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## Casco Bay Weekly : 23 May 1991

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# Casco Bay Weekly

MAY 23, 1991

Also in this issue:

## NORTHERN EXPOSURE

FREE



A new magazine dedicated to the enjoyment, preservation and restoration of the Gulf of Maine bioregion.

Now that Congress Street has become Fleet Street...

### In search of a real Maine bank

by Donald Maurice Kreis

During the 1980s, developers convinced Maine Savings Bank that luxury condos and expensive vacation homes were just what Great Diamond Island — and just about any other spot with a view of Casco Bay — needed; MBAs on Congress Street figured the rich would get richer if Maine National Bank sold itself to the then un-bankrupt Bank of New England; and banking "ex-

perts" convinced Augusta policymakers that it would be just fine to let Maine banks go wild. The result of all this is that I am now an involuntary customer of Fleet Bank of Providence, Rhode Island. Call it sentimentality or naivete, call it foolishness in this era of leveraged buyouts and billion-dollar bailouts, call it stupidity in a state where guys sitting in the boardrooms of distant paper companies and brokerage houses determine Maine's economic future

— but I put my money in Maine National Bank and Maine Savings Bank because I wanted to invest in my community. Now they've taken the "Maine" off my bank statements and turned my money over to Fleet. But I am determined to keep my money in a Maine financial institution, even if I have to start my own bank to do it. And I think I've figured out how.

Continued on page 8

MAY 23, 1991



The natural history of Portland began centuries before it became known as the Forest City.

CBW/Tonee Harbert

### A land born of fire and ice

By Paul Karr

With careful observation, an afternoon's drive to North Conway or a short ferry trip to Peaks Island can take you millions of years back in time.

The Casco Bay bioregion was born of fire and ice. This is a land pushed aloft by thunderous collisions between continents, ground down by a mile-high pack of ice and eroded by the million-year journey of five rivers trending toward the bay.

Thousands of years ago, native people came here to

What's a bioregion? See **NORTHERN EXPOSURE**

hunt and fish on the wooded peninsulas and islands. Within the last 500 years, European people came, and most of the native animals and people were killed.

The region as we know it today is largely a place

covered over: with paper mills, power plants and high-tension lines, with condos and car dealers, with asphalt and airplanes. It's no longer possible to stand on one rise on land and see Back Cove, Peaks Island and Mount Washington at the same time.

But it was. And if you look carefully as you wind your way through the strip malls and parking lots — there's a few billion years of natural history to see.

Continued on page 10

**"These Three Great RykoDisc Artists Available at Amadeus Music"**

Chris Wall and Jerry Jeff Walker appearing at Raoul's May 25th

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"Navajo Rug"

**CHRIS WALL**  
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# Newsbriefs Weekly

A review of the top news stories affecting Greater Portland: May 14 through 21, 1991.

## Jock finally says the T-word McKernan proposes new taxes

In a strategic retreat from his claim that he could balance the state budget through program cuts alone, Gov. John McKernan has proposed \$300 million in new, broad-based tax hikes to help cover a \$1.2 billion revenue shortfall.

In a State House press conference May 20, McKernan called for:

- A hike in the state sales tax from 5 percent to 6 percent.
- A 4 cents-per-gallon increase in the gasoline tax for five months this year and next year beginning in July.
- A consolidation of taxes on meals, lodging and drinks in bars at 8 percent (meals had been 5 percent, while lodging had been 7 percent and bar drinks had been 10 percent).
- An increase in the top state income tax bracket from 8.5 percent to 10 percent for households earning more than \$75,000.
- New sales taxes on amusements and basic cable television service.

■ A new 10 percent surcharge on corporate income taxes. Most of the new taxes are aimed at out-of-state visitors and will be repealed when state revenue growth exceeds the inflation rate by 3 percent, according to Sawin Millett, state finance director.

William Nugent, president of the Chamber of Commerce of the Greater Portland Region, said the new taxes are not high enough to deter travelers from visiting Maine this summer. "It's painful, but it looks like it's spread fairly evenly," Nugent said.

Democrats in the Legislature reacted warily, with some noting that the combination of new taxes, additional revenues, and deferred payments to the state retirement system exceeds proposed spending cuts of \$516 million.

"How can we truthfully deal with our constituents on the gas tax, when they just got a federal tax increase," said Rep. Harriet Ketover, a Portland Democrat, referring to the recent nickel-a-gallon federal gas tax hike to 14 cents. (The state gas tax is 17 cents a gallon.)

