

Body Cortex

Boot camp on the waterfront

By Justice Barnes
edge contributor
ms.justicebarnes@yahoo.com

BANGOR – Ah, summertime. Time to sew your name into your drawers, get up at snooze alarm o'clock, pack a soon-to-be-soggy sandwich and head off to summer camp. No? How about some grownup, fit-making boot camp? I know some of you might be leery of my mention of boot camp after the whole "naked boot camp" thing in the April Fool's edition but trust me: This one is legit (and clothed; just sayin').

Rachel Jenkins, personal trainer extraordinaire, along with fellow trainers Mel Caldwell and Isaac Wilkins, will bring you a four-week session called Body Cortex. The camp will begin the second week in July and meet three times per week for intense, one-hour, boot camp style workouts on the Bangor waterfront. According to Jenkins, "This camp is without a doubt a guaranteed way to positively change your body and make you see fitness in a whole new light." Trust me. I've worked out with Jen-

kins and I saw ibuprofen in a whole new light. This, my friends, is going to be a good one.

The Body Cortex season will be kicked off by a fundraising event/workout on the Bangor waterfront on June 20 at 10 a.m. Participants are asked to donate \$5. Proceeds from this event, as well as funds raised by Bangor Firefighters Local 772, will support the Muscular Dystrophy Association and Jerry's Kids.

Jenkins assures me that although these workouts are intensive, everyone is encouraged to participate and not feel intimidated. "This team of trainers will do nothing but encourage them.... We aren't here to set the standards for them, they are encouraged to do that for themselves." Her hopes for the introductory event are "for people to come out, try our services, and support a great cause."

People of all fitness levels are invited to join this rain or shine event that, according to Jenkins, "will be sure to leave you wondering why you haven't done a workout like this before."

A good cause, a good workout, firefighters, and close proximity to the Sea Dog. Five bucks? Sign me up!

The Creators

Ian Marquis: The Solomon Project

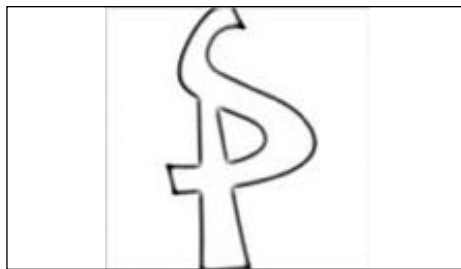
By Katy England
edge staff writer
kengland@themaineedge.com

TRENTON – The do-it-yourself approach isn't something that many people try when it comes to recording music. Many talented musicians find themselves scrimping and saving enough money to get into a studio or risk the music sounding tinny and unbalanced.

Which makes Ian Marquis' CD "The Solomon Project" all the more amazing. He recorded and produced the entire album out of his apartment.

"My goal was to make it sound like it came out of a studio," he said in a phone interview. "My goal was to try to push what I had to make something that didn't sound amateur."

And he succeeded. Missing from his album is any static hiss, and every track sounds clean and professional. No small feat, considering the obstacles he faced in recording the music on his own.



"One of the real challenges you get is things like microphone noise, hiss and hum. Since I'm in a small office with a computer, it picks up things like the hum of the fans on the computer," said Marquis. "You really have to pick out the frequency that doesn't have the noise. If you listen to studio [albums] they don't have hiss. After that it's getting the dynamics right."

The key to that, according to Marquis, is getting a good pair of headphones.

The album really shines in the instrumentals, and I'm particularly fond of "Candy" and "(Shhh) Don't Tell," since Marquis picks up the pace and veers away from the breathy vocals. The gritty intensity of "Such a Mess" is also another favorite of mine on the album, getting me in touch with my first love of rock-n-roll.

All of it is done at his home. "Some people think you need to spend a lot of money in order to get a sound that you like," he said. "It's about being familiar with what they [the musicians] have. I really work well with what I have. You don't need a lot of money. You can make something good with anything."

You can check out his music on his Myspace page <http://www.myspace.com/jespinmusic> and purchase songs on iTunes or pick up the album through CD Baby.

Gold's raises big bucks for the ADA

By Justice Barnes
edge contributor
ms.justicebarnes@yahoo.com

BANGOR – It feels good to have been part of raising money for a good cause. On May 30, I pedaled for three hours in the spinathon at Gold's in Bangor to raise money for the American Diabetes Association. My original article, entitled "a three hour tour," has now come to be known as a "three hour sore." Alas, my achy parts were a small price to pay. At last count, the event raised \$3,800, with pledge money still coming in. Not too shabby.

Gold's Fitness Director and event coordinator Melissa Smith Towle is pleased that so many people in the community were willing to donate

and is grateful to major sponsors Bugaboo Creek Restaurant, Ski Rack Sports, Central Maine Refrigeration, Mark's Music, Spring Valley Water and Dysart's. On a personal note, I too would like to send a heartfelt thank you to Bugaboo Creek; it was the smell of the chicken on the grill that got me through the last half hour of the spinathon. My plate of food didn't stand a chance. Poor salad and chicken never saw it coming.

A few facts and a result or two for you:

5-K winners (not me):
Andy Pierce in 20:59 and
Michelle Roy in 21:54.

They both won a month membership to Gold's Bangor. Congratulations runners.

Top fundraisers were (sadly, also not me): Neil Rogers,

Judy Snow and Steve Ropiak.

Top team fundraiser was (nope): Michael and Melissa Towle.

Top fundraisers and those who raised over \$125 (me!) won a one-month membership to Gold's Bangor.

Smith-Towle is already thinking about next year's 5-K/spinathon with an eye toward possibly expanding the road race and even having live music for the spinathon. If anyone knows Gregg Allman... I'd pedal to Georgia and back!

On a serious note (not that I'm not serious about the Allman Brothers), congratulations to Gold's Gym for raising a bucket o' money to help the American Diabetes Association fight a brutal disease. Well done. Sign me up for next year.

Sing & Dance,
Eat & Drink,

GEAGHAN'S



Come enjoy the music
and dance of Ireland at
our Sunday Session
and Ceili

Sunday July 12th
2:30-4:30pm

SHIPYARD
BREWING CO.

Drafts on Special,
Full menu available

Geaghan's Pub
570 Main St. • 945-3730

New Releases Music

All releases for June 23rd

Cheap Trick THE LATEST
Cheap Trick



Cheap Trick - "The Latest"
The Mars Volta - "Octahedron"
Pete Yorn - "Back and Fourth"

7
June



Where security meets strength.

Our strength... solid relationships with more than 50
respected insurance companies.

Your security... the best insurance choices at the
best prices!

Insurance for ▶ Home ▶ Auto ▶ Boat ▶ Life
▶ Business ▶ Health



Contact us today for a fast, free quote – and people you can trust.

74 Gilman Road, Bangor | (207) 947-7345 | crossagency.com

BEER O'BRADY'S

Established
in 1985



Good Food, Good Sports
Daily Lunch Specials
New Outdoor Patio
Tuesdays from 4-8pm

Kids eat FREE!

688 Wilson Street, Brewer - 989-3222

17
2009
the maine edge