and shipping water all over the world instead of taking care of your local sources is just going to exacerbate all of these problems.”

The solution, according to Sekera, is local control. Seeing Nestle’s impact in the seven Maine communities it currently pumps from, other communities like Shapleigh and Newfield have enacted anti-water extraction ordinances, enshrining people’s rights to regulate water and pre-empting corporate takeover of water sources. Sekera envisions regional ordinances, protecting local food and water sovereignty in a cooperative system. “We’re going to continue to have a system where our food and water sources are shared,” Sekera said, “but the question is who benefits and who is in control.”

FLOWER TO THE PEOPLE
Four Maine legislators have proposed bills to expunge prior cannabis convictions

BY FRANCIS FLISIUK

Now that Maine has enjoyed a little over two years of legal weed, it seems only fair to stop punishing the folks busted for it during the prohibition.

Fortunately, three Maine state representatives and one state senator are working on official pardons.

Last month, Rep. Richard Farnsworth (D-Orono) and Sen. James Dill (D-Penobscot) proposed bills that would permanently delete the records of all prior non-violent misdemeanor cannabis convictions by July 1, 2020, and Rep. Justin Fecteau (R-Augusta) and Rep. Rachel Talbot Ross (D-Portland) proposed bills that would “seal them away,” meaning the convictions would stay on record, but employers or members of the public couldn’t see them.

Rep. Fecteau told the Phoenix that he prefers a seal away approach because it doesn’t “alienate folks in law-enforcement” who might need access to information on prior convictions, while also easing the burden for people who unable to secure employment.

“It’s not so much a marijuana issue as it is a criminal justice issue,” said first-term legis-
Flower to the People

Flower to the People

lator Fecteau. “We still have unfilled job positions in Maine, and this bill would help people get employment without being turned down simply because of a past marijuana conviction.”

Fecteau said that it’s unclear if his bill would gain the support of his fellow Republicans, but said there’s “generally an appetite” for some sort of reform. “I think it would gain generic support on both sides of the aisle, but without the language of the bill written, it’s hard to say how popular or unpopular it would be,” he said.

Sen. Dill’s bill calls for a complete expungement of records of acts that are legal now because even in states with legal cannabis past transgressions can hold people back, often impacting their ability to secure a job or housing due to strict background checks.

“Those records stay there forever,” said Sen. Dill. “I know of people who received convictions when they were 18-20 or so and are now suffering 20-30 years later for perhaps not a very serious crime.”

Sen. Dill anticipates opposition from his bill to come from legislators who believe that Mainers must live with the consequences of their actions, and those that say its too costly to search records and identify who would be eligible for expungement.

It’s unclear how many Mainers would be eligible to have their records cleaned under these bills. Data requests to the Department of Public Safety were not returned, and it’s possible that officials there are still working with the Bureau of State Police and the State Bureau of Identification to compile these records. Additional state resources may be required to identify everyone with prior cannabis convictions.

All four of these bills are each about two weeks away from being drafted, and then the process of finding co-sponsors begins. The Maine State Legislature currently has some 2100 bills to deliberate over this session. More than 25 of them are cannabis-related.

In other words, it’s going to be a very long time — assuming one of these bills crosses the finish line — before Mainers with petty pot offenses get their records clean. But at least the process has started.

Several states, including Oregon, Maryland, California, and Massachusetts have some kind of cannabis-conviction amnesty bill already in the books; and Washington state is nearly there. According to the Seattle Times, Washington state Governor Jay Insell announced last month that about 3,500 people would be eligible to fill out a petition online and receive a pardon for past cannabis convictions.
Soul Fire Farm is coming to Portland for a series of events and workshops as part of their *Farming While Black* book tour. BIPOC-centered, Soul Fire is a non-profit farm community in upstate New York committed to shutting down racism and injustice in the food system. Their strategic goals are to “end inequity in access to land, sustenance, and power in the food system, reverse industrial agriculture’s damage to the planet and harm to vulnerable communities, heal from a history of oppression that has disconnected our communities from land.”

Soul Fire has advanced seeks to achieve these goals with programming like Black-Latinx Farmers Immersion, a farmshare CSA which uses a sliding-scale model, and Youth Food Justice leadership training. In addition to this work, they grow produce for over 80 families in Albany and Troy counties in New York. Co-founded by farmer, activist and author Leah Penniman, whose book *Farming While Black: Soul Fire Farm’s Practical Guide to Liberation on the Land* was published in October, Soul Fire works to increase stewardship of by land to people of color.

Before a series of discussions and workshops this weekend produced in part by For Us, By Us (a collective with which this writer is a member), we spoke with Ashleigh Eubanks, a food justice organizer and facilitator with Soul Fire Farm, about the importance of food sovereignty and people of color’s connection with the land.

LaLa Drew: Why is it important to center food justice/food sovereignty work around the African wisdom which sprouted many sustainable farming practices?

Ashleigh Eubanks: Because of the way labor and the contributions of people of color — black folks; people that are native to this land — the way much of our knowledge, our ancestors’
Many of the food work I encountered was very white, nutrition-based, all about health in this way that was Eurocentric. It blamed poor people and people with ill health for their wellbeing, which was often people of color. It lacked racial analysis. So it was pretty transformative for me to be on land and involved in this project where black people were building communities, practices, and programs that really centered on returning to our ancestral foods and practices. Not only to heal our bodies and minds, but to do emotional and generation healing by connecting with the land. I got a job as a food justice organizer probably a year, or less than two years, after my first experience at Soul Fire.

LD: **Farming While Black**, written by Soul Fire Farm’s co-founder Leah Penniman, is a comprehensive manual for people of African heritage to reclaim their connection with the land. How does this work forward the mission of food sovereignty and food justice?

AE: So many black folks — especially those of us who grew up in the North — have this understanding of the land and farming as oppressive work, and view the land as our oppressor. Part of our own healing and liberation is to understand it isn’t the land that oppressed us, but this history of white supremacy, colonization, and imperialism. In fact our ancestors were brought to this country, bought to this land because of their wisdom and the natural gifts they had to cultivate land. Much of the spirituality and health and wellbeing of our ancestral people was tied up in the land. We have actually been disconnected from that, and therefore have been disconnected from a part of ourselves.

On a healing level, and on a spiritual and even physical wellbeing level, it is so important for black folks to reconnect to land because it is so much a part of who we are. We need to liberate ourselves and really begin to do the intergenerational work of healing from this history of slavery.

One of the things Leah writes about in *Farming While Black* is that to have access to land and ownership over land is to have wealth, and wealth is power in this country. If you think about colonialism and so much of the violence many people indigenous to and who have native connections to land are dealing with, is the removal. Much of food sovereignty work is specifically saying we deserve to have ownership not only over the food that is going into our bodies but of the land the food is grown on. We have a right to have relationship to this land. Justice is sometimes writing a wrong but sovereignty is about self-determination and being able to move from a place of power. If we don’t have any sense of ownership — and not ownership in the capitalist sense but of personal, intimate, powerful relationship — the basis of our food justice work is not as strong.
WORDS WITH FRIENDS

Former poet laureate of Maine BETSY SHOLL is a Maine master of affecting, spiritually resonant verse. She reads from her new and ninth collection of poems, *House of Sparrows*, said to “mine the language of Appalachia, New England, and the works of Dante and St. Francis” and seeks “music and moral clarity in the breakages and noisy contradictions of life.” | Feb 28 | 7 pm | Longfellow Books, 5 Monument Way, Portland | FREE | www.longfellowbooks.com

SOUL OFFING

DJ Rum Pum Pum Pum of Moody Lords and two delegates known as the 45 Soul Boys give us a “SOUL DANCE OPTION” tonight in Bayside, spitting out well dug funk from the ‘60s, ‘70s, and ‘80s. | Feb 28 | 8 pm | The Apohadion Theater, 107 Hanover St, Portland | by donation | www.theapohadiontheater.com

FEMINIST COUNTERPOINT

By filmmaker Irene Lusztig, the film *YOURS IN SISTERHOOD* documents hundreds of present-day Americans reading and responding to letters sent to the editor of *Ms. Magazine*, the second-wave feminist touchstone periodical, during the ‘70s, prompting numerous heartfelt and politically charged conversations about America’s longstanding problems with misogyny and gender inequity. Heartwarming and harrowing, *Yours in Sisterhood* is a profound meditation on the past, present, and future of American feminism. | March 1-6 | Fri 2 & 6 pm; Sun 2 pm; Wed 2 pm | Portland Museum of Art, 7 Congress Sq, Portland | $9 | www.portlandmuseum.org
Ahh yes, **CAT POWER**. Chan Marshall’s decades-long career has been a twisty yet beautiful journey, where no matter the weather, she’s kept a knack for summoning distinct moods on each of her ten albums. **Wanderer**, her latest and first in six years, was released last fall. It’s of course more refined than her rawly emotional early work, but each subsequent entry seems to further add to the richness of that still-gnawing early material, and indeed her whole life’s arc. She returns to Portland for the first time since an appearance at the Skinny around the turn of the century. | **March 1** | **Fri 8 pm** | **State Theatre, 609 Congress St, Portland** | $29.50 | [www.statetheatreportland.com](http://www.statetheatreportland.com) | 

**She-War**

Anyone who’s been to a Speak About It party can attest that they’re absolute bangers. Expect some intense dedication to otherworldly aesthetics, and a simultaneous commitment to boundary-stretching and consent-building (the organization specializes in consent-education and safer sex practices, after all). Donation-based, **2001: A (SAFER) SPACE ODYSSEY** has DJ work by beloved duo DJ Double Dessert and Ms. Wrecks. | **March 1** | **Fri 9 pm** | **Oxbow Blending & Bottling, 49 Washington Ave, Portland** | $10 | [oxbowbeer.com/events](http://oxbowbeer.com/events) |

**Run to the Hills (of Geno’s)**

Winter, of course, is the witching hour for heavy music. If you were planning to hang out tonight and listen to metal by yourself anyway, do us instead the pleasure of attending **DUNGEON METAL**, a bleak and triumphant public hang and listening party at Geno’s, where DJ Pubic Zirconia and DJ Septic Lizard await with rippers old and young. | **March 1** | **Fri 9 pm** | **Geno’s Rock Club, 625 Congress St, Portland** | $3 |

**Ask for Space**

Anyone who’s been to a Speak About It party can attest that they’re absolute bangers. Expect some intense dedication to otherworldly aesthetics, and a simultaneous commitment to boundary-stretching and consent-building (the organization specializes in consent-education and safer sex practices, after all). Donation-based, **2001: A (SAFER) SPACE ODYSSEY** has DJ work by beloved duo DJ Double Dessert and Ms. Wrecks. | **March 1** | **Fri 9 pm** | **Oxbow Blending & Bottling, 49 Washington Ave, Portland** | $10 | [oxbowbeer.com/events](http://oxbowbeer.com/events) |

**Who Plays Polyphemus**

Coming out of hibernation is FortFringe, the local festival of avant and unclassifiable theater and art performances that takes
REAL HISTORIES

Maine Wabanaki-REACH hosts an interactive story-telling experience, teaching about the colonizing history of Wabanaki people (the Indigenous people of Maine) and Europeans and their descendants. “EXPLORING WABANAKI MAINE HISTORY” is a participatory program intended to increase broader understandings of colonization and is appropriate for both kids and adults. | March 2 | Sat 3:30-5:30 pm | St. Bartholomew’s Episcopal Church, 396 Gilman Rd, Yarmouth | FREE | www.maine-wabanakireach.org

SHOW OF HANDS

In his kinda-sorta interactive new show MeSSeS, the juggler, educator, unicyclist, puppeteer, and all-around entertainer JANOA “ANYGOODJOKES?” attempts to engage all of these faculties at once. A Portland-based entertainer that’s quickly becoming one-of-a-kind around these parts, Janoah’s show comes with strong recommendation for audiences of all ages. | March 2 | Sat 7:30 pm | Mayo Street Arts, 10 Mayo St, Portland | $12-18 ($8 youth 12 & under) | www.mayo-streetarts.org

TIP TOP

In Bobby Jo Hart’s documentary REBELS ON POINTE, follow the drag-leaning dance company Les Ballets Trockadero de Monte Carlo (aka the Trocks), who have turned the dance
world on its head with their (mostly) faithful renditions of classical ballet, exploring (they say) “universal themes of identity, dreams, family, loss and love.” | March 3 | Sun 7 pm | SPACE, 538 Congress St, Portland | $8 | www.space538.org

THAT WAS THEN

A lot of folks think the debut album by New York band Soul Coughing, titled *Ruby Vroom* and released in 1994, is an underrated masterpiece, a mix of blues, electronica, jazz, hip hop, alt-rock, spoken word poetry, and whatever else was swirling around in that fertile, freewheeling, and commerciable moment in music history. (No shame intended there, but scads of money was invested in small bands after bands like Nirvana, Sublime, and Green Day made it, making for some oddly well produced music.) 25 years later, bandleader MIKE DOUGHTY is still at it, having released umpteen records under his own name since breaking Soul Coughing up in 2000 after issues with substance use. The prolific songwriter, collaborator, and author (he wrote a memoir, *The Book of Drugs*, a few years back) performs *Ruby Vroom* in full, leaving plenty of room for improvisation. | March 3 | Sun 8 pm | Port City Music Hall, 504 Congress St, Portland | FREE | www.portlandempire.com

GREAT WIDE OPEN MIC

One of the better evenings of entertainment available these brisk Monday nights, Empire’s longstanding GREAT OPEN MIC with Kari and Luna is followed by a comedy open mic at 9:30 hosted by Ian Stuart, who gets heavy on the weed jokes. | March 4 | Mon 7 pm | Empire, 575 Congress St, Portland | FREE | www.portlandempire.com

TWINKLE TWINKLE

The lovely Oakland-based squad BELLAS ATLAS deals in R&B, psychedelia, jazz and funk, and the bubbly, kaleidoscopic style they play in is a delight. They swoop in tonight for a set with Portland piano wunderkind KAFARI, formerly of Jaw Gems. | March 6 | Wed 8 pm | SPACE, 538 Congress St, Portland | $8 | www.space538.org

LIMITS TO NICETIES

The writer IMANI PERRY, a scholar of race, law, literature, and African American culture and an interdisciplinary professor at Princeton University, has written books on hip hop and poetics (*Prophets of the Hood*), gender and liberation (*Vexy Thing*), and a biography on prominent Black intellectual Lorraine Hansberry (*Looking For Lorraine*). That last one was awarded the Pen/Bograd Weld Prize for Biography hours before this issue of the Phoenix was published. Perry comes to Maine for a speaking engagement titled “Nice For What?: The Possibilities and Pitfalls of Digital Activism,” where she discusses the bind that hashtag politics brings in a neoliberal, digitally surveilled society. | March 7 | Thu 7:30 pm | Bates College, Olin Arts Center 210, 75 Russell St, Lewiston | FREE | www.bates.edu/events