The new taxes will allow McKernan to restore \$150 million worth of cuts in corrections, human services, mental health, higher education and the courts that had drawn fire from Democrats earlier in the session.

State employees will be asked to take 20 unpaid furlough days to make up for the 7 percent pay hike that will cost the state \$40 million beginning July 1. An estimated 300 more state workers will lose their jobs as a result of budget cuts proposed by McKernan.

Deferred payments to the state retirement system will amount to \$133 million, despite warnings from bond houses that Maine could lose its blue chip rating if it balanced too much of its budget by what amounts to long-term borrowing.

Randy Wilson

## ABB to move into Blue Cross building

ABB Environmental Services Inc. signed an agreement with Blue Cross and Blue Shield of Maine on May 20 to move into the Blue Cross building on Free Street, sparing downtown Portland an expected loss of more than 300 jobs.

"It's great," said Portland City Manager Robert Ganley. "It's worked out well for the city and ABB."

ABB had planned to move to the suburbs, but decided to move into the Blue Cross building when a deal was struck on parking and Blue Cross agreed to renovate parts of the 88,000-square-foot building.

The agreement between ABB and Blue Cross puts an end to plans to turn the building, which lies next to the Cumberland County Civic Center, into a convention center. But Ganley said the city was still interested in building a convention center elsewhere.

ABB will move into the Blue Cross building in June of 1992, when Blue Cross and Blue Shield's new \$20 million headquarters in South Portland is scheduled to be completed.

ABB, formerly known as E.C. Jordan, is an environmental engineering firm that currently has 306 employees scattered among three buildings on Commercial, Congress and Oak streets.

## Portland cops arrest 15 in sweep

Police arrested 17 people on drug charges, capping an undercover investigation that began six months ago.

Deputy Police Chief Steven Roberts said the sweep, which began on the evening of May 15, was dubbed "Operation Eightball," which refers to the street term for an eighth of an ounce of cocaine.

Roberts said cocaine "remains the drug of choice in Portland," but wasn't the only drug targeted in the investigation. He said arrests also were made for offenses involving LSD, marijuana and firearms.

The investigation was aimed at drug dealing in bars and taverns around Portland, most of them in the Old Port district, Roberts said. "The taverns or bars were where the undercover officers went to strike the deals," he said.

Joining Portland police in the sweep were two assistant attorneys general and three special agents of the federal Alcohol, Tobacco and Firearms division.

## Portland adopts \$148.6M budget

The Portland City Council adopted a \$148.6 million city and school budget on May 20 that includes a tax rate hike of 8.7 percent. The tax rate won't be officially set until this summer when the city completes a city-wide revaluation. But based on the current tax rate, the 1991-92 rate would rise from \$37.46 per \$1,000 of assessed value to \$40.71.

The city budget calls for spending \$50.7 million on the city's schools and \$97.8 million on city services.

The council spent much of the evening debating a contribution to the Portland Museum of Art. The museum needs to raise \$7 million to bring the Joan Whitney Payson art collection from Westbrook College to Portland. Three weeks ago the Finance Committee had recommended against a \$50,000 subsidy requested by the museum. The council finally voted 5-4 to give the museum \$20,000.

The council also agreed to spend \$7,500 on a July 4th fireworks display on the Eastern Promenade.

## USM students to fight fires for rent

Two University of Southern Maine students are going to live for free in the town's municipal building in exchange for working the night owl shift as fire and rescue workers.

Fire Chief Robert Lefebvre suggested the idea as a way of bolstering his staff despite a budget crunch that forced layoffs of a half-dozen town workers.

Since the town cannot

Continued on page 4



## Short stories sought for Casco Bay Weekly's

## Relevant Fiction Competition

Casco Bay Weekly is accepting original, unpublished short stories on topics relevant to modern life in the Casco Bay region. A panel of three judges will choose the most compelling, well-written and relevant short stories for inclusion in Casco Bay Weekly's Relevant Fiction Issue, July 3, 1991.

## Casco Bay Weekly

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

Double-spaced manuscripts of 3,000 words or less will be accepted until 5 p.m., Wednesday, May 29. (Longer stories will be disqualified.) The author's name, address and phone number must appear only on the first page of the manuscript. Subsequent pages should be identified by story titles and page numbers only. Do not submit unfinished stories. Proofread your stories carefully.

Send your manuscript by Wednesday, May 29 to: Casco Bay Weekly 551A Congress Street Portland, ME 04101.

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Sterling silver beasts by Devia Doolan

**Newsbriefs Weekly**

Continued from page 3

afford to pay for full-time coverage, the Town Council agreed to Lefebvre's proposal and bought two special folding beds with lockers for \$1,400 each. The two beds will be placed in the municipal center's upstairs meeting room. The students will work from 10 p.m. to 7 a.m. They will work staggered shifts so one of them will be available seven days a week, he said.

The students will be required to have volunteer firefighting experience and will be qualified to drive department vehicles to the scene of fires and emergencies.

USM students aren't new to the Gorham Fire Department. Lefebvre said he currently uses nine students who live on or near the campus and are paid for answering calls just like other members of the force.

**UMaine eyes tuition hike**

University of Maine System trustees cut their budget on May 20 for the third time this fiscal year and are considering a 13-percent tuition increase. The tuition increase discussed by the finance committee would be to offset cuts in state funding that are pending for the 1992 fiscal year, which begins July 1. But the board won't act on any tuition increases until its July meeting, after it receives the final word from the Legislature on the amount of its state allocation for 1992, said Kent Price, assistant to Chancellor Robert L. Woodbury.

During the meeting at the university system's Machias campus, the board amended its operating budget for this fiscal year to reflect a \$728,000 cut in state funding. The university system's original appropriation for the 1991 fiscal year was \$152.6 million and now stands at \$143.7 million, Price said.

Price said there appeared to be a consensus among the trustees' finance committee for an increase of 12 percent to 13 percent and a reluctance to raise it higher. Undergraduate tuition at the system's flagship campus now runs \$2,070 a year, Price said.

**Bidders grab Jolly John's assets**

More than 100 bidders gathered May 17 as the remaining assets of Jolly John Pulsifer's auto dealership were sold at an auction arranged by his biggest creditor. The cars were already gone, so the bidders bought furniture, computers and telephones. Pulsifer's

**Economists take front seat in turnpike widening fight**

Six economists say the Maine Turnpike Authority should increase the fee for rush-hour drivers instead of going ahead with a \$100 million project to widen 30 miles of the toll road.

The economists from the University of Maine, Colby College and Bowdoin College said in a statement May 16 that the authority's justification for the project "rests on an improper and inefficient pricing policy."

"It is patently unfair to charge those who use the turnpike 98 percent of the year — when the highway is not crowded — for the costs imposed by those few who use it during its most congested periods," the group said.

Paul Violette, executive director of the Maine Turnpike Authority, said that the economists' criticism and proposal for imposing so-called "congestion tolls" weren't new. The idea of raising tolls during periods of heavy use already had been reviewed and rejected by the authority as unworkable, Violette said.

The economists contended that imposing higher tolls could persuade some travelers to use the turnpike at times when it isn't so crowded, thereby reducing traffic jams and possibly eliminating the need to widen the highway.

"A system of congestion tolls would be more equitable and would provide a much firmer basis for deciding whether an expansion of the turnpike is necessary," said Thomas H. Tietenberg, one of the economists.

Tietenberg, a professor at Colby College, said he and the five other economists were not paid by opponents of the project to analyze the authority's proposal to widen a 30-mile stretch of the highway in southern Maine. But he said he reviewed the plan at the request of the Natural Resources Council of Maine, a leading opponent of the project.

The other economists who issued the statement Thursday were A. Myrick Freeman III and David J. Vail, both professors at Bowdoin; John Coupe, a University of Maine professor; Stephen D. Reiling, a University of Maine associate professor; and Lloyd Irland, president of The Irland Group, a private, consulting firm.

A group of opponents, known as the Campaign for Sensible Transportation, has succeeded in placing a referendum on the project on the November election ballot. The referendum will ask voters if they want to scrap the widening plan and if they favor creating a state transportation policy focusing less on highways and more on alternatives such as trains.

Associated Press

high-backed, leather chair sold for \$300.

Pulsifer, a flamboyant auto dealer known across southern Maine for his TV commercials, once operated a seven-dealership "auto mall" on Route 1 that was the seventh-largest dealership in New England.

On April 22, Pulsifer declared, "I'm broke," and closed his Ford dealership. Pulsifer's last dealership was unable to make it under pressure of the economy and a financing agreement with General Electric Capital Credit Corp. Fleet Bank of Maine foreclosed on the auto dealership in January after the company was unable to recover from losses that forced Pulsifer to seek bankruptcy protection.