RAPPPING PRESENCE

THE PERCEPTIONISTS, the prolific duo of Boston rappers Mr. Lif and Akrobatik who’ve been performing together since 2004, are the latest set of hip hop legends to ascend to Maine stages (following last week’s Blackalicious appearance). Trading bars to the DJ work of Papa D, the duo should bring a surreally exciting performance at Bayside Bowl, with DUB APocaLYPSE and New Hampshire emcee EYENINE. | March 8 | Fri 8 pm | Bayside Bowl, 58 Alder St, Portland | $15 | www.baysidebowl.com

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BONE WARRIORS

The film GENESIS 2.0 explores the particularly harsh life of so-called mammoth hunters on the remote New Siberian Islands in the far north of Siberia. By “hunting,” of course, we mean these archaeologists dig for extinct husks of mammoths several centuries buried beneath the ground.) In Christian Frei’s documentary, the hunters find one shockingly well preserved, which leads them to explore a throughline of discoveries they previously hadn’t imagined. | March 8-9 | Fri 2 & 6 pm; Sat 2 pm | Portland Museum of Art, 7 Congress Sq, Portland | $9 | www.portlandmuseum.org

EVERYTHING IS BORING (UNTIL IT’S NOT)

In John Kolvenbach’s FABULOSO, Teddy and Kate are in a bit of a rut, stuck in an unexciting apartment and a 20-year marriage. She works in a bank, he’s a kids’ soccer coach. Then Teddy’s long-lost friend Arthur bursts onto the scene, offering nonstop games, ruses, money-making schemes, and of course, drinks, and where he runs out of steam, his over-the-top fiancée, Samantha picks right up. In a story that appears both zany and tender, Dramatic Repertory Company production of Fabuloso is perfect for these rut months. As a bonus, these four actors (Peter Brown, Christopher Holt, Janice O’Rourke, and Bess Welden) play alternate roles each night of the run. | March 8-17 | Fri-Sun 7:30 pm; Wed-Sun 7:30 | Studio Theater at Portland Stage, 25A Forest Ave, Portland | $25-40 | www.dramaticrep.org

AND HE GIVES YOU THIS LOOK

Be honest, there’s a ton of so-so movies you’ve got to catch up on, right? Empire’s new resident movie night series, titled “EMPIRE AND CHILL” and hosted by funnyman and area darling Travis Curran, offers a warm and cozy enclave for you to watch some decentish flicks with your peers, exes, and friends every second and fourth Tuesday. They screen the Kevin Costner disasterpiece Waterworld tonight, with closed captions and open discussions — comment away. | March 12 | Tue 8 pm | Empire, 575 Congress St, Portland | FREE | www.portlandempire.com

THEY PUNKED SCOTT WALKER

Those hoping to participate in the rowdy boy blitz of a DROP-KICK MURPHYS show will have had to have made plans already. The Celtic-style Boston streetpunk band plays with BOOZE & GLORY, LENNY LASHLEY’S GANG OF ONE, and AMIGO THE DEVIL in a sold out show at the State. | March 12 | Tue 6:45 pm | State Theatre, 609 Congress St, Portland | SOLD OUT | www.statetheatreportland.com
MUSIC LISTINGS

THURSDAY 28

GREATER PORTLAND

ANDY’S OLD PORT PUB | 94 Commercial St. | Nat Hussey | 7pm

THE APOHADION THEATER | 107 Hanover St. | “Soul Dance Option: Funky Spins from the ’60s, ’70s, and ’80s,” with DJ Rum Pum Pum Pum + 45 Soul Boys | 8pm | by donation

B.GOOD | 15 Exchange St. | Open mic night | 7pm

BLUE | 650A Congress St. | Mehuman | 6pm | Frank Fotusky | 8pm | Kyle Friday | 10pm

THE DOGFISH COMPANY | 128 Free St. | Happy Folk

EMPIRE | 575 Congress St. | Dead Winter Carpenters + Chris Ross & the North | 9pm | $10-12

GENO’S ROCK CLUB | 625 Congress St. | Kings Destroy + GOZU + Forming the Void + Them’s That Wait | 8pm | $8

GRITTY MCDUFF’S - PORTLAND | 396 Fore Street | A Band Beyond Description “Grateful Dead tribute” | 9pm

MECHANICS HALL BALLROOM | 519 Congress Street | Thursday Night Swing Dance w/ Portland Swing Project | 7pm | $8 - $10

OLD PORT TAVERN | 10 Moulton St. | Karaoke with DJ Mike Mahoney | 9pm

ONE LONGFELLOW SQUARE | 181 State Street | The Jacob Jolliff Band | 8pm | $12-15

PIZZA TIME | 185 U.S. Rte 1 Scarborough | Open mic | 9pm

PORT CITY MUSIC HALL | 504 Congress St. | Cherub + Mosie | 9pm | $20

PORTLAND HOUSE OF MUSIC | 25 Temple St. | Bronze Radio Return + Wildermiss | 8pm | $13-15

SEA DOG BREWING COMPANY | 128 Free St. | Travis James Humphrey | 5pm | Melissa and her Minions | 8pm

SIR BABYGIRL at 3S Artspace in Portsmouth, NH, March 6

FRIDAY 1

GREATER PORTLAND

ANDY’S OLD PORT PUB | 94 Commercial St. | Frank Fotusky | 8:30pm

THE APOHADION THEATER | 107 Hanover St. | TMBOY + Contrapposto + Peach Hat | 8pm

AURA | 121 Center St. | “Plague,” goth/industrial night | 9pm

B.GOOD | 58 Alder St. | Open Stage | 6pm

BLUE | 650A Congress St. | Darlin’ Corey | 6pm | Library Band | 8pm | Evan King Group | 10pm

BYRNE’S IRISH PUB | 38 Centre St. | Open Mic Night | 6pm

BYRON’S IRISH PUB | 38 Centre St. | Open Mic Night | 6pm

THE DOGFISH COMPANY | 128 Free St. | Travis James Humphrey | 5pm | Melissa and her Minions | 8pm

FLASK LOUNGE | 117 Spring St. | “LOVE,” with DJ Jamie O’Sullivan | 9pm

THE PORThOLE RESTAURANT & PUB | 20 Custom House Wharf | Quiet Riot Act | 6pm

WILLOWS PIZZA RESTAURANT | 740 Broadway South Portland | Open Mic | 7pm | Free

MAINE + BEYOND

MAINE | 38 Centre St. | Open Mic Night | 6pm

FINISH ON P. 14
FRIDAY 1

GREATER PORTLAND

OXBOW BLENDING & BOTTLING | 49 Washington Ave | “2001: A (Safer) Space Odyssey” dance party benefit for Speak About It with DJ Double Dessert + Ms. Wrecks | 9pm | $5-15 donation

PORT CITY MUSIC HALL | 504 Congress St | Girls Rock | 5pm | $12 - $20

PORTLAND HOUSE OF MUSIC | 25 Temple St | “Go Big for Hunger,” with Tyrone Vaughan | 8pm

PROFENNO’S PIZZERIA & PUB | 934 Main St Westbrook | Lil Music Man & Karaoke | 9PM-Close | 9pm

SALVAGE BBQ | 919 Congress St | el malo | 8:30pm

SEA DOG BREWING COMPANY | 125 Western Ave South Portland | Live Music | 9pm

SILVER HOUSE TAVERN | 123 Commercial St | Karaoke | 9pm | Free

SPRING POINT TAVERN | 175 Benjamin W Pickett St. South Portland | Dance Party with rotating DJ’s | 8:30pm | Free

STATE THEATRE | 609 Congress St | Cat Power + Max Garcia Conover | 8pm | $29.50

THE OPERA HOUSE AT BOOTHBAY HARBOR | 86 Townsend Ave Boothbay Harbor | Open Mic | 7pm

MAINE + BEYOND

BATES COLLEGE | Olin Arts Center, Concert Hall | 75 Russell Street Lewiston | Clare Longendyke, Piano | 7:30pm

BYRNE’S IRISH PUB | 38 Centre St. Bath | Karaoke with Stormin’ Norman | 8:30pm

BYRNE’S IRISH PUB | 16 Station Ave Brunswick | Jud Caswell | 7pm

MIXERS NIGHTCLUB & LOUNGE | 136 Sabattus Rd Sabattus | Rock Hard Johnson | 8:30pm

3S ARTSPACE | 619 Vaughan St., Portsmouth, NH | Nick Black + Armies & Kenya Hall | 8pm | $13-15

SUNDAY 2

GREATER PORTLAND

$3 DEWEY’S | 241 Commercial St | “$3 Dewey’s Re-Opening Night #2,” with Chris Fitz Band | 6pm | $10

ANDY’S OLD PORT PUB | 94 Commercial St. | Shelley Waters | 8:30pm

THE APOHADION THEATER | 107 Hanover St. | Classy on Occasion + Keeper Class + Jug + Matt Andersen | 8pm | $5

BAYSIDE BOWL | 58 Alder St. | Samples + Seepeoples | 8pm | $20

BLUE | 650A Congress St | SOJOY | 8pm | The Late Risers | 10pm

BULL FEENEY’S | 375 Fore St | Dave Rowe | 8pm

CATHEDRAL CHURCH OF ST. LUKE | 143 State St | Rossini’s Petite Messe Solennelle | 7pm | $0 - $25
**SUNDAY 3**

**GREATER PORTLAND**

**$3 DEWEY’S** | 241 Commercial St | “$3 Dewey’s Re-Opening Night #2,” with Chris Fitz Band | 6pm | $10

**ANDY’S OLD PORT PUB** | 94 Commercial St | Kevin Medley Players | 7pm

**BLUE** | 650A Congress St | Gregg Harper | 5pm | The Whispering Tree | 7pm

**MAINE + BEYOND**

**BYRNE’S IRISH PUB** | 38 Centre St. Bath | Irish Session | 7pm

**TUESDAY 5**

**GREATER PORTLAND**

**ANDY’S OLD PORT PUB** | 94 Commercial St | David Beam & Friends | 7pm

**EMPIRE** | 575 Congress St | “The Great Open Mic” | 6pm

**Oxbow Blending & Bottling** | 49 Washington Avenue | Jenny Van West & Lobolli Boy | 6:30pm

**PORTLAND HOUSE OF MUSIC** | 25 Temple St. | Maine Dead Project | Grateful Dead tribute | 8pm | $10 - $12

**SPACE** | 338 Congress St. | Bells Atlas & Kafari | 8pm | $8-10

**SPRING POINT TAVERN** | 175 Benjamin W Pickett St. South Portland | Karaoke | 8:30pm | Free

**WILLOWS PIZZA RESTAURANT** | 125 Western Ave South Portland | open mic | 8pm | Free

**MAINE + BEYOND**

**FRONTIER THEATER** | 14 Maine St. Mill 3 Fort Andross Brunswick | Songwriters on Stage | 7pm | $10

**SEA DOG BREWING COMPANY** | 125 Western Ave South Portland | open mic | 8pm | Free

**THURSDAY 7**

**THE APOHADION THEATER** | 107 Hanover St. | Commander Keen + Body Electric | 7pm | Free

**WILLOWS PIZZA RESTAURANT** | 740 Broadway South Portland | open mic | 7:30pm | Free

**THE PORTHOLE RESTAURANT & PUB** | 20 Custom House Wharf | Quiet Riot Act | 6pm

**MAINE + BEYOND**

**WEDNESDAY 6**

**GREATER PORTLAND**

**AURA** | 121 Center St | “Rap Night,” with III By Instinct & El Shupacabra | 9pm

**BYRNE’S IRISH PUB** | 38 Centre St. Bath | Open Mic Night | 6pm

**THE PORTLAND PHOENIX | PORTLANDPHOENIX.ME | FEBRUARY 28, 2019**

**MUSIC LISTINGS | 15**
FRIDAY 8

GREAT PORTLAND

SEA DOG BREWING COMPANY | 125 Western Ave South Portland | Live Music | 9pm

SILVER HOUSE TAVERN | 123 Commercial St | Karaoke | 9pm | Free

SPRING POINT TAVERN | 175 Benjamin W Pickett St. South Portland | Dance Party with rotating DJs | 8:30pm | Free

WOODFORD CHURCH | 202 Woodford Street Portland | Wolf Soup | 7:30pm | $5-20

MAINE + BEYOND

BATES COLLEGE | Olin Concert Hall | 75 Russell St Lewiston | Pianist Frank Carlin & Dream Machine | 7:30pm

BYRNES’ IRISH PUB | 38 Centre St. Bath | Karaoke with Stormin’ Norman | 8:30pm

CHOCOLATE CHURCH ARTS CENTER | 804 Washington St Bath | Heron Valley (Celtic) | 7:30pm | $20

FIRST UNIVERSALIST CHURCH | 169 Pleasant St Auburn | Open Mic | 7:30pm

MIXERS NIGHTCLUB & LOUNGE | 136 Sabattus Rd Sabattus | Heart/Led Zeppelin Tribute Mixers | 8:30pm | $10

THE MUSIC HALL | 131 Congress St. Portsmouth, NH | Ben Baldwin & the Big Note | 8pm | $24

PLEASANT NOTE COFFEEHOUSE | 169 Pleasant St. Auburn | Open Mic & Poetry Slam Anniversary | 7:30pm | Free

SATURDAY 9

GREAT PORTLAND

BAYSIDE BOWL | 58 Alder St. | Vapors of Morphine + Jason Ward | 8pm | $12

BLUE | 650A Congress St | Big World | 6pm | Titus Abbott Collective | 8pm

BYRNES’ IRISH PUB | 38 Centre St. Bath | Irish-American Sing-Along with Bitter Brew | 5pm

PORTLAND HOUSE OF MUSIC | 25 Temple St. | Karaoke | 8:30pm | Free

MAINE + BEYOND

FRONTIER THEATER | 14 Maine St. Mill 3 Fort Andross Brunswick | Choro Louco | 7:30pm | Free

THURSDAY 14

GREAT PORTLAND

504 CONGRESS STREET | Nizay featuring Azam Ali | 8pm

AURA MAINE | 121 Center St | A Benefit for Tim Butterworth | 8pm | $10

B.GOOD | 15 Exchange St | Open mic night | 7pm | Free

THE DOGFISH COMPANY | 128 Free St | Polly J | 8pm

ONE LONGFELLOW SQUARE | 181 State Street | Monday of the 3s art + Beyond | 7pm | Free

PIZZA TIME | 185 U.S. Rte 1 Scarborough | Open mic | 9pm | Free

PORT CITY MUSIC HALL | 504 Congress St | Nizay + Azam Ali | 8pm | $25

SOLO ITALIANO | 100 Commercial St. | Choro Jacques & The Strays | 6pm

SPACE | 538 Congress St | Toothbrush + Cadaverette + Wizard Party + Roy Orbittussin | 8:30pm | $10

THE PORTHOLE RESTAURANT & PUB | 20 Custom House Wharf | Quiet Riot Act | 6pm

WILLOWS PIZZA RESTAURANT | 740 Broadway South Portland | open mic | 7pm | Free

BYRNES’ IRISH PUB | 38 Centre St. Bath | Open Mic Night | 6pm
Great movies unite us.