Jolly John Ford listed assets of \$4.1 million and liabilities of \$6.9 million in its Chapter 11 filing in August.

**So, Portland rubs out sexual massage**

The South Portland City Council voted 5-2 on May 20 to adopt an ordinance that outlaws sexual massages and requires existing massage parlors to apply for a city operating licence within three months.

The ordinance forbids the massaging of genitals and was intended to block other massage parlors that offer

sexual massages from moving to the city.

South Portland Mayor Jim Soule said the ordinance was based on the recent Portland ordinance which he said has been "highly effective." Scarborough and Saco are also considering adopting similar ordinances against sexual massages.

"The ordinance doesn't ban legitimate massages by trained and licensed massage therapists — only sexual massages," said South Portland City Manager Jerre Bryant.

Bryant said there have been complaints against three massage parlors in South Portland, and allegations of prostitution.

State law does not prevent sexual massages, although a bill has been introduced in the state legislature that would require masseuses to register with the state and prohibit all sexual contact in massages.

**Allen elected mayor**

Thomas Allen was unanimously elected as Portland's new mayor by the City Council on May 20, succeeding Peter O'Donnell.


Allen, a Portland lawyer and three-year councilor, will take over the largely ceremonial position on June 3. Allen will get a pay raise to \$5,512

Continued on page 6

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### Newsbriefs Weekly

Continued from page 5

compared to \$4,346 for the other eight councilors. His term as mayor lasts for one year.

Allen's father, Charles Allen, served as council chairman in 1966, before the position was changed to mayor. Allen's grandfather, Neal Allen, served as chairman in 1924.

#### Tracy-Causer Block may be landmark

The Tracy-Causer Block, the vacant building on the corner of Fore and Center streets built just after Portland's Great Fire of 1866, has been nominated for landmark status by the city's Historic Preservation Committee.

Committee members say the building represents one of the last remaining examples of Greek Revival architecture found in the city.

The city's nomination of the building for landmark status has irked the Boston owners of the building who want to tear it down. The Fineberg Companies say the building is structurally unsound and would cost them far more money to renovate than could ever be recouped in rental income.

But a landmark designation would make it very difficult to tear down the building or develop the site for other uses. Any changes would first have to be reviewed by the Historic Preservation Committee.

The Portland City Council will decide whether to grant the building landmark status by the middle of July, according to Portland City Planner Joseph Gray.

#### Sebago beach bought for public

A 1,000-foot sand beach backed by 35 acres of white pines along Sebago Lake is among the latest acquisitions planned by the Land for Maine's Future Board.

The \$1.2 million purchase, to be made final June 10, is one of several board buys designed to increase public access to recreation lands.

The property, near the Raymond-Windham town line, is about half the size of the main beach at Sebago Lake State Park in southern Maine. The town of Raymond will oversee the property once a lease has been worked out, said Town Manager Martin Krauter.

Krauter said the site would need some roadwork, a parking area and a changing room and toilet. He said the land board may provide \$62,500 to defray preparation costs, and that the beach could be open to limited public use this summer.

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Casco Bay Weekly Reader's Poll...  
 ★★★★★ Best Director - Michael Rafkin  
 ★★★★★ Best Theater Company - Mad Horse

### BIW gets decision on drug tests

Bath Iron Works overstepped legal bounds in two areas but otherwise acted within its rights when it unilaterally imposed a new substance abuse policy for employees five years ago, the National Labor Relations Board has ruled.

A company spokesman characterized the board decision as a victory on May 17. He said it would prompt BIW managers to re-examine drug-testing policies scaled back during the lengthy dispute with Local 6 of the International Union of Marine and Shipbuilding Workers of America.

Local 6 President Patrick Murphy said he had no immediate comment, but a union source said an appeal of the board ruling to the federal appeals court in Boston was possible.

The NLRB ruled that BIW's 1986 implementation of a drug- and alcohol-testing policy violated federal law by establishing new criminal conviction provisions and a drug paraphernalia prohibition without submitting the two matters to collective bargaining. But the federal labor board also said other elements of the 1986 policy were in effect extensions of pre-existing rules at the shipyard, not mandatory bargaining subjects.

Reported by Eric Hannelius, Andy Newman and the Associated Press.

### weird news

Critics who dub Portland Police Chief Michael Chitwood "Media Mike" because of his high profile in the local media cringed on May 16, when Chitwood appeared on their screens in a national television program. CBS TV's "Top Cops" re-enacted a 1972 scene involving Chitwood in his pre-press conference days, while he was a Philadelphia detective.

Chitwood and other police officers were trying to make a heroin arrest when one of the suspects fired through a door and shot Chitwood's partner in the chest. Chitwood broke into the apartment but held off from firing back when he saw the other man holding a baby in front of him as a shield. Chitwood threw down his gun, knocked the suspect down and freed the baby, who was not seriously hurt.

The incident sparked anti-gun sentiments in Chitwood, who refused to carry a gun for six years until his superiors in Philadelphia ordered him to do so.



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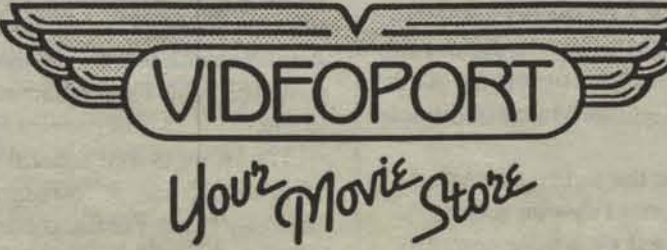
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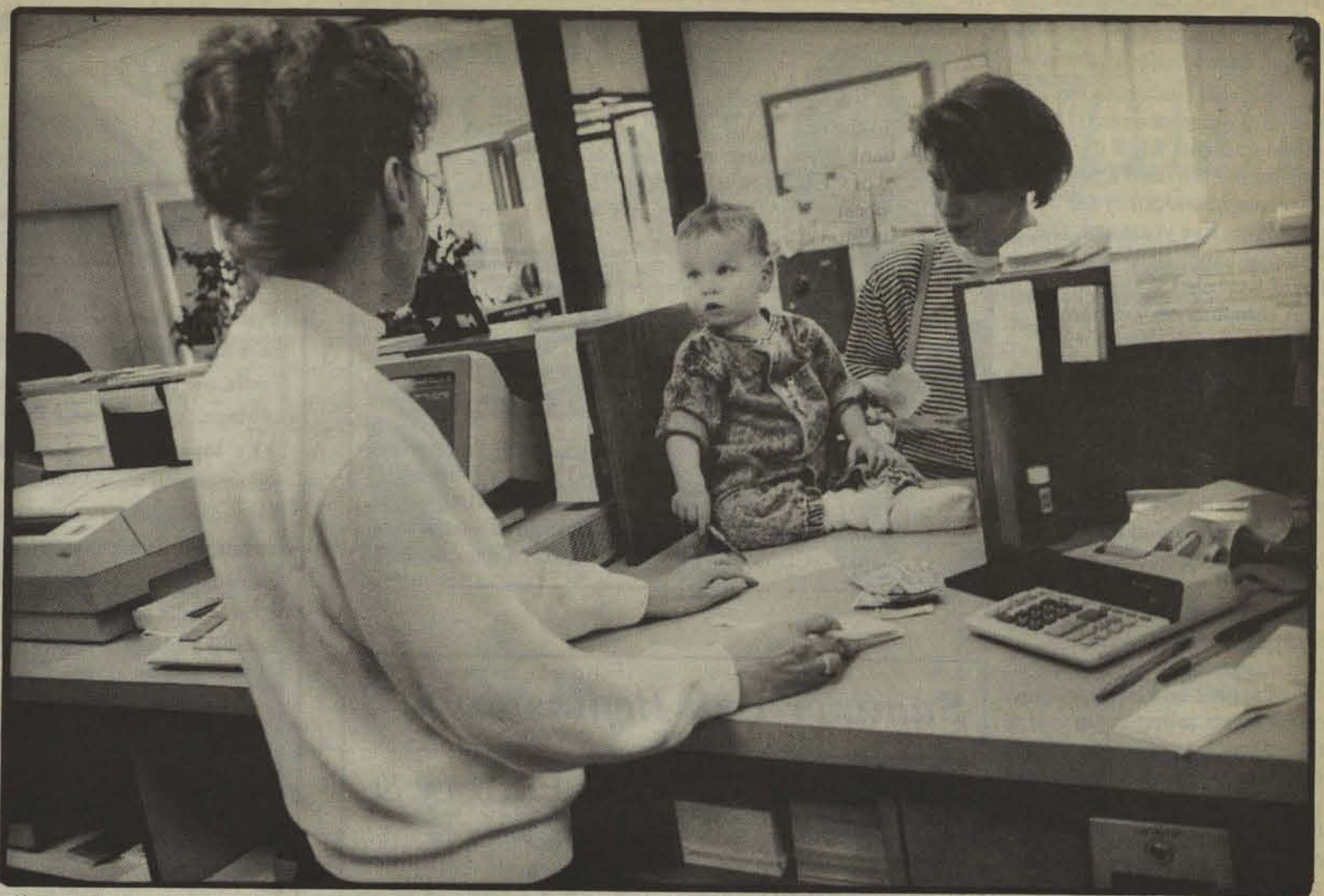