Discussions. Gatherings. Over 30 distinctive films. This year’s MJFF is a can’t miss opportunity for Maine communities to celebrate great cinema—together.

March 9–17, 2019
PORTLAND, BRUNSWICK, WATERVILLE, LEWISTON, BANGOR, ROCKLAND

MAINE JEWISH FILM FESTIVAL
Schedule and tickets at MJFF.ORG

- educate
- engage
- entertain
The 2019 Shorts Program

Want animation, documentaries, drama, and comedy all in one program? We’ve carefully curated a collection of short films from around the world that do just that. Together they exemplify the Festival’s mission to “enrich, educate, and entertain.”

THU MARCH 14 2:00 PM NICK

93Queen DOCUMENTARY / 2018
USA / 90 MIN

In the heart of Hasidic Judaism in Brooklyn, the first ever all women EMT corps of Ezras Nashim (“women helping women”), pushes the edges of strict gender norms within this conservative religious group. Program follows on March 12.

SUN MARCH 10 12 NOON RR SQUARE TUE MARCH 12 12 NOON NICK

Across the Waters DRAMA / 2016 / DENMARK / DANISH W/ ENG ST 95 MIN

Jazz guitarist Arne Itkin is skeptical about rumors of the roundup and deportation of Danish Jews until an overnight raid forces a flight for safety. Based on true events, directed and co-written by Nicolo Donato, whose own grandfather helped ferry war refugees to safety in one of the most daring rescue missions in WWII history.

WED MARCH 13 12 NOON NICK

Budapest Noir DRAMA-MYSTERY / 2017 / HUNGARY / HUNGARIAN W/ ENG ST / 95 MIN

A beautiful girl is found dead in Budapest in 1936 and no one wants to investigate—except a world-weary reporter who asks unwanted questions and suspects everyone. Enjoy the journey but remember in noir, there is always a price.

SAT MARCH 2 10:00 AM RR SQUARE
SUN MARCH 3 10:00 AM RR SQUARE
FRI MARCH 15 6:00 PM PMA
SAT MARCH 16 5:30 PM ROCKLAND

The Automat WORK IN PROGRESS / DOCUMENTARY / 2018
USA / 80 MIN

Filmmaker Lisa Hurwitz investigates the rise and fall of the Automat, America’s first fast food restaurant. Featuring interviews with Mel Brooks, Elliott Gould, Ruth Bader Ginsburg, Colin Powell and many others. Sneak peek free screening with Director Lisa Hurwitz.

SUN MARCH 10 11:00 AM PMA FREE

Citizen Jane: Battle for the City DOCUMENTARY / 2017 / USA / 92 MIN

In 1960, Jane Jacoby’s book The Death and Life of Great American Cities sent shockwaves through the architecture and urban planning worlds. Through archival material and interviews, this fascinating documentary paints a vivid portrait of a fighter who had a major impact on NYC and on the field of city planning. Program follows.

FRI MARCH 15 2:00 PM PMA

Echo DRAMA / 2018 / ISRAEL
HEBREW W/ ENG ST / 92 MIN

Avner has looks, an important job, an intelligent, beautiful wife, two lovely children, and a gorgeous home on the beach. Then, one day, he receives something in the mail that changes everything, and what starts out as a fairy tale becomes a tale of obsession.

FRI MARCH 15 8:00 PM PMA

Eldorado DOCUMENTARY / 2018
SWITZERLAND / VARIOUS LANGUAGES W/ ENG ST / 90 MIN

Drawing inspiration from his personal encounter with a refugee child during World War II, Swiss director Markus Imhoof makes the global phenomenon of thousands of people fleeing to Europe real and tangible through graphic footage of refugee rescues and gripping interviews with asylum seekers. Program will follow March 16 screening.

THU MARCH 14 7:30 PM BATES
SAT MARCH 16 12:30 PM PMA
SUN MARCH 17 2:00 PM BANGOR

The Essential Link: The Story of Wilfred Israel DOCUMENTARY / 2016 / ISRAEL
HEBREW, GERMAN W/ ENG ST / 82 MIN

Why is the story of retail businessman Wilfred Israel, who saved 15 times more people than Oskar Schindler, largely unknown? Filmmaker Yonatan Nir takes us on a revealing journey into Wilfrid Israel’s life and the reasons for his disappearance from history.

Free Senior Program: WED MARCH 13 2:00 PM PMA DESSERT RECEPTION

Inside the Mossad DOCUMENTARY / 2017 / ISRAEL
HEBREW W ENG ST / 90 MIN

Like the CIA, Mossad, Israel’s intelligence agency, has fed the imagination of conspiracy theorists the world over. Filmmaker Duki Dror interviews former heads and agents who break their silence and talk for the very first time about their personal experiences and moral dilemmas, successes, failures and near misses.

THU MARCH 14 6:00 PM NICK

It Must Schwung: The Blue Note Story DOCUMENTARY / 2018 / GERMANY / ENGLISH & GERMAN W/ ENG ST / 115 MIN

Blue Note Records, founded after WWII by two Jewish emigres, produced and promoted some of the greatest artists ever recorded. Executive Film Producer Wim Wenders’ team uses brilliant animation, interviews with musicians, iconic photographs and an unforgettable score to tell this quintessentially American story.

SUN MARCH 10 4:00 PM EVE STAR SAT MARCH 16 6:00 PM PMA

Futures Past DOCUMENTARY / 2016 / USA 88 MIN

After an absence of 12 years, director Jordan Melamed returns to the most violent of all financial arenas, the Chicago trading pits, where his father, Leo Melamed built the Chicago Mercantile Exchange. Both personal and professional revelations animate this riveting documentary.

WED MARCH 13 3:30 PM NICK

Izthak DOCUMENTARY / 2017 / USA / 82 MIN

Nominated for a 2019 Grammy for Best Music Documentary, Izhak uncovers the story of a polio survivor who became one of classical music’s superstars, while exploring themes of Jewish identity, Jewish history, humor and love. Program will follow March 14 screening.

THU MARCH 14 11:30 AM PMA
SUN MARCH 17 11:30 AM BANGOR

The Portland Phoenix. Me
**Jewish Luck**  COMEDY-SILENT / USSR ENG INTERTITLES / 100 MIN
One of the first Soviet Yiddish films to be released in the US during the 1920s *Jewish Luck* is based on stories by Sholom Aleichem. This recently restored version showcases the finest cinematography and acting of the time. *Screened with live piano accompaniment by Carolyn Swartz.*

**MON MARCH 11 2:00 PM**
ST. LAWRENCE ARTS

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**The Mamboniks**  DOCUMENTARY / 2018 / USA / 86 MIN
Set to the Afro-Cuban sounds of Tito Puente and Celia Cruz, the film traces the mambo’s rise from its birth in Cuba to the peak of its popularity in 1950’s New York when a group of free-spirited, mostly Jewish dancers received the nickname: the mamboniks. *Reception with live music to follow.*

**SUN MARCH 17 4:30 PM PMA**

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**Morning Trail**  COMEDY-DRAMA
DIR: TOMMY LANG / 2018 / ISRAEL / HEBREW W/ ENG ST / 92 MIN
This is not a film about the musical tradition, but a gripping drama set in the haunting woods of Nazi-occupied Poland with an unusual perspective. When a group of foraging villagers discover a wounded Jew, they must grapple with the moral consequences of their choices.

**WED MARCH 13 11:30 AM PMA**

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**Public and Private Conversations: A Shorts Program on Women**
In this selection of shorts focused on women, we see both the inner and outer worlds that women deal with on a daily basis. From a Hasidic girls camp to the Tel Aviv bus station, from an army barrack to the death metal stage, three generations of Jewish women talk to themselves, each other, and to us.

**SUNDAY MARCH 10 3:00 PM BATES SUNDAY MARCH 17 2:00 PM PMA**

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**On the Map**  DOCUMENTARY / 2015 / ISRAEL / 78 MIN
At 88, Abraham Bursztejn is seeing his place in the world rapidly disappear. His daughters have sold his Buenos Aires residence and set him up to move to a nursing home. But Abraham isn’t about to quietly fade away and plots a secret trip to Poland.

**SAT MARCH 9 11:30 AM EVE STAR**
**SAT MARCH 9 7:00 PM NICK**
**MON MARCH 11 4:00 PM NICK**
**SAT MARCH 16 7:00 PM BANGOR**

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**Redemption**  DRAMA / 2018
ISRAEL / HEBREW W/ ENG. ST / 104 MIN
Menahem, a former rock ‘n roll star, who is now an observant Jew, desperately needs money for his daughter’s medical treatments. His only option is to get the band back together.

**TUE MARCH 12 3:00 PM NICK**

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**The Last Suit**  DRAMA / 2017
ARGENTINA SPANISH W/ ENG ST / 90 MIN
At 88, Abraham Bursztejn is seeing his place in the world rapidly disappear. His daughters have sold his Buenos Aires residence and set him up to move to a nursing home. But Abraham isn’t about to quietly fade away and plots a secret trip to Poland.

**SAT MARCH 9 11:30 AM EVE STAR**
**SAT MARCH 9 7:00 PM NICK**
**MON MARCH 11 4:00 PM NICK**
**SAT MARCH 16 7:00 PM BANGOR**

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**Paddington**  2015 / UK / 95 MIN
The whole family will enjoy the story of Paddington, a young Peruvian bear who travels to London in search of a home. So, what’s the Jewish connection? Michael Bond, Paddington’s creator, was inspired by the influx of thousands of Jewish children into London before World War II. *Pizza and crafts at 12:30.*

**Family Film: SUN MARCH 10 12:30 PM JCA FREE**

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**Shalom Bollywood: The Untold Story of Indian Cinema**  DOCUMENTARY
2017 / AUSTRALIA / 76 MIN
Shalom Bollywood tells the tale of the nice Jewish girls who became icons of Indian cinema from the early 20th century to the present. Gorgeous and highly talented, these Jewish stars pushed the boundaries to make Bollywood what it is today.

**MON MARCH 11 6:00 PM NICK**

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**Satan and Adam**  DOCUMENTARY / 2018 / USA / 80 MIN
In 1986, harmonica player Adam Gussow asked if he could jam with one man band Sterling “Mr. Satan” McGee and an unforgettable collaboration between the Jewish musician and Harlem legend began. Follow their 23-year odyssey in a miraculous tale of friendship, heartbreak and the transformative power of music.

**Old Blues Kats will perform in the PMA café at 5:00 PM.**
**THU MARCH 14 6:00 PM PMA**

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**The Unorthodox**  DRAMA / 2017 / ISRAEL/ HEBREW W/ ENG ST / 70 MIN
This captivating and at times gut wrenching film follows three Israeli families, each with a member who has been physically or psychologically wounded through combat or terror. The filmmaker was inspired by her own experience as a child of a wounded war veteran. *Program will follow.*

**MON MARCH 11 6:00 PM JCA**

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**Shoelaces**  DRAMA / 2018
ISRAEL/ HEBREW W/ ENG ST / 90 MIN
Reuben already has a complicated relationship with Gadi, his special needs son, but when Reuben needs a kidney transplant and Gadi wants to be the donor, things get even more complicated. Directed by the father of a special needs child, *Shoelaces* explores their relationship with warmth, humor and compassion.

**THU MARCH 14 2:00 PM PMA FREE**

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**The Mamboniks**  DOCUMENTARY / 2015 / POLAND / POLISH W/ ENG ST / 93 MIN
One of the first Soviet Yiddish films to be released in the US during the 1920s *Jewish Luck* is based on stories by Sholom Aleichem. This recently restored version showcases the finest cinematography and acting of the time. *Screened with live piano accompaniment by Carolyn Swartz.*

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ST. LAWRENCE ARTS

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DIR: TOMMY LANG / 2018 / ISRAEL / HEBREW W/ ENG ST / 92 MIN
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**Public and Private Conversations: A Shorts Program on Women**
In this selection of shorts focused on women, we see both the inner and outer worlds that women deal with on a daily basis. From a Hasidic girls camp to the Tel Aviv bus station, from an army barrack to the death metal stage, three generations of Jewish women talk to themselves, each other, and to us.

**SUNDAY MARCH 10 3:00 PM BATES SUNDAY MARCH 17 2:00 PM PMA**

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**On the Map**  DOCUMENTARY / 2015 / ISRAEL / 78 MIN
At 88, Abraham Bursztejn is seeing his place in the world rapidly disappear. His daughters have sold his Buenos Aires residence and set him up to move to a nursing home. But Abraham isn’t about to quietly fade away and plots a secret trip to Poland.

**SAT MARCH 9 11:30 AM EVE STAR**
**SAT MARCH 9 7:00 PM NICK**
**MON MARCH 11 4:00 PM NICK**
**SAT MARCH 16 7:00 PM BANGOR**

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ISRAEL / HEBREW W/ ENG. ST / 104 MIN
Menahem, a former rock ‘n roll star, who is now an observant Jew, desperately needs money for his daughter’s medical treatments. His only option is to get the band back together.

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Shalom Bollywood tells the tale of the nice Jewish girls who became icons of Indian cinema from the early 20th century to the present. Gorgeous and highly talented, these Jewish stars pushed the boundaries to make Bollywood what it is today.

**MON MARCH 11 6:00 PM NICK**

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**The Unorthodox**  DRAMA / 2017 / ISRAEL/ HEBREW W/ ENG ST / 70 MIN
The year is 1983, and Yaakov Cohen, tired of being pushed around, decides to establish a Sephardic-ultra-Orthodox party. Whatever your views on Israeli politics, this film can be appreciated for its superb acting, suspenseful plot, and excellent cinematography.

**WED MARCH 13 6:00 PM NICK**
Unsettling  DOCUMENTARY / 2018  ISRAEL / HEBREW W/ ENG ST  70 MIN
Award-winning director Iris Zaki enters Tekoa, an Israeli settlement in the West-Bank, and hopes to talk to the locals about their lives. Their honest, surprising and sometimes funny conversations offer a fresh take on Israeli reality from both sides of the Green Line. 
Director Iris Zaki in attendance.
SAT MARCH 16 3:00 PM PMA

Who Will Write Our History  DOCUMENTARY / 2018 / USA / 94 MIN
In November 1940, days after the Nazis sealed 450,000 Jews in the Warsaw Ghetto, a secret band of journalists, scholars and community leaders chose to fight back. Led by historian Emanuel Ringelblum, they vowed to defeat Nazi lies and propaganda not with guns or fists, but with pen and paper. 
Program will follow.
SUN MARCH 10 NOON BATES  MON MARCH 11 NOON NICK

Wajib  DRAMA / 2017 / FRANCE / ARABIC W/ ENG ST / 96 MIN
Over one winter’s day in Nazareth, father Abu and son, Shadi (real-life father and son actors Mohammed and Saleh Bakri) visit friends and family to deliver invitations for the wedding of Abu’s daughter. They reminisce, bicker and laugh together revealing tensions both political and familial. 
SUN MARCH 10 1:30 PM NICK  TUE MARCH 12 7:00 PM RR SQUARE

The Waldheim Waltz  DOCUMENTARY / 2018 / AUSTRIA / GERMAN W/ ENG ST / 93 MIN
In 1986, filmmaker Ruth Becker- mann was both protester and reporter at demonstrations against Kurt Waldheim. 30 years later, Beckermann uses her footage and contemporaneous news archives, to chronicle Waldheim’s run for the Presidency of Austria amidst allegations of involvement in Nazi atrocities during WWII. 
Program follows 3/11 screening.
SUN MARCH 10 11:00 AM EVE STAR  SUN MARCH 10 7:00 PM NICK  MON MARCH 11 7:00 PM RR SQUARE  RAFFAEL SHECK WILL SPEAK

FAMILY, ART AND LOSS:
Broken Branches  ANIMATION, DOCUMENTARY / 2014 / ISRAEL / HEBREW W/ ENG ST/ 25 MIN
In 1936, Michal Gelfand was forced to flee Poland for Israel, never to see her family again. 
Broken Branches recounts this journey of loss and hope with a combination of vivid, childlike imagination and the reflective wisdom gained from 80 years.
SUN MARCH 10 1:30 PM PMA  SUN MARCH 17 3:00 PM ROCKLAND

The Art of Spiegelman  DOCUMENTARY / 2010 / FRANCE/ ENGLISH, FRENCH W/ ENG ST/ 43 MIN
A fascinating look at the visionary who took underground comics into the mainstream and won a Pulitzer for Maus.
SUN MARCH 10 7:00 PM JCA

OPPOSITES ATTRACT:
Life in Stills  DOCUMENTARY / 2011 / ISRAEL  HEBREW W/ ENG ST / 60 MIN
In 1936, Miriam and Rudi Weis- sensen first opened the doors of Tel Aviv’s world renowned Photo House. After Rudi’s passing, the fate of the shop rests on the shoulders of Miriam and her grandson, Ben.
TUE MARCH 12 6:00 PM NICK

On My Way Out  DOCUMENTARY  2017 / CANADA / 40 MIN
The surprising and entertaining story about a (nearly) perfect marriage with a big secret. Holocaust survivors Roman (Popi) and Ruth Blank created new lives in America. Then Popi, at age 95, decides to live life as an openly gay man. An intimate and moving documentary. 
TUE MARCH 12 6:00 PM NICK

Portland Jewish Community Alliance (JCA)
1342 Congress St.
The Nickelodeon Cinema
1 Temple St.
The Portland Museum of Art (PMA)
7 Congress Square
Portland House of Music and Events (PHOM)
25 Temple St.
Saint Lawrence Arts
76 Congress St.

Bangor
Bangor Mall Cinemas 10
557 Stillwater Avenue
Rockland
The Strand Theater
345 Main St.

Brunswick
Eveningstar Cinema
Tontine Mall, 149 Maine St.

Lewiston
Bates College
Olin Arts Center, 75 Russell St.

Waterville
Railroad Square Cinema
17 Railroad Square

All Festival Pass: $200
Closing Night: $25
All Festival Pass: $200
Festival Six Pack: $50

Brown Paper Tickets charges $.99 plus 3.5% (e.g. $3.55 for $10 ticket). This allows MJFF to sell tickets online.
THE MAINE JEWISH FILM FESTIVAL RETURNS

In its 22nd year, screening more than 40 unique films about the richness and resilience of the Jewish experience

BY FRANCIS FLISIUK

Taking place in five towns across the state, the Maine Jewish Film Festival is back for its 22nd year, this time with a subtheme of musical excellence.

Opening with the Argentinian film *The Last Suit*, about an 88-year-old tailor who makes the long trip from Buenos Aires to Poland to see the friend who saved his life at the end of WWII, the MJFF brings over 40 documentary, narrative, and children’s films to screen in area theaters from March 9 to 17.

Collecting films about America’s first fast-food restaurant (*The Automat*), a documentary about ‘women helping women’ in the heart of Brooklyn’s Hasidic Community (*93 Queen*), a biopic about the complex life of *Maus* comic book artist Art Spiegelman (*The Art of Spiegelman*), an unlikely musical combo between a Jewish harmonica player and a Harlem blues legend who played with James Brown and Etta James (*Satan and Adam*), and a doc about Jane Jacobs, the New York City planning activist and writer whose book *The Death and Life of Great American Cities* is one of the most quietly influential texts in the 20th century (*Citizen Jane: Battle Cry For the City*).

Continue on P. 22 ▲
Like past festivals, the over 40 films offered here feature a wealth of subject matter, genres and experiences. Audiences can find romances, comedies, sports rivalries, deeply personal family stories, immigrant journeys, historical reenactments of heroic exploits, film noir thrillers, and much more across the impressively diverse roster. According to executive director Barbara Merson, the dizzying selection is all part of the festival’s underlying mission of uniting people across cultures to enjoy universal truths and take viewers across the world for a showcase of the richness and resilience of the Jewish experience.

With special concerts planned during screenings including an Old Blues Kats show in the Portland Museum of Art cafe before the poignant blues documentary Satan and Adam, live piano accompaniment by Carolyn Swartz during the classic Yiddish silent film Jewish Luck, and Portland’s Primo Cubano jamming out on closing night before the screening of The Mamboniks, an aptly paired documentary about how Jewish and Latin cultures met on dance floors in 1950s New York City. Another film, the Grammy nominated Itzhak, celebrates the life of legendary violinist Itzhak Perlman and engages viewers on questions of Jewish identity in between some stunning musical arrangements.

“How do you find historical truth when there are so many different points of view? That’s another theme that’s important today,” said Merson. “We’re hoping to broaden the horizons of Jews and non-Jews alike. We don’t all have broad international experiences. Our mission is to provide a safe space for people to explore.”

If you’re after films with a political bent, here are three documentaries the Phoenix previewed from this year’s festival.

**INSIDE THE MOSSAD**

**DIR: DUKI DROR**

Established in 1949, Mossad, or the Institute for Intelligence and Special operations, is one of five intelligence operations in Israel that focuses on foreign affairs. It’s basically Israeli’s equivalent of the CIA, and like the CIA, it’s been a mechanism for humanitarian aid missions and a target of allegations of human rights abuses. On one hand these secret agents helped bring former Nazis to justice, and on the other, they’ve acted with impunity and carried out a number of extrajudicial assassinations abroad.

In the 2017 documentary Inside the Mossad, Israeli filmmaker Duki Dror collects a series of interviews with former Mossad agents, who tell stories of their years within the agency for the first time. The film serves as a morbidly fascinating character study on the kind of people capable of carrying out assassinations, and an interrogation into how, as Dror sees it, “actions taken by someone unknown, somewhere in the world could impact history.”

“I felt like drawn into a chess game trying to pull get access into the mind and heart of my interviewees,” says Dror. “They were not easy at all but as they started to trust me, they opened a door that they has been kept shut for years. I wanted to learn and understand the human dilemmas they had. I wanted to know how decisions they made and the actions they took changed the course of history.”

With interviews presented without any overarching political statements or moral judgments, Inside the Mossad doesn’t sugarcoat the complexity, and in some cases brutality, of what some Mossad operations were like. The ones we know about anyways.

**MJFF continued from P. 21**

“I wanted to know how decisions they made and the actions they took changed the course of history.”
WHO WILL WRITE OUR HISTORY
DIR: ROBERTA GROSSMAN

In *Who Will Write Our History*, filmmaker Roberta Grossman puts to screen a retelling of what she believes to be the most important unknown event of the Holocaust, and a stunning example of Jewish resistance.

In November 1940, days after Nazis sealed away some 450,000 Jews in the Warsaw Ghetto, a 60+ resistance group formed wielding not pistols but pens. Amidst the brutal occupation, a courageous group of journalists, scholars, and historians met in secret to counter Nazi propaganda by commissioning their own essays, songs, and stories of the war. They also collected physical artifacts and buried some 60,000 pages of documentation in the ground in the hopes that the archive would survive and one day they’d “scream truth to the world.”

Reenactments are hit or miss — especially with such sensitive source material — but the three main actors do a tasteful job and the voiceover work is excellent. Between the dramatizations are interviews with Polish Jewish archivists and scholars, adding historical accuracy to a project that truly honors the almost forgotten legacy of the Oyneg Shabes archive.

“Historians concur that the Oyneg Shabes Archive is the richest cache of eyewitness, contemporaneous accounts to survive the Holocaust,” said Grossman. “Despite its importance, the archive remains largely unknown outside academic circles. It is my hope that *Who Will Write Our History* will change that in the way that only a film can do, by making the story accessible to millions of people around the world.”

March 10 | Sun noon | Bates College, Olin Arts Center, 75 Russell St, Lewiston | March 11 | Mon noon | Nickelodeon Cinemas, 1 Temple St, Portland | $10

ELDORADO
DIR: MARCUS IMHOOF

The Swiss nomination for Best Foreign Documentary, *Eldorado* attempts to make sense of the sprawling, chaotic, and tragic nature of the modern refugee crisis. Director Marcus Imhoof draws a parallel to the aftermath of World War II, when mass human migration into Europe was also met with strict crackdowns, and colors it with a deeply personal story from his youth, recalling when his family took in an 8-year-old Italian girl for several months in Switzerland before being forced into deportation by authorities. *Eldorado* tells this story of this girl (named Giovanna) through old photographs and voiceover work, intercut with graphic footage and interviews from the Italian government’s Operation Mare Nostrum at sea, as well as a refugee camp in Southern Italy.

*Eldorado* asks viewers are left to ponder the ethics of global immigration policies. Why do goods and capital move so freely across borders and into Europe, but the human beings that create that wealth are held back? “Money, rich people and goods travel globally; the poor must stay where they are,” said Imhoof. “While doing research, I soon discovered how tightly related these themes are, and that the theme of migration cannot be told independently from the topic of money. This crisis is not over, it is merely beginning. Soon, refugees from climate change will arrive, too.”

This is a somber film, but a necessary one to counter mainstream news narratives that fail to humanize the people on the other side of this crisis.

March 14 | Thu 7:30 pm | Bates College, Olin Arts Center, 75 Russell St, Lewiston | $10
Great movies unite us.

Discussions. Gatherings. Over 30 distinctive films. This year’s MJFF is a can’t miss opportunity for Maine communities to celebrate great cinema—together.

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Schedule and tickets at MJFF.ORG

educate
engage
entertain
If you’ve visited a local brewery, taken a stroll down Commercial Street, or slurped oysters at The Shop in the past couple of years, chances are Mr. Tuna has infiltrated your headspace at some point. Slinging temaki “hand roll” sushi from a Yeti cooler emblazoned with the image of a proud tuna, head held high in a three-piece suit and brandishing a walking cane, you might’ve thought we’ve finally reached peak hipster (for lack of a better term).

I did, until the first time I forked over $6 for a cone of nori outfitted with spicy scallops, crabmeat, julienned cucumber and tempura flakes while casually sipping spontaneously fermented ale at Allagash. It took only a few seconds to realize that those three bites were the best I’d had in months, as synapses fired in every direction. I could no longer deny that Mr. Tuna was something special.

Lucky for us local folk who live, work or otherwise find themselves downtown on a regular basis, those hand rolls — the same specimens Bon Appétit Editor at Large Andrew Knowlton is quoted as saying “might as well have been served in L.A. or Tokyo” — are now available six days a week as a permanent fixture at the Public Market House in Monument Square. Rather than simply fashioning another mobile cart, however, Mr. Tuna’s admirable growth has resulted in a veritable no-frills, walk-up sushi bar. It’s the first of its kind in Portland, and a breath of fresh air for the long-stagnant Market House layout.

The most noticeable difference for those already familiar with Mr. Tuna’s omnipresence around town comes in the extent to which proprietor Jordan Rubin (who cut his chops working at Uni Sashimi Bar in Boston) has upped his entire game with the new loca-
tion. Yeti coolers full of fish — still to be found streetside — have been replaced by a sleek and lean stainless steel sushi case, where the day’s offerings are prominently displayed for patrons and passersby alike. Neon signage, an ever-changing blackboard menu hanging from the ceiling and giant rice cookers frame the space, which looks and feels far more permanent than any other stall in the building. There is a dishwasher; I imagine a godsend for Rubin and his staff.

Sitting at the sushi bar is a somewhat chilly experience this time of year given its proximity to two constantly swinging entrances to the Market House, but chances are Rubin himself will be on the other side of the counter prepping your order. You may even end up with a little treat from the kitchen for hanging around instead of taking your food to go.

Also noticeable is an expanded selection of menu items, which now includes sushi burritos (yes, that’s very much a thing now), an assortment of snacks/sides and a hyper-seasonal specials board highlighting the day’s fresh catch. The burritos are surely the heartiest lunch options on offer, with the Mr. Tuna house specialty — tuna, avocado, spicy scallops and crab, eel sauce tobiko, scallions and tempura flakes — to be considered a must-order. Snacks range from fun and filling — a Japanese potato salad rife with bacon, bonito and kewpie mayo — to more refined options such as the house avocado salad. Bright with acidity from just enough presence of pickled onions and creamy miso dressing, it’s the perfect side dish to flesh out a trio of hand rolls.

Those hand rolls are still the stars of the show. Every combination I’ve tasted has been up there with the best vehicles for raw and slightly seared fish I’ve ever tasted, save for a few small, barely mentionable gripes (a heavy hand with powerfully fragrant shiso in the salmon belly temaki, a bit too much acid for my tastes in the tuna tataki). None of this matters once you sink your teeth into a fresh dayboat Maine scallop cone, with just enough smoky char from broiled sudachi mayo to balance what has got to be the sweetest, most texturally pleasing mollusk on the planet. Equally worth ordering is the Maine crab, where a simple dash of yuzu mayo brings out multitudes of salinity and soft, delicate funk.

I suppose the only complaint that can be made by those who would happily belly-up to the sushi bar at Mr. Tuna on a regular basis is price point. At $15 for three hand rolls and $5-6 per side (and trust me, you want a side), it’s not exactly a daily lunch option for the lot of us. The $17 sushi burritos don’t exactly scream Tuesday afternoon, either. Contextualizing this meal as an occasional treat and bearing in mind the quality and freshness of ingredients being used, however, it becomes much easier to swallow the associated costs. Great sushi isn’t cheap, nor should it be. You just need to know that going in.

There’s a lot of additional room for growth for Mr. Tuna as a brand, including the inevitable full-service evolution with beer, wine and sake on offer that I’m sure will come a bit further down the road. For now, grab a seat and revel in the immediacy while enjoying some of the best sushi available in Portland.
Remember Ibsen’s Nora? Her scandalous departure from her husband and young children ends Ibsen’s proto-feminist classic A Doll’s House. But what happens next to Nora, a woman who has committed forgery, left her family, and gone off on her own in 19th-century Norway still ruled by the patriarchal Napoleonic Code? Modern playwright Lucas Hnath has imagined an aftermath for Nora, as well as a 21st-century hash-out of the complexities of gender, work, economics, class, and duty at play in her decisions. Good Theater presents a superb production of Hnath’s richly gnarled comedic drama, featuring a coup of a cast and a triumph of both direction and design by Steve Underwood.