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**Bijan Nekoie sits atop the counter at Portland Regional Federal Credit Union while his mother Catherine Nekoie and teller Linda Sawyer do business.**  
 CBW/Tonee Harbert

**A REAL MAINE BANK**

*Continued from front page*

One day last week, I opened the morning paper and found an ad that asked, "Did you wake up one morning to find someone had changed the name of your bank?" I sure did.

Back in 1984, when Fleet Bank's Maine headquarters at One City Center was still a hole in the ground, I opened a checking account at the home office of Maine National Bank. And a year later, lured by advertisements featuring Olympic champion Joan Benoit Samuelson running through the early-morning Casco Bay mist, I opened an Individual Retirement Account (IRA) at Maine Savings Bank.

But gilded glass elevators and a giant brick Fleet billboard grew out of that hole. Maine National sold itself to Bank of New England, which went bankrupt. Maine Savings sold itself to condo developers and real estate hustlers, who went bankrupt.

One Friday afternoon the folks from the Federal Deposit Insurance Corporation swept into Maine Savings, shut the place down, and turned it over to Fleet Bank. A few weeks later, the feds turned the keys to Maine National over to the bankers from Providence as well.

Congress Street became Fleet Street.

Peoples Heritage Bank, the last-remaining Portland-based bank, knows that Mainers have a thing about people "from away" calling the shots. So Peoples has been seeking to lure involuntary Fleet customers like me "home" (their word, not mine) to "Maine's own statewide bank." Hence the above-quoted newspaper ad seeking customers who are "homesick for Maine banking."

Fleet has been fighting back with ads featuring scenic photos of Mount Desert Island and stressing the fact that Fleet is a New England-based bank. The subtext: Rhode Island is definitely "away," but at least it's not New York.

None of this really matters. Both Fleet and Peoples are "Maine" in the sense that both invest money here. They are required to by state and federal laws. So are Casco Northern Bank (owned by the Bank of Boston), Citibank Maine (owned by Citibank in New York), Coastal Bank (owned by Suffolk Financial Corporation of Connecticut), and the First Maine Bank (owned by the Bank of Ireland).

**Be your own federal bank examiner**

The Community Reinvestment Act (CRA) requires federal regulators to look at a bank's record in its community before the government insures the bank with your money, or lets the bank swallow up another financial institution — like Maine National or Maine Savings.

But the feds don't look very closely. In the entire history of the act, only once has the federal government denied a bank permission to take over another bank based on a poor community reinvestment record.

Fully 93 percent of the nation's banks are rated "satisfactory" or better in terms of community reinvestment, according to Griffith Garwood, the Federal Reserve Bank's chief of consumer

affairs. Garwood told Congress that he "would be surprised if nearly all banks were not satisfactory, given that the concept of a community service obligation is a bedrock principle of banking."

Just in case you're not as trusting as federal regulators, the CRA is fortunately one of those do-it-yourself laws that you don't need a badge to enforce.

Under the provisions of the CRA, you can march right down to your local bank and demand to see their statement of CRA compliance. You don't even need an appointment.

The banking lobby of Peoples Heritage's elegant new headquarters at One Portland Square is the "office" of Mary Ann S. Fogg. She was thoroughly unfazed when I marched in and asked to see the bank's CRA statement.

Fogg worked at Maine Savings for eight years before joining Peoples. "They were what we are now," she volunteered, meaning a friendly local bank where the tellers know your name and all the policies are above average.

So what went wrong at her former employer? "They got greedy," said Fogg.