Nora’s former home, in Good Theater’s striking set, has a stark, sharp austerity. Two walls, blue with bone-colored moulding, meet in a strong right angle up center: We look upstage into a hard-edged corner, into which characters often back themselves or lean face-first. Other than those two walls, one door, a wooden table, and two chairs, the set is bare. It has a No Exit kind of vibe, amply appropriate for the existential reckonings that are inescapable when Nora (Abigail Killeen) returns, after 15 years, to the home she left. She’s not here for a visit or nostalgia trip. She needs something from Torvold returns, after 15 years, to the home she left. She’s not here for reckonings that are inescapable when Nora (Abigail Killeen) (James Noel Hoban), the man she left, and that something stirs up everything most fraught about her departure and absence.

Still living at Torvold’s after all these years is Anne-Marie (Maureen Butler, in fine, funny-poignant form), nurse-turned-mother to Nora’s children, and to Nora before them. She’s a little worse for wear, and not exactly thrilled now to reunite the woman she raised. “I, for the record, never thought you were dead,” she says, and then, unconvincingly, acid in her voice, watching her own finger rub against the table’s grain: “I didn’t want bad things to happen to you.”

Killeen’s arresting, difficult Nora exudes hard-won focus: she’s headstrong, pleased with herself, self-consciously self-possessed. She paces the room with power moves, an authoritative and purposeful stride, her chin up, and a forceful, better-knowing alacrity in her voice. She has something to prove and something to show for her absence as she argues with Anne-Marie, then Torvold, then her grown daughter Emmy (Hannah Daly) about marriage, men and women, the consequences of her choice, and what should happen now.

As for the man she left, Hoban’s Torvold emerges weak, wounded, and withering, all nerves and self-deprecation, tempered with a dose of resigned humor. But he rises to call Nora out for her choices — asking him for money, flirting with men, and prioritizing, finally, her own needs over the children — with a sympathetic candor and bewilderment. Hoban and Killeen are deft in modulating shifts and turns Hnath devises for Torvold and Nora through the weeds of their intractable perspectives within and outside of the social order.

As Emmy, Daly shows us a startlingly complex young woman who reveals herself as if by onion skins. Beneath Emmy’s cheery, fluid social graces lies a control and self-importance much like her mother’s. “I think I’m better at life because of you,” she says calmly to Nora, but there’s something steely beneath it; she says it at once in faux-thanks, self-congratulation, reproach, and challenge. Emmy is perhaps even savvier, more self-assured, and harder than her mother, even with her apparently more conventional attitude toward marriage — an attitude, as she herself pronounces, formed by a childhood with no models of marriage or intimacy at all.

All four actors in this stellar cast navigate their characters’ complex dynamics through beautiful physical work. As they parry and retreat, the actors cross along the long walls; they play into or out from that angular center apex. Nora’s imperious stride freezes into paralysis as Emmy challenges her. Nora sits with knees spread, taking up space like a male subway rider, while Torvold presses his knees together, pinched and precarious. Later, “I think I miss you, Nora,” Torvold says, then clutches himself, dismayed and disconsolate, as soon as the words leave his mouth. Still later, in something like rapprochement, Torvald and Nora sit on the floor like children.

What they all have to resolve isn’t easy. Like Ibsen, Hnath is ultimately concerned not so much with men or women as with human people, who are, as Good Theater’s excellent production reminds us, fascinating, heartbreaking creatures — singular, difficult, and all wanting to be the center of their worlds.
CLAP YOUR HANDS AND SAY YES

Improv company YES&Co. brings us a Portland-specific Harold

BY MEGAN GRUMBLING

There’s a strong community angle to how improv comedy group YES&Co. performs the “Harold.” This long-form, three-scene improv game relies on audience suggestions, and YES&Co. sources these from the adventures of “local celebrities” that is, from stories told live, of our friends and neighbors doing especially great things in and for Portland.

“The idea to incorporate local monologists came from wanting to know more about the movers and shakers in our small city,” says YES&Co. co-founder, director, and performer Samuel Kuykendall, “and because I wanted to give improvisers more information than just locations or occupation suggestions from the audience.”

Each show gets its own local celebrity, who tells three monologues. After each of these, YES&Co. performers — Kuykendall along with Charlie Adler, Adrian Boudreau, Mike Mayo, Erin Mccall, Tara McDonough, and Jen Whitley, accompanied by Michael Beling on keyboard — improvise a scene, then a final Harold that brings everything together. All show proceeds go to a charity of the local celebrity’s choosing.

In the inaugural show, first up was naturalist and wildlife artist Michael Boardman. “As an artist, I don’t often get put on display to talk about myself,” he says, “but as a New Year’s resolution I decided this year to push the envelope.” One of Boardman’s stories took place in remote Alaska, and YES&Co. skit involved a solitary artist in the wilderness “suddenly intruded upon by ‘Jaques,’” as he recalls, “a fellow painter who picked this specific spot of wilderness to work while making idle chit chat, cranking some bad ‘70s tunes and working the Bob Ross vibe.”

Locals like Boardman are invited to share their stories of a time when they said “yes,” a revered concept in improv dynamics, says Kuykendall. “We wanted insights into all of the people around our city that are making it a better place to live and work.”

Next up to tell their stories of “yes” are Jason Ryan, founder of the Open Bench Project, on March 9, and Erin Curren, black belt Nia instructor, Portland Playback member, and board member for Pecha Kucha, on April 13.

What does YES&Co. offer the city with their local celebrity-infused Harolds? “We are hoping to add to the heart of Portland,” says Kuykendall. “I think that audiences that come to our shows will feel more connected to the community and have a great time.”

And don’t forget the comedy in the community-building: “We are truly some of the funniest people on the planet, did I forget to mention that? You are going to laugh. A lot.”

YES&Co. Improv | Fresnel Theater, 17 Free Street | March 9 and April 13 | www.thefresneltheater.org

ON THE BOARDS

A n improbable marriage of aesthetics soon takes the stage at USM: In Unlock’d, Baroque classical music joins a modern pop musical sensibility to retell Alexander Pope’s mock-heroic 1712 poem “The Rape of the Lock,” in which Pope sends up epic poetry with the story of a stolen lock of upper-class hair.

In the Richard Rodgers-winning Unlock’d, lyricist (and Maine native) Sam Carner and composer Derek Gregor transform Pope’s delicious burlesque into a “modern-ish musical romance” about coming of age and becoming the people we want to be.

What makes Baroque and pop a great union for this story? “It allows the audience to be invited in this 18th-century world of grandeur and pomp, but it still feels modern and relevant,” says Sara Valentine, who directs with musical director Ed Reichert. “The two styles together really allow it that magical feel of bridging two worlds.”

A co-production of USM’s Department of Theatre and School of Music, the satirical pop-Baroque tropes of Unlock’d will be onstage March 1-10 at USM’s Russell Hall in Gorham.
CLASS + TALKS

THURSDAY 28

CRAFTERNOONS | Thomas Memorial Library | 6 Scott Dyer Rd, Cape Elizabeth | 2:30pm

HEALTHY WEIGHT FOR A LIFETIME | Mid Coast Center for Community Health & Wellness | 329 Maine Street, Brunswick | 4pm | Free

MARK TRIBE: LANDSCAPE AND TECHNOLOGY | Kresge Auditorium, Visual Arts Center | 255 Maine St., Brunswick | 4:30pm | Free

MAINE’S UNDERGROUND RAILROAD WITH MARK ALAN LESLIE | McArthur Public Library | 270 Main St., Biddeford | 6:30pm | Free

INFO SESSION FOR JOINT REPLACEMENT | Mid Coast Center for Community Health & Wellness | 329 Maine Street, Brunswick | 5pm | Free

OPIOID COMMUNITY FORUM | Sanford High School | 100 Alumni Blvd, Sanford | 5pm | Free

FREE PRESS AND THE CHANGING LANDSCAPE OF JOURNALISM IN MAINE" | Auburn Public Library | 49 Spring St., Auburn | 5:30pm | Free

BREATHE EASY, BUILD IT RIGHT, AND MAKE IT AFFORDABLE; WHAT A SUSTAINABLE HOME CAN DO FOR YOU | Cloudport Co-Working Multispace | 63 Federal St, Portland | 5:30pm | Free

BEGINNER BEEKEEPING CLASSES | The Honey Exchange | 494 Stevens Avenue, Portland | 6pm | $125

RESISTING THE IRRESISTIBLE: UNDERSTANDING AND COMBATING ADDICTIVE TECHNOLOGY | Thomas Memorial Library | 6 Scott Dyer Rd, Cape Elizabeth | 6:30pm | Free

H.O.M.E. LECTURE SERIES: EXPLORING SHELTER, CONNECTION & PLACE | Curtis Memorial Library | 23 Pleasant St, Brunswick | 6:30pm | Free

NEIGHBORHOOD WATCH | Sixth Street Congregational Church Auburn | 6:30pm | Free

GULF OF MAINE WARMING | Bath City Hall Auditorium | Front St., Bath | 6:30pm | Free

OWN MY SHIFT (6 WK MENS GRP) | Stonecoast Brazilian Jiu Jitsu | 131 Johnson Rd, Portland | 7:30pm | $175

LIVING VOICES - LIMITED AVAILABILITY | Hannaford Hall | 88 Bedford Street, Portland

FRIDAY 29

NEW ENGLAND BREW SUMMIT 2019: NEW ENGLAND’S CRAFT BEER INDUSTRY CONFERENCE | Holiday Inn By The Bay | 88 Spring Street, Portland | 7:30am

SAGADAHOC COUNTY BOARD OF HEALTH MEETING BATH | 8:30am

TALES FOR TWOS AT RIVERTON | Riverton Branch | 1600 Forest Avenue, Portland | 10am

KNITCHAT | South Portland Public Library | 482 Broadway, South Portland | 10am

MAINE FAMILIES | Topsham Public Library | 25 Foreside Road, Topsham | 10am

TAI CHI - SHORT FORM | People Plus | 35 Union Street, Brunswick | 10am

TALES FOR TWOS | Portland Public Library | 5 Monument Square, Portland | 10:30am

WORLD AFFAIRS CONVERSATION SERIES WITH ED KNOX | People Plus | 35 Union Street, Brunswick | 11am

QIGONG WITH SUZANNE NEVEUX | People Plus | 35 Union Street, Brunswick | 9:30am

GO BIG FOR HUNGER PRESENTS TYRONE VAUGHAN | Portland House of Music | 25 Temple St., Portland | 8pm

UNDOING RACISM IN THE FOOD SYSTEM | University of Southern Maine, Payson Smith | 43 Brighthouse Ave., Portland | 9am | Free

SATURDAY 30

FIRST-TIME HOME BUYER COURSE | Husson University | 340 County Road, Westbrook | 8am | $30

ARE YOU HAVING TROUBLE CONTROLLING THE WAY YOU EAT? | Midcoast Hospital | 121 Medical Center Dr., Brunswick | 9am

SOME SPRING GETAWAY EM-BROIDERY SEMINAR | Hilton Garden Inn | 14 Great Falls Plaza, Auburn | 9am

WANDERLUST NECKLACE WORKSHOP AT CARAVAN | Caravan Beads | 915 Fore Street, Portland | 11:30am

Filmscreening: “Rebels on Pointe”
Space Gallery | Sunday, 7pm | $8

GET LISTED | portlandphoenix.me/event_calendar
SUNDAY 3

DOWNDOGS AT DIRIGO | Dirigo Brewing Company | 28 Pearl Street, Biddeford | 10:30am

MATCHLESS FIRESTARTING CLASS | Rewild Maine | Urban Farm Fermentory | 200 Anderson St., Portland | 1pm | $35

MONDAY 4

SWIMMING LESSON REGISTRATION | YMCA of Southern Maine | 14 Old South Freeport Rd, Freeport | 4am | $20 - $73

CRAFTERS | People Plus | 35 Union Street, Brunswick | 9am

BABY AND ME | Freeport Community Library | 10 Library Dr, Freeport | 10am | $15

ZUMBA | People Plus | 35 Union Street, Brunswick | 10am

CHRONIC PAIN SELF-MANAGEMENT WITH HEALTHY LIVING FOR ME | People Plus | 35 Union Street, Brunswick | 10:30am

FACT OR FICTION: ESSENTIAL OILS | MaineHealth Learning Resource Center | 100 Campus Drive, Scarborough | 4:30pm | $15

MUSICAL THEATER CLASS | 48PAC | 20 Davis Street, Brunswick | 4:30pm | $0

PLANTING THE SEEDS OF BETTER HEALTH: PLANNING YOUR VEGETABLE GARDEN | Maine Health Learning Resource Center | 100 Campus Drive, Scarborough | 5pm | $15

TUESDAY 5

INTRODUCTION TO LEAN THINKING BRUNSWICK | 8:30am

INTRODUCTION TO LEAN IN HEALTHCARE TOPSHAM | 8:30am

PROJECT MANAGEMENT BOOT CAMP BRUNSWICK | 8:30am

AARP SAFE DRIVING | SeniorsPlus | 8 Falcon Road, Lewiston | 10am

YOGA WITH ANN | People Plus | 35 Union Street, Brunswick | 10:30am

SOLAR LUNCH AND LEARN | Do-Maine Realty Office | 257 Deering Avenue, Portland | 12pm | Free

AEROBICS LITE | People Plus | 35 Union Street, Brunswick | 12:30pm

CHAIR YOGA | People Plus | 35 Union Street, Brunswick | 2pm

EXQUISITE EMPATHY: CREATING CONDITIONS FOR HEALTHY CAREGIVING | MaineHealth Learning Resource Center | 100 Campus Drive, Scarborough | 6pm | $20

BEGINNER BEEKEEPING | UMaine Regional Learning Center | 75 Clearwater Drive, Suite 104, Falmouth | 6pm | $5

CITY COUNCIL MEETING & WORKSHOP | 27 Pine Street, Lewiston | 6pm

WEDNESDAY 6

KNIFE AND TOOL SHARPENING CLASS | Portland Arts and Technology High School | 196 Allen Ave., Portland | 6pm | $150

MINDFULNESS BASED STRESS REDUCTION: MORNING SESSIONS | MaineHealth Learning Resource Center | 100 Campus Drive, Scarborough | 10am | $250

RHYTHM & RHYMES FOR BABIES | Portland Public Library | 1 Library Dr, Freeport | 10:30am

ADULT COLORING GROUP | Freeport Community Library | 10 Library Dr, Freeport | 10:30am

PEJEPSCOT HISTORICAL SOCIETY NOONTIME LECTURE | Pejepscot Historical Society | 159 Park Row, Brunswick | 12pm | Free

TAI CHI - LONG FORM | People Plus | 35 Union Street, Brunswick | 12:30pm

IBIS PROGRAM INFO SESSION | SeniorsPlus | 8 Falcon Road, Lewiston | 1pm | Free

WOMEN’S PELVIC HEALTH | Mid Coast Center for Community Health & Wellness | 329 Maine Street, Brunswick | 5pm | Free

SHATTERING GLASS CEILINGS: HOW LEADERS CAN MAKE ORGANIZATIONS MORE DIVERSE, INCLUSIVE & SUCCESSFUL | Olin Arts Center | 75 Russell St, Lewiston | 5pm | Free

MINDFULNESS BASED STRESS REDUCTION: EVENING CLASSES | MaineHealth Learning Resource Center | 100 Campus Drive, Scarborough | 5:30pm | $250

SOPHOMORE/SUSTAINABLE BEEKEEPING | The Honey Exchange | 494 Stevens Avenue, Portland | 6pm | $125

ST. PATRICK’S DAY WREATH CRAFT NIGHT WORKSHOP | O’Donoghue’s | 103 Pleasant St, Brunswick | 6:30pm

THURSDAY 7

DECONSTRUCTING THE BEASTS: MAGICAL MYSTERY TOUR | Portland Museum of Art | 7 Congress Sq., Portland | 2pm and 6pm | $9

SPANISH STORY TIME | Portland Public Library | 5 Monument Square, Portland | 10:30am

“SUSTAINABLE HEALTH” WITH SUSAN L. ROBERTS MDIV, OTR/L | Orr’s Island Library | 1699 Harpswell Islands Road, Orr’s Island | 7pm | Free

NICE FOR WHAT? THE POSSIBILITIES & PITFALLS OF DIGITAL ACTIVISM | Olin Concert Hall | 75 Russell St., Lewiston | 7pm | Free

WOMEN IN POLITICS: WELCOME TO THE NEW NORMAL | Maine Women’s Political Caucus | 70 Campus Ave., Lewiston | 7pm | Free

FRIDAY 8

SEPTIC INSTALLERS WORKSHOP | 75 New Meadows Rd, West Bath, ME 04530, Bath | 8am | $75
SUNDAY 10
COLD-PROCESS SOAP MAKING | Root Wild Kombucha | 135 Washington Ave., Portland | 1pm | $45

WINTER GARDEN WORKSHOP - WILD WEATHER AND GROWING (TOM SETTLEMIER COMMUNITY GARDEN FUNdraiser) | St. Paul’s Episcopal Church | 27 Pleasant St., Brunswick | 2pm | $10

TUESDAY 12
CONSUMER AFFAIRS | Senior-Plus | 8 Falcon Road, Lewiston | 10am | Free
MIDICARE 101 SESSION WITH SPECTRUM GENERATIONS | People Plus | 35 Union Street, Brunswick | 12:30pm
KAFFEESTUNDE! A GERMAN CONVERSATION CLUB | People Plus | 35 Union Street, Brunswick | 3pm

INDIGENOUS REPRESENTATION & INSTITUTIONALIZATION OF NATIVE ART IN AMERICAN MUSEUMS | Bates College | 2 Andrews Road, Lewiston | 5pm | Free
MAKEOVER MEALS: ST. PATRICK’S DAY | MaineHealth Learning Resource Center | 5 Bucknam Road, Falmouth | 5:30pm | $25

SOLAR 101 | Massabesic Adult Ed Massabesic High School | 88 West Road, Waterboro | 6pm | $3

FOOD FOR HEALTH | Mid Coast Center for Community Health & Wellness | 329 Maine Street, Brunswick | 6:30pm | Free

JOHN FORD’S “HOW GREEN WAS MY VALLEY” | Patten Free Library | 33 Summer St, Bath | 6:30pm | Free

TOPSHAM HISTORICAL SOCIETY | Topsham Public Library | 25 Foreside Road, Topsham | 6:30pm

WEDNESDAY 13
TOPSHAM GARDEN CLUB PROGRAM | Topsham Public Library | 25 Foreside Road, Topsham | 12pm | Free

MEN’S HEALTH WITH AGING: WHAT TO EXPECT | Thornton Oaks Retirement Community | 25 Thornton Way, Brunswick | 3pm | Free

CITIZENS’ CLIMATE LOBBY - BATH-BRUNSWICK CHAPTER MONTHLY MEETING | Curtis Memorial Library | 23 Pleasant St, Brunswick | 7pm | Free

NATIONAL GEOGRAPHIC Live! “STRANGER IN A STRANGE LAND” | Merrill Auditorium | 50 MONUMENT SQUARE, SECOND FLOOR, Portland | 7pm | $35 - $40

THURSDAY 14
NATURE SPEAKS BOOK DISCUSSION | Topsham Public Library | 25 Foreside Road, Topsham | 4pm

DANCE & COMMUNITY ENGAGEMENT WORKSHOP | Comes Chapel | 275 College Street, Lewiston | 6pm | Free

MONDAY 11
STRING KINDERKONZERT AT BRUNSWICK | Crooker Theater, Brunswick High School | 116 Maquoit Rd, Brunswick | 9:30am

TRUE COLORS | SeniorsPlus | 8 Falcon Road, Lewiston | 2pm | Free
PARENT UNIVERSITY - LIKE: THE IMPACT OF SOCIAL MEDIA & TECHNOLOGY | Greely Center for the Arts - Greely High School | 303 Main Street, Cumberland | 6pm | Free

THURSDAY 28
OPEN MIC NIGHT | B good 15 exchange st Portland | 7pm | Free

THE GREAT OPEN MIC + THE LATE MIC | Empire | 575 Congress St., Portland | 7pm | $5

THE GREAT OPEN MIC + THE LATE MIC | Empire | 575 Congress St., Portland | 7pm | $5

FRIDAY 1
CABIN FEVER (A MICRO FILM FEST) | Camden Opera House | 29 Elm St., Camden | 5:30pm | $10

THE SOUND OF MUSIC | Merrill Auditorium | 20 Myrtle Street, Portland

SATURDAY 3
OGUNQUIT PERFORMING ARTS SCREENS “CAPE FEAR” | The Dunaway Center 23 School Street | $12 - $15
SUNDAY 3

FILM SCREENING: “REBELS ON POINTE” | Space Gallery | 538 Congress St., Portland | 7pm | $8

JOHN FORD’S “MISTER ROBERTS” | Patten Free Library | 33 Summer St. Bath | 6:30pm | Free

WEDNESDAY 6

INTERNATIONAL WOMEN’S DAY MOVIE NIGHT: ‘NINE TO FIVE’ | Local Sprouts Cooperative | 649 Congress St., Portland | 7pm | Free

THURSDAY 7

CULT CLASSICS: AKIRA | Cinematic Stadium Theaters | 779 Portland Rd., Saco | $10

DECONSTRUCTING THE BEASTES: MAGICAL MYSTERY TOUR | Portland Museum of Art | 7 Congress Sq., Portland | 2pm and 6pm | $9

NO MAN’S LAND FILM FESTIVAL | Oxbow Blending & Bottling | 49 Washington Ave., Portland | 6pm | $5-10

SUNDAY 10

THE AUTOMAT AT THE MAINE JEWISH FILM FESTIVAL | Portland Museum of Art | 7 Congress Sq., Portland | 11am | $10

MONDAY 11

KINNOIR: DOUBLE INDEMNITY (1944) PRESENTED ON 16MM | SPACE Gallery | 538 Congress St., Portland | 7pm | $8

TUESDAY 12

FREE MOVIE SCREENING: “SONGS FOR A LONG LIFE” | SeniorsPlus | 8 Falcon Road, Lewiston | 2:30pm | Free

JOHN FORD’S “HOW GREEN WAS MY VALLEY” | Patten Free Library | 33 Summer St. Bath | 6:30pm | Free

FOOD + DRINK

THURSDAY 28

10TH ANNUAL INCREDIBLE BREAKFAST COOK-OFF | Maine Restaurant Week at Sea Dog Brewing | South Portland | 7am to 9am | Sold Out

CHICKEN WING CHALLENGE | Liquid Riot Bottling Company | 250 Commercial St., Portland | 6:30 pm | $15

MEN’S BREAKFAST | People Plus | 35 Union Street, Brunswick | 8am

UNO PIZZERIA AND GRILL DOUGH RAISER FOR THE STANDISH COMMUNITY DOG PARK | Uno Pizzeria & Grill | 280 Maine Mall Road, South Portland | 11am | Free

WINE DOWN | Sebago Brewing Company | 211 FORE ST, Portland | 4pm

THURSDAY 14

PRE(V)ET DIABETES: HEALTHY HABITS & RECIPES | MaineHealth Learning Resource Center | 5 Bucknam Road, Falmouth | 6:30pm | $25

MONTHLY WINE TASTING | Now You’re Cooking | 49 Front Street, Bath | 5pm

GAMES + KARAOKE

THURSDAY 28

KARAOKE WITH DJ MIKE MA-HONEY | Old Port Tavern | 10 Moulton St, Portland | 9pm

FRIDAY 8

MAKERS MARKET | Fork Food Lab | 2724 Congress St., Portland | 5pm | Free

SATURDAY 9

SMALL GROUP CRAFT COCKTAIL CLASS | Old Vines Wine Bar | 173 Port Road, Kennebunk | 1pm | $60

AFTERNOON TEA WITH EDITH BARRY | Brick Store Museum | 117 Main Street, Kennebunk | 3pm | $15 - $20

BOW STREET MARKET - IRISH WHISKEY GONE WILD FREE- FOR-EVER | 3pm

PUBLIC SUPPER | Brunswick United Methodist Church | 320 Church Road, Brunswick | 5pm

SUNDAY 10

POP-UP PORTLAND PORTLAND | 2pm | Free

CHOCOLATE TASTING & TEA PARTY | Wilbur’s Chocolate Factory | 174 Main St, Freeport | 2pm | $5

4TH ANNUAL LOBSTER STEW SUPPER | Purpoopook Club | 300 Spurwink, Cape Elizabeth | 5pm | $15 - $25

TUESDAY 12

LUNCH OUT | People Plus | 35 Union Street, Brunswick | 11:30am

MAKEOVER MEALS: ST. PATRICK’S DAY | MaineHealth Learning Resource Center | 5 Bucknam Road, Falmouth | 5:30pm | $25

FOOD FOR HEALTH | Mid Coast Center for Community Health & Wellness | 329 Maine Street, Brunswick | 6:30pm | Free

WEDNESDAY 13

TEEN TALK | Topsham Public Library | 25 Foreside Road, Topsham | 5pm

THURSDAY 15

BINGO BANGO | Salvation BBQ | 919 Congress St, Portland | 6pm | Free

HOMAGE RESTAURANT - CRIBBAGE SUNDAYS FREEPORT | 72 Parris street, Portland | 6pm

FRIDAY 1

LIL MUSIC MAN & KARAOKE 5PM-CLOSE | Profenno’s Pizzeria & Pub | 934 Main St, Westbrook | 9pm

SATURDAY 2

KARAOKE | Seasons Grille | 155 Riverside St, Portland | 8:30pm

MAGIC THE GATHERING WIN-A-BOX TOURNAMENT | Weekend Anime | 492 Main St., Westbrook | 4pm | $10

SUNDAY 3

FAMILY GAME DAY | Fascination Station Toys | 147 Bath Road, Brunswick | 12pm

GAMES TIME | Mary Johanssen’s Studio | 14 Maine Street (Fort Andross) Suite 0226 (Mill #2 entrance), Brunswick | 1pm

TRIVIA NIGHT AT SEBAGO OLD PORT | Sebago Brewing Company | 211 FORE ST, Portland | 7pm

“THE SPANISH INQUISITION,” TRIVIA WITH KRISTER ROLLINS | Local 188 | 685 Congress St., Portland | 9:30pm

TUESDAY 5

GEEKS WHO DRINK TRIVIA NIGHT | Foulmouthed Brewing | 15 Ocean St., South Portland | 7pm | Free

KARAOKE WITH DJ MIKE MA-HONEY | Old Port Tavern | 10 Moulton St, Portland | 9pm

WEDNESDAY 6

CRIBBAGE | People Plus | 35 Union Street, Brunswick | 8:45am

MAST LANDING TRIVIA NIGHT | Mast Landing Brewing Company | 920 Main St., Westbrook | 6:30pm | Free

THURSDAY 7

HOMAGE RESTAURANT - THURSDAY TRIVIA NIGHT & HAPPY HOUR FREEPORT | 5pm

KARAOKE WITH DJ MIKE MA-HONEY | Old Port Tavern | 10 Moulton St, Portland | 9pm

KARAOKE | Sea Dog Brewing Company | 125 Western Ave, South Portland | 10pm

FRIDAY 8

MALTs AND MARINERS | Pickup and drop off at Cross Insurance Arena | Free St. Entrance, Portland | Free

SATURDAY 9

LATE NIGHT GAMING | Diversion Puzzles & Games South Portland | 5pm | Free

PIN-MASTERS OF MAINE COMPETITION | Arcadia National Bar | 24 Preble St., Portland | 10 am | $40

KARAOKE | Seasons Grille | 155 Riverside St, Portland | 8:30pm

MTG RNA STANDARD SHOWDOWN | Weekend Anime | 492 Main St., Westbrook | 4pm | Free

WINTER COSPLAY CHARITY BALL WITH WEEKEND ANIME AND PORTCON | Maine Mall, South Portland | 5:30 pm | $5

SUNDAY 10

FAMILY GAME DAY | Fascination Station Toys | 147 Bath Road, Brunswick | 3pm | Free

BINGO BANGO | Salvation BBQ | 919 Congress St, Portland | 6pm | Free

KARAOKE WITH DJ MIKE MA-HONEY | Old Port Tavern | 10 Moulton St, Portland | 9pm

“THE SPANISH INQUISITION,” TRIVIA WITH KRISTER ROLLINS | Local 188 | 685 Congress St., Portland | 9:30pm

TUESDAY 11

BRIDGE | People Plus | 35 Union Street, Brunswick | 12pm

MOUNTAINS & MARINERS | People Plus | 35 Union Street, Brunswick | 8am

BINGO BANGO | Salvation BBQ | 919 Congress St, Portland | 6pm | Free

KARAOKE WITH DJ MIKE MA-HONEY | Old Port Tavern | 10 Moulton St, Portland | 9pm

WEDNESDAY 6

CRIBBAGE | People Plus | 35 Union Street, Brunswick | 8:45am

MAST LANDING TRIVIA NIGHT | Mast Landing Brewing Company | 920 Main St., Westbrook | 6:30pm | Free

THURSDAY 12

KARAOKE WITH DJ MIKE MA-HONEY | Old Port Tavern | 10 Moulton St, Portland | 9pm

WINTER COSPLAY CHARITY BALL WITH WEEKEND ANIME AND PORTCON | Maine Mall, South Portland | 5:30 pm | $5

SUNDAY 10

GAMES + KARAOKE

THURSDAY 28

KARAOKE WITH DJ MIKE MA-HONEY | Old Port Tavern | 10 Moulton St, Portland | 9pm

FRIDAY 8

TRIVIA NIGHT AT SEBAGO OLD PORT | Sebago Brewing Company | 211 FORE ST, Portland | 7pm

“THE SPANISH INQUISITION,” TRIVIA WITH KRISTER ROLLINS | Local 188 | 685 Congress St., Portland | 9:30pm