Peoples' CRA statement has a flowery preamble about community advisory committees and civically active employees. The actual bottom line is slightly out of date — the most recent figures are for 1989. But Peoples' CRA statement does show a bank that makes the overwhelming majority of its loans in Maine: in 1989, only 11 percent of its home mortgages, 9 percent of its consumer loans, and about 20 percent of its outstanding commercial loans went to non-Maine customers.

**Bankers with an attitude**

For all its effort to fight Peoples' advertising blitz by promoting itself as an outfit with more roots in Maine than an entire spruce forest, Fleet Bank is considerably less prepared than its competitor to fork over its CRA statement.

The requisite sign informing the public of its right to inspect the CRA statement is there in Fleet's One City Center banking lobby. But the bank officer whose desk is nearest that statement told me I'd have to take a trip to the bank's 10th floor headquarters to read the statement.

Up on floor 10, the view of the harbor was panoramic but the trip was unfruitful. "Our compliance officer is located in Lewiston," said the receptionist, after checking around with a few unseen 10th floor bankers. She advised a trip to Lewiston to see Fleet's CRA statement.

The law doesn't say anything about having to go to Lewiston. It says you can go to the bank's "headquarters." Fleet refers to Portland as its headquarters. Fleet Maine president Anne Szostak works at One City Center. The building itself is crowned with Fleet's name. The place looks like a headquarters to me.

The irony is that federal regulators have given Fleet's Maine division a grade of "outstanding" for community reinvestment. The only other Portland banking operation the feds examined last year for community reinvestment compliance was Peoples. It, too, was rated outstanding.

This leads a skeptical mind to the hypothesis that either there really is no difference between Portland-based Peoples Heritage and Providence-based Fleet in terms of commitment to Maine.

Or if there is a difference, then the federal community reinvestment examination is a meaningless drill.

The federal guidelines are "very similar to the criteria for being a good, solid, profitable community bank," said Norman Bilodeau, the senior vice president in charge of CRA compliance at Peoples. The two banks got great grades because "we both were able to generate enough documentation" to earn them, said Bilodeau.

But Peoples also generates "a very different attitude," according to Bilodeau. When the bankers at Peoples Heritage talk about attitude, they're really talking about "local decision making" more than community reinvestment — "having local people in the branches being able to say 'thumbs up' or 'thumbs down,'" according to Peoples' senior executive vice president and chief operating officer John Menario.

Both Menario and Bilodeau stressed that their bank, unlike Fleet, services its mortgages from Maine — even those mortgages that Peoples' sells to other financial institutions on the so-called "secondary market." Menario argues that really makes a difference when something runs amok with your payments or your property taxes.

That's very nice, but does it really make a difference when the thing you're fed up with is the very essence of the big-bank system itself? The Maine Savings Bank debacle was a disaster completely made in Maine. Fleet's executives in Providence or Portland or Lewiston or wherever they are more than capable of making the same mistakes — hence the company's \$48.5 million in losses last year.

And Peoples Heritage, which generated \$61.9 million in 1990 losses as an entirely Maine bank, sports an official mission statement, which states: "The mission of Peoples Heritage is to enhance shareholder value by being a financially sound, highly profitable financial institution..."

**Start your own bank**

Call me old-fashioned, provincial, naive, or simply confused — but I have this obsession that my money ought to be put to some more noble use than enhancing the value of some bank's stock.

So I decided to start my own bank.

Imagine it: a not-for-profit financial institution where the depositors elect the all-volunteer board of directors and the enterprise is forever prohibited from loaning money outside the community or investing in Michael Libertarian luxury real estate developments. Imagine a financial institution that will suspend loan payments for workers who are on strike or make an emergency loan to someone who needs to fly across the country to attend the funeral of a relative.

All you need to do is gather about 500 of your closest friends and obtain a charter from the National Credit Union Administration (NCUA).

A federally-chartered credit union does everything a bank does except make high-risk commercial loans and strive to enhance shareholder value, since there are no shareholders. The NCUA is a deposit insurance system just like the Federal Deposit Insurance Corporation (FDIC). Both agencies insure deposits up to \$100,000. But where the FDIC is asking to borrow \$5 billion from the federal treasury to mop up after disasters like Maine Savings and Bank of New England, the NCUA is completely solvent. Delinquencies on NCUA-insured loans are less than 2 percent nationwide.

"Credit unions over the years have learned that people are basically honest," explained Ted Desveaux, president of the Maine Credit Union League.