TUESDAY 12

KARAOKE WITH DJ MIKE MA-HONEY | Old Port Tavern | 10 Moulton St, Portland | 9pm

WEDNESDAY 13

TRIVIA NIGHT AT BYRNE’S | Byrnes’ Irish Pub | 16 Station Ave., Brunswick | 7:30pm

KARAOKE @ SPT | Spring Point Tavern | 175 Benjamin W Pickett St., South Portland | 8:30pm | Free
**KIDS**

**THURSDAY 28**

**BABY DOLL STORY TIME, FOR AGES 2 - 5** | Thomas Memorial Library | 6 Scott Dyer Rd Cape Elizabeth | 9:30am | Free

**STORYTIMES FOR 2'S & 3'S** | Portland Public Library | 5 Monument Square Portland | 10:30am

**TINY TUNES FOR BABIES, TODDLERS, AND PRESCHOOLERS, WITH RACHEL** | Thomas Memorial Library | 6 Scott Dyer Rd Cape Elizabeth | 10:30am | Free

**LEGS @ PPL BURBANK** | Burbank Branch | 377 Stevens Avenue Portland | 3pm | Free

**TALES FOR TWOS AT RIVERTON** | Riverton Branch | 1600 Forest Avenue Portland | 10am | Free

**MAINE FAMILIES** | Topsham Public Library | 25 Foreside Road Topsham | 10am | Free

**PRESCCHOOL STORY TIME AT BURBANK** | Burbank Branch | 377 Stevens Avenue Portland | 10:30am | Free

**LETTER ZOO** | South Portland Public Library | 482 Broadway South Portland | 10:30am | Free

**STORY EXPLORERS WITH RICK, FOR AGES 3 - 5** | Thomas Memorial Library | 6 Scott Dyer Rd Cape Elizabeth | 10:30am | Free

**PRESCCHOOL STORY TIME AT RIVERTON** | Riverton Branch | 1600 Forest Avenue Portland | 10am | Free

**FIRST FRIDAY** | Cape Elizabeth United Methodist Church | 280 Ocean House Road Cape Elizabeth | 5pm | Free

**SATURDAY 2**

**PRESCCHOOL STORY TIME** | Freeport Community Library | 10 Library Dr Freeport | 10am | Free

**A SPECTACULAR STORY TIME** | Hults & Flow Studio | 155 Brackett St, 3rd Floor Portland | 10:30am | $5 - $15

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**MONDAY 4**

**BABY AND ME** | Freeport Community Library | 10 Library Dr Freeport | 10am | Free

**TUESDAY 5**

**PRESCHOOL STORY TIME** | Portland Public Library | 5 Monument Square Portland | 10:30am

**YOGA FOR TODDLERS AND PRESCHOOLERS AT THE LIBRARY** | Freeport Community Library | 10 Library Dr Freeport | 10:30am | Free

**FAMILY FUN AT GILSLAND FARM** | Maine Audubon | 20 Gilsland Farm Rd., Falmouth | 9:30am | $150

**TODDLER STORY TIME** | Freeport Community Library | 10 Library Dr Freeport | 10:30am | Free

**COME! SIT! READ!** | Portland Public Library | 5 Monument Square Portland | 3:30pm

**PRESCCHOOL STORYTIME** | Lewiston Public Library | 200 Lisbon St Lewiston

**WEDNESDAY 6**

**PRESCCHOOL STORYTIME** | Topsham Public Library | 25 Foreside Road Topsham | 10am

**RAFTS & CANDY: HAPPY BIRTHDAY DR. SEUSS!** | Wilbur’s Chocolate Factory | 174 Main St Freeport | 10am | $3

**RHYTHM & RHYMES FOR BABIES** | Portland Public Library | 5 Monument Square Portland | 10:30am

**TODDLER TOWN** | South Portland Public Library | 482 Broadway South Portland | 10:30am | Free

**TWEEN READS** | Topsham Public Library | 25 Foreside Road Topsham | 3:30pm

**SATURDAY 9**

**19TH ANNUAL USM ROYAL MAJESTY DRAG COMPETITION AND SHOW** | Holiday Inn By the Bay | 88 Spring St., Portland | 7:30 pm | $10

**LITERARY ARTS**

**THURSDAY 28**

**THURSDAY LGBTQ YOUTH DROP-IN** | Bailey Public Library | 39 Bowdoin St, Winthrop | 3:30pm

**SUNDAY 3**

**DRAG DIVA BRUNCH MAINE** | Lava Lounge | 34 Court St., Auburn | 10am | $35

**FRIDAY 8**

**TRANSGENDER TEENS SUPPORT GROUP (ALSO: PARENTS GROUP)** | The Concord Center | 10 Ferry St., Concord | 5:30pm | Free

**SPILL THE EQUALI-TEA: A CONFERENCE TO RAISE UP LGBTQ YOUTH WITH EQUALITY MAINE** | University of New England | 11 Hills Beach Rd., Biddeford | 8am to 3pm | Free

**SATURDAY 28**

**MAINE’S UNDERGROUND RAILROAD** | McArthur Public Library | 270 Main St., Biddeford | 6:30 pm | Free

**TOASTMASTERS-PRACTICE PUBLIC SPEAKING AND PRESENTATION SKILLS** | The Barron Center | 1145 Brighton Avenue, Portland | 7pm | Free

**LECTURE: FRANCINE J. HARRIS, POET** | Bates College | 2 Andrews Road, Lewiston | 7:30pm | Free

**FRIDAY 1**

**TALES FOR TWOS** | Portland Public Library | 5 Monument Square, Portland | 10:30am

**GEORGE BERNARD SHAW EXHIBIT & DOCUMENTARY FILM** | Maine Irish Heritage Center | 34 Gray Street, Maine Irish Heritage Center, Portland | 4pm | Free

**OPEN MIC** | The Opera House at Boothbay Harbor | 86 Townsend Ave, Boothbay Harbor | 7pm

**SUNDAY 3**

**AVERAGE JOE AUTHOR CHAT** | Curtis Memorial Library | 23 Pleasant St, Brunswick | 2pm | Free

**GREGG HARPER** | Blue | 650A Congress St, Portland | 5pm

**TUESDAY 5**

**COME! SIT! READ!** | Portland Public Library | 5 Monument Square, Portland | 3:30pm

**MAINE VOICES LIVE WITH AUTHOR MONICA WOOD** | One Longfellow Square | 181 State St., Portland | 7pm | $10

**WEDNESDAY 6**

**BEHIND-THE-SCENES LIBRARY TOUR** | Maine Historical Society | 489 Congress Street, Portland | 12pm | Free

**WRITE ON WRITERS** | People Plus | 35 Union Street, Brunswick | 1pm

**TWEEN READS** | Topsham Public Library | 25 Foreside Road, Topsham | 5pm

**THURSDAY 7**

**SPANISH STORY TIME** | Portland Public Library | 5 Monument Square Portland | 10:30am

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The Portland Phoenix | Portland Phoenix. Me

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Listings

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THURSDAY 7

BETSY ROSS HOUSE BOOK GROUP | South Portland Public Library | 482 Broadway, South Portland | 1:30pm

DAN SZEZESNY AUTHOR EVENT | Topsham Public Library | 25 Foreside Road, Topsham | 6pm | Free

FRIENDS OF THE TOPSHAM PUBLIC LIBRARY MEETING | Topsham Public Library | 25 Foreside Road, Topsham | 6:30pm

FRIDAY 8

OPEN MIC & POETRY SLAM ANNIVERSARY | Pleasant Note Coffeehouse | 169 Pleasant St., Auburn | 7:30pm | Free

THE LIGHT IN THE PIAZZA | City Theater | 205 Main St, Biddeford | SATURDAY 9

TRAVEL YOUR HEROINE’S JOURNEY WITH AUTHOR SUSANNA LILLER | Portland Public Library | 5 Monument Sq., Portland | 10 am | $15

SUNDAY 10

BOOK DISCUSSION: MICHELLE OBAMA’S BECOMING | Moderation Brewing | 103 Maine Street, Brunswick | 2pm | Free

TUESDAY 12

MIDCOAST BRANCH BOOK CLUB: “THE ABC’S OF SOCIALISM” | First Universalist Church in Rockland | 345 Broadway, Rockland | 6pm | Free

MYSTERY READERS ROUNDTABLE | Topsham Public Library | 25 Foreside Road, Topsham | 3pm

WEDNESDAY 13

TEEN TALK | Topsham Public Library | 25 Foreside Road, Topsham | 3pm

THURSDAY 14

10TH ANNUAL INTERNATIONAL WOMEN’S DAY FASHION SHOW GALA & FUNDRAISER | Italian Heritage Center | 40 Westland Ave, Portland | 6pm | $60

MONDAY 11

CUMBERLAND COUNTY BOARD OF COUNTY COMMISSIONERS’ MONTHLY MEETING | Cumberland County Courthouse | Peter J. Feeney Conference Room - 142 Federal Street, Portland | 5:30pm

WEDNESDAY 13

CITIZENS’ CLIMATE LOBBY - BATH-BRUNSWICK CHAPTER MONTHLY MEETING | Curtis Memorial Library | 23 Pleasant St, Brunswick | 6pm | Free

TUESDAY 28

SPORTS & OUTDOORS

YOGA | People Plus | 35 Union Street, Brunswick | 11am

THE BDA BOWL + MARDI GRAS PARTY FUNDRAISER! | Bolos Kitchen - Cantina + Candlepin | 7 Dunlap Street, Brunswick | 4pm

YOUTH COMMUNITY ENGAGEMENT NIGHT: GAMES, SNACKS, MUSIC, BASKETBALL | New Beginnings Inc. | 134 College Street, Lewiston | 6pm

WINTERKIDS DOWNHILL 24 | Sugarloaf Mountain | 5092 Access Rd., Carrabassett Valley | 12pm

FRIDAY 1

MAINE RED CLAWS VS. DELAWARE BLUE COATS | 239 Park Ave., Portland | 7pm | $22

TAI CHI - SHORT FORM | People Plus | 35 Union Street, Brunswick | 10am

MIKE BEEDELL- CANADA: FROM COAST TO COAST TO COAST | L.L.Bean | 95 Main Street, Freeport | 7pm | Free

SATURDAY 2

24TH ANNUAL MAGNO-PACKARD RACE | Lost Valley Ski Area | 200 Lost Valley Rd., Auburn | 8am | $25
CASCIO BAY ROLLER DERBY VERSUS MASS MAELSTROM | Happy Wheels Skate Center | 331 Warren Ave., Portland | 5pm | $10

SUPER SAUNA SATURDAYS - COMMUNITY SAUNA | Nurture | Through Nature Retreat Center, Denmark | $15

STRUGGLE BUS BOULDERING COMPETITION | EVO Rock + Fitness Portland | 65 Warren Ave., Portland | 9am to 4pm | $40

SUNDAY 3

BRADBURY BLIZZARD SNOWSHOE | Bradbury Blizzard Snowshoe Pownal | 11am | $20

FAMILY GAME DAY | Fascination Station Toys | 147 Bath Road, Brunswick | 3pm | Free

IRISH ROAD ROVER SK | Brian Boru | 57 Center St., Portland | 9am | $20

MONDAY 4

SWIMMING LESSON REGISTRATION | YMCA of Southern Maine | 14 Old South Freeport Rd, Freeport | 5pm | $20 - $73

ZUMBA | People Plus | 35 Union Street, Brunswick | 10am

TUESDAY 5

AEROBICS LITE | People Plus | 35 Union Street, Brunswick | 12:30pm

CHAIR YOGA | People Plus | 35 Union Street, Brunswick | 2pm

TRI FOR A CURE KICK OFF SOCIAL | Pape Subaru | 2065 Broadway, South Portland | 5:30pm | $15

WEDNESDAY 6

MAPLE SUGARING | Pineland Farms | 15 Farm View Dr., New Gloucester | 10am | $5

WINTER OUTING GROUP | People Plus | 35 Union Street, Brunswick | 9am

TAI CHI - LONG FORM | People Plus | 35 Union Street, Brunswick | 12:30pm

CHAMPIONSHIP CELEBRATION WITH SONY MICHEL | Aura Maine | 121 Center St, Portland | 6pm | $20

MAINE MARINERS VS. NORFOLK ADMIRALS | Cross Insurance Arena | 1 Civic Center Sq, Portland | 7pm | $17

FRIDAY 8

12TH ANNUAL INTER-ISLAND CRUISE | Casco Bay Lines | $5 Commercial St., Portland | 6pm | $25

MAINE MARINERS VS. SOUTH CAROLINA STINGRAYS | Cross Insurance Arena | 1 Civic Center Sq, Portland | 7:15pm | $17

SATURDAY 9

LIMITLESS WRESTLING “WELCOME TO THE DANCE” | Limitless Wrestling | 120 Stroudwater Ave., Westbrook | 7:30pm | $15

PORTLAND GOLF EXPO | Holiday Inn By The Bay | 88 Spring St., Portland | 2pm | $14

THURSDAY 14

NATURE SPEAKS BOOK DISCUSSION | Topsham Public Library | 25 Foreside Road, Topsham | 4pm

THEATER

SONGWRITERS ON STAGE | Frontier Theater | 14 Maine St. Mill 3 Fort Andross, Brunswick | Tue Mar 05 7:15pm | $10

“THE SOUND OF MUSIC” | Merrill Auditorium | 20 Myrtle Street, Portland | Fri Mar 17 7pm, Sat Mar 2 12:30pm and 6:30 pm | $48-73

SWEAT BY LYNN NOTTAGE | Bowdoin College | 255 Maine St, Brunswick | Fri Mar 01 7pm, Sat Mar 02 7pm, Sun Mar 03 2pm | Free

THE WOMEN OF LOCKERBIE ONE ACT PLAY | Deering High School | 370 Stevens Avenue, Portland | Fri Mar 01 7pm, Sat Mar 02 7pm

VISUAL ARTS

AUDITIONS: GUYS AND DOLLS | Portland Players Theater | 420 Cottage Rd, South Portland | Sat Mar 09 6pm, Sun Mar 10 6pm

DEERING HIGH SCHOOL DRAMA PRESENTS - A ONE ACT PLAY “THE WOMEN OF LOCKERBIE” | Deering High School | 370 Stevens Avenue, Portland | Fri Mar 01 7pm, Sat Mar 02 7pm | $3

FABULOSO BY JOHN KOLVENBACH | Portland Stage Company | 25A Forest Ave, Portland | Fri Mar 08 7pm, Sat Mar 09 7pm, Sun Mar 10 7pm, Wed Mar 13 7pm, Thu Mar 14 7pm | $10 - $40

THE LIGHT IN THE PIZZAZ | City Theater | 205 Main St, Biddeford | Fri Mar 08 12am, Sat Mar 09 12am, Sun Mar 10 12am, Mon Mar 11 12am, Tue Mar 12 12am, Wed Mar 13 12am, Thu Mar 14 12am

“The Half Light” by Monica Wood | Portland Stage | 25 Forest Ave., Portland, Through March 24 | Wed-Fri 7:30pm, Sat 4pm and 8pm, Sun 2pm | $21-41