Talk to people in the credit union business and you quickly start to feel like you're listening to Jimmy Stewart in *It's a Wonderful Life*. They refer to their industry as a "movement." They boast of their roots in the workers' cooperatives that sprang up in 19th Century Europe. And they hand out a flyer of "operating principles" from the World Council of Credit Unions that refers to democratic control, non-discrimination, and social justice. This is banking for Anne Frank instead of Anne Szostak.

The heart of a credit union is the "field of membership" specified in its charter. Unlike a bank, where anyone is free to enhance the wealth of the shareholders by opening an account or seeking a loan, members of a credit union are required to have some sort of common bond. The most typical is workplace: in Greater Portland there are credit unions for employees of Blue Cross-Blue Shield, Burnham and Morrill, the Portland Police Department, the Guy Gannett Publishing Company, New England Telephone, S.D. Warren and Unum, among others. There are also geographically-based fields; the Portland Regional Federal Credit Union will accept anyone who lives or works in Portland, Falmouth, Cumberland or Gray.

But what about, say, if someone wanted to start a Gulf of Maine Bioregional Credit Union, which would only make car loans to people buying high-mileage vehicles and only issue mortgages for energy-efficient homes? Or what about a "Defeat Fleet" credit union comprised solely of people who just hate big banks from away? For all their talk about democracy and grassroots banking, the credit union authorities would not be anxious to charter such enterprises.

Anthony LaCreta, deputy regional administrator of the NCUA, is one of the people upon whose desk such an application would land. How creative would he let a potential new credit union get in specifying its field of membership? "Not very," he admitted. The whole bioregion would probably be too big and as to the progressive lending policy — well, LaCreta wants to see a "business plan."

"What you need is some common sense," he said. "People have to demonstrate some financial acumen."

LaCreta and the folks at the Maine Credit Union League strongly advised that I join an existing credit union instead of starting my own. They pointed out that established ones are more likely to afford expensive financial services like access to the various networks of automated teller machines.

"I went through our reports for 1990," said Joyce Conrad of the NCUA in Washington. "I think there were 10 or 11 new credit unions organized in the whole country."

**Free checking, plus democracy**

So I rang up Seija Maki, manager of the Portland Regional Federal Credit Union on Forest Avenue. Maki is from Finland, and there was something enchanting about a banker who hails from the place that gave the world Santa Claus. Maki said she'd love to have me and my 500 close friends add our resources to the organization's \$10 million in assets.

"We let everybody join," she said — with feeling.

Portland Regional has a \$25,000 limit on individual loans, which means "we're not into mortgages too deeply," Maki admits. The organization does not offer credit cards or student loans (although some other credit unions do), and Portland Regional has just started limiting its members to just four free automated teller machine transactions a month, after which they cost 75 cents apiece. (But then again, Peoples Heritage has just started to charge 25 cents apiece for all ATM transactions — and the fee goes up to 60 cents after the first five each month.)

"They're going to get you one way or another," said Desveaux. Consumer banking services, be they checking accounts or ATMs, are never free; customers pay for them either through transaction fees or minimum balance requirements that tie money up at low or no interest.

But get this: the Portland Regional credit union will let you have a checking account for free as long as you keep a balance of \$25 in the account.

So I could join Maki's credit union, run for the organization's board of directors, and try to make sure the outfit's lending policies are socially and environmentally progressive. If they aren't, at least I'd develop some of that "financial acumen" the regulators require — and then I could go ahead and start my own bioregional credit union.

Whether you do it from scratch or not, you're definitely making the bankers nervous by eschewing their system of credit unions. It used to be that credit unions had to turn around and deposit their money in a commercial bank, and use a commercial bank to process and clear the members' checks. Now credit unions have their own, completely free-standing financial system.

The Maine Credit Union league has just built itself a new headquarters on outer Congress Street to house it all. Resplendent on a hill, sporting an atrium and lots of potted plants, the place looks a lot like, well... a bank.

In the aggregate, Maine credit unions and their \$1.55 billion in assets are equivalent to the state's fourth largest bank. There are 473,000 members statewide, which means nearly a third of Maine's citizens know you don't need to have a bank account to write checks.

The bankers are not amused.

"They're scared to death of us for some reason," says Desveaux. Lately the bankers have been lobbying Congress to revoke credit unions' tax exemption, and force them to merge their insurance fund with the teetering FDIC.

"There's a good role for credit