“Life Sucks” by Aaron Posner | Mad Horse Theatre Company | 24 Mosher St., South Portland | March 14-31 | Thu-Sat 7:30pm, Sun 2pm | $23

MESSES | Mayo Street Arts | 10 Mayo Street, Portland | Sat Mar 02 7pm | $6 - $18

MUSICAL THEATER CLASS | 48PAC | 20 Davis Street, Brunswick | Mon Mar 04 4pm, Mon Mar 11 4pm | $0

O & S STATE THEATER PRESENTS: THE JACOB JOLIFF BAND | One Longfellow Square | 181 State Street, #201, Portland | Thu Feb 28 8pm | $12 - $15

“ANTHROPOGENIC: ART ABOUT THE NATURAL WORLD IN THE HUMAN ERA” | Bates College Museum of Art | 75 Russell St., Lewiston | Through March 15

“FASHIONING MODERNITY: ART AND INDEPENDENCE AMONG YORUBAS IN NIGERIA” | Bowdoin Museum of Art | 3900 College Station Brunswick | Through March 17

GEORGE BERNARD SHAW EXHIBIT & DOCUMENTARY FILM | Maine Irish Heritage Center | 34 Gray Street, Maine Irish Heritage Center, Portland | Through Mar 1 | Fri Mar 01 4pm | Free

“IN THE ROUND: ANCIENT ART FROM ALL SIDES” | Bowdoin Museum of Art | 3900 College Station Brunswick | Through Oct 13

JOHN FORD’S “HOW GREEN WAS MY VALLEY” | Patten Free Library | 33 Summer St. Bath | Through Mar 12 | Tue Mar 12 6pm | Free

“KATE FURBISH & EDWIN HALE LINCOLN: NEW ENGLAND BOTANICAL STUDIES” | Bowdoin College Museum of Art | Boyd Gallery | 9400 College Station, Brunswick | Through Feb 10

“LET’S GET LOST” & “LISTENING GLASS” | Bowdoin College Museum of Art | Boyd Gallery | 9400 College Station, Brunswick | Through Sept 29

LUAN JOY SHERMAN: “PEOPLE LIKE ME EXIST,” INSTALLATION | SPACE | 538 Congress St, Portland | Through Mar 15

“MAN-MADE: A STATE OF NATURE,” GROUP PAINTING EXHIBITION | Greenhut Galleries | 146 Middle St, Portland | Feb 7-Mar 2

“MATERIAL RESOURCES: INTERSECTIONS OF ART AND THE ENVIRONMENT” | Bowdoin Museum of Art | 3900 College Station Brunswick | Through June 2

“MODERN INTIMACY: CONTEMPORARY ART OF THE CARIBBEAN ARCHIPELAGO” | Portland Museum of Art | 7 Congress Sq, Portland | Through May 5


“SMITH GALTNEY: “MY PRINCIPAL GHOST,” PHOTOGRAPHY” | USM AREA Gallery | 35 Bedford Street, Portland | Through March 29

“STATE CARTOGRAPHY: 50 MAPS OF 50 STATES” | University of Southern Maine | Osher Map Library, Glickman Library 7th Floor, 314 Forest Ave, Portland | Through March 30


“TO INSTRUCT AND DELIGHT: EUROPEAN AND AMERICAN ART, 1500-1800” | Bowdoin Museum of Art | 3900 College Station Brunswick | Through January 1, 2022

“2018 BIENNIAL,” MIXED MEDIA GROUP EXHIBITION | Center for Maine Contemporary Art, 21 Winter St, Rockland | Through March 3
I didn’t have health insurance for most of my senior year in high school. My mom left her hospital job to focus on building a business, and consequently we lost her employer-sponsored coverage. We weren’t eligible for Medicaid and this was before the Affordable Care Act, a time when purchasing even crappy insurance on the open market cost a small fortune. So our generally healthy family took a calculated risk and went without.

During the time I was uninsured, I relied on the Planned Parenthood health center in our Ohio suburb for birth control. They charged me using a sliding fee scale based on the meager pay stubs from my after-school hostessing gig. For my first office visit and a three months’ supply of birth control pills, I paid just $45.

I didn’t know it then, but that low-cost visit was made possible by Title X (pronounced “title ten”), a Nixon-era family planning program that has ensured access to reproductive health and preventive care services to low-income and uninsured people for over 50 years. But new regulations released by the Trump-Pence Administration on February 22 undermine the very foundation of the program, threatening the availability and quality of care that 4 million Americans rely on each year.

Title X grants have historically enabled healthcare providers like Planned Parenthood and Maine Family Planning to offer a comprehensive range of sexual and reproductive health services to eligible patients at low or no cost. These services include contraception, testing and treatment for sexually transmitted infections (STIs), breast and cervical cancer screenings, pregnancy tests and options counseling, and referrals for further care.

Title X was passed with broad bipartisan support and signed into law by a Republican president. But publicly-funded family planning services once seen as common sense have since been rendered controversial by anti-abortion extremists.

Under the direction of anti-abortion lobbyists and fueled by Mike Pence’s terrifying zeal for using forced birth as a punishment for people whose sexual ethics differ from his own, new rules governing the Title X program are designed to strip funding from organizations that provide both sexual health services and abortion care, like Maine Family Planning and Planned Parenthood of Northern New England (PPNNE).

Federal law already prohibits the use of modern contraception. Until now, Title X program regulations required only financial separation between Title X services and abortion care, the new rules require grant recipients to demonstrate both financial and physical separation. This has the potential for wide-ranging implications, but here’s just one example: The same exam room could not be used for both contraceptive counseling and pregnancy options counseling that included a discussion of abortion — these two actions would have to take place in separate, designated spaces.

While cumbersome and unnecessary, the absurdity of that new rule pales in comparison to what many abortion rights advocates have dubbed a domestic “gag rule.” To remain eligible for Title X funds, participating providers must agree not to provide information or referrals about abortion services — even when patients specifically request them. In other words, healthcare providers would be required by law to withhold relevant health information from their patients.

At the same time that the proposed rules force providers of comprehensive sexual and reproductive health services to choose between violating medical ethics and sacrificing millions of dollars in grants that make care accessible to uninsured and low-income patients, they clear the way for crisis pregnancy centers (CPCs) to receive funds in their stead.

CPCs are organizations that work to convince pregnant people not to have abortions. They are often affiliated with religious groups and have a long, documented history of masquerading as legitimate health organizations offering free pregnancy tests, ultrasounds, and STI screenings to get unsuspecting people through their doors. CPCs promote abstinence until marriage and almost universally oppose the use of modern contraception.

Until now, Title X program regulations required neutral, nondirective counseling about abortion — basically, counseling that presented parenting, adoption, and abortion equally without pressuring the patient to choose one over the others. They also required providers to offer a full range of effective contraceptive methods. Thanks to these patient protections, CPCs have historically been ineligible for Title X funds. The new rules do away with both requirements, opening the door for biased and religiously-motivated abortion and contraceptive counseling to be paid for with federal dollars.

These changes have made me think back to the person I was at 18, when I relied on Title X providers for birth control. With their help, I learned about the importance of regular STI screening and avoided unintended pregnancy. But what if instead of a qualified health professional, I’d been met with a CPC volunteer? What if instead of unbiased, factual information about my sexual health, I’d been scolded for having sex at all? What if instead of effective birth control, I’d been scolded towards abstinence or grudgingly taught the rhythm method and sent on my way? And what if the faith-based organization running that CPC received Title X funds for its trouble?

The wildly inconsistent periods of my adolescence would have put me at high risk for unintended pregnancy, even with the most meticulous menstrual tracking. And Title X, a program intended to reduce unintended pregnancy, would have funded that failure of care — for millions of Americans. I hope you’ll join them, and me, in the hard work ahead.
Anne Esguerra is a certified yoga therapy practitioner (c-IAYT) and group facilitator in Portland, where she offers one-on-one, partner, and group sessions under the banner Integrative Life Therapy. But what distinguishes Esguerra from others in her field is the way her work intersects with recovery, healing from trauma, and restorative justice work.

An affiliate of the Portland trauma-informed yoga therapy group Sea Change Yoga, who trained with the Washington-based Yoga Behind Bars, Esguerra has led yoga therapy and communication workshops with incarcerated young people at Long Creek Youth Development Center with Maine Inside Out. With Integrative Life Therapy, Esguerra’s begins facilitating two distinct-yet-related workshops this week: one a trauma-informed yoga therapy practice “Thrive Women,” and a men’s group called “Own My Shift.” We spoke about why yoga, embodiment, and touch can be useful for people navigating this cultural moment.

Can you give me some of the background of how you came to yoga therapy?
Sure. Some directors I work with refer to it as “bringing the body to therapy.” Our body has more knowledge than we give it credit for. I can’t tell you how many times I come across people who say they’re fine, but their whole body is not okay. What’s missing there?

Some of that seems specific to Maine winters, right?
Yeah, in New England, there’s such harsh weather, but it’s also just not a touching culture. I’m a person who likes touch. That’s how I ended up coming to the work. I worked in commercial photography for years and sat behind a desk for 60+ hours a week, so I definitely lacked human connection. We’re beings, that’s what we need to survive, human connection.

Did you feel like that was missing from other yoga practices around here?
Yes and no. I also feel that not everybody should be laying their hands on people. What we really want to be doing is empowering people. What is it like for people to be inside their bodies?

How is a men’s group like “Own My Shift” embedded in the cultural conversation about masculinity?
The majority of my clientele are men, and men who don’t have a yoga practice. Why is that? Why am I somebody that men are comfortable with? I have two brothers, the majority of my cousins are boys. It’s normal for me to be in a space with men. But for a lot of women it’s triggering. What would it be like to lead a group of men — as a woman of color in Maine — and just say you guys can come as you are? To be willing to look at who you are right now? The more the #MeToo movement was happening, the more I saw men in my life retract. [I’d hear] Well, I don’t wanna piss anybody off, and I don’t want to do or say the wrong thing, and if I’m the face of the person that’s doing the offense, then I don’t even know how to be around that. Can that be part of the practice of learning? We’re all in this transition, how can we be okay with not really knowing what to do?

Is there anything that feels particularly challenging or sensitive to men?
I was sick and tired of seeing men choose to do this sort of work and be placed in a circle of women and literally be the only trigger. To me, it wasn’t fair. How can you be a single man in a circle of 20 to 30 women feeling as if you were at fault, purely just by being a man? Triggers will continue to exist, but they don’t have to be that same one all the time. Doing your work doesn’t mean you have to do all the work for the sake of the gender you identify with. That shouldn’t be placed on one person’s shoulders. Being the single person of color in a lot of these circles, I know what that feels like. It’s exhausting.

“Thrive Women: 6-week trauma-informed yoga therapy session” | Feb 27-April 3 | Wed 6:30-8 pm | Fort Andross Mill, 14 Maine St, Ste 309, Brunswick
“Own My Shift: 6-week men’s group” | Feb 28-April 4 | Thu 7:30-9:30 pm | Stonecoast Brazilian Jiu Jitsu, 131 Johnson Rd, Portland | www.integrativelifetherapy.com

BY NICK SCHROEDER | PHOTO BY FRANCIS FLISIUK
Beers, Bloody’s, Beef & Breakfast
served all day at Portland oldest watering hole and eatery!
You will love it!!
**TWEET OF THE WEEK**

Eric Holthaus
@EricHolthaus

There is no tangible difference between "climate change is a hoax" and "climate change is real but doing anything about it on the scale the science demands is unrealistic".

Both are climate denial. Both lead to inaction.

Irreversible tipping points are just that: Irreversible.

8:34 PM · 2/22/19 · Twitter Web App

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**TOON TIME**

**SHARP ADVICE**

SEEMS SOME WERE OFFENDED BY GILLETTE’S RECENT AD AGAINST BULLYING AND HARASSMENT.

STOP PICKING ON BULLIES!

WHICH AD?

OPPOSING BULLIES USED TO BE UNCONTROVERSIAL. BUT NOW...

WARNING: RADICAL FEMINIST AGENDA ALERT

UNFORTUNATELY, YOU CAN’T WIN THROUGH REASON.

SEXUAL HARASSMENT AND BULLYING ARE WRONG.

WHY DO YOU PAINT ME AS A MONSTER WHO SAYS “BOYS WILL BE BOYS”?

BECAUSE YOU JUST SAID THAT?

AT LEAST WE'RE CLEAR WHAT THAT MEANS.

**SPOILER ALERT**

BOYS WILL BE BOYS!

WHY DO YOU HATE MEN?

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**JONESIN’**

"LATE TO THE MOVIE"

what did I miss? by Matt Jones

Across
1 “Space Ghost Coast to Coast” character with a spinoff series
5 Isaac Hayes soundtrack
10 The Krusty ___ (“SpongeBob SquarePants” locale)
14 “Archer” character Kane
15 Pelvic bones
16 Minigolf segment
17 2018 movie about Cathy being startled by a big cat?
19 Unknown quote source, for short
20 Blue Apron offering
21 “___ dead, Jim” (“Star Trek” line)
22 “Metropolis” director Lang
23 Play division
25 Inject
27 “That’s amazing!”
31 Type of doll for the vengeful
35 Palindromic parent
36 2018 movie about bowling lanes?
39 2018 movie about an annoying Irishman?
40 Dehumidifier’s target
42 “Morning Joe” cohost Brzezinski
43 2018 movie about a cinematic alien’s voice?
46 Brain activity diagnostic test, for short
47 Amino acid that helps treat cold sores
48 Deli bread option, maybe
50 Fire engine feature
53 “___-wee’s Big Adventure”
54 ___ Reid (The Green Hornet’s true identity)
57 More, in Mexico
59 Considers carefully
63 Mt. Ka’ala is its highest point
64 2018 movie about an annoying Irishman?
67 They may be dank on the Internet
68 Steel ingredient
69 Bright and evenly colored, for dragon fruit
70 He played one of the Weasleys
71 Figures out

Down
1 Comic book explosion sound
2 “The Amazing ___”
3 “Johnny’s Theme” composer Paul
4 Gabe of “Welcome Back, Kotter”
5 1040 info
6 Owns, archaically
7 Has a yearning (for)
8 “___ Off the Boat”
9 Road repair stuff
10 Sudan’s capital
11 Pasta ___ (boxed dinner)
12 Bunches
13 Mercedes___
18 Acronym on a record label
22 Yard component
24 Baton master
26 Venn diagram feature
27 Drive forward
28 Rick’s grandson, on TV
29 Apple desktops from a while back
30 Oklahoma city
32 More desertlike
33 In tune
34 “August: ___ County” (Meryl Streep movie)
37 JFK flier, once
38 Take some time at the library
40 Dehumidifier’s target
44 It may be listed before or after “per”
45 Krispy ___
49 K-Cup maker
51 Fading flame feature
52 “Birdman” actress Watts
54 Pippin dweller
55 “Bohemian Rhapsody” star Malek
56 Denny’s rival
58 British weapon of WWII
60 Ancient Greek harp
61 Pirate spoils
62 Phoenix court team
64 “Wow!” in texts
65 “The buck stops here” presidential monogram

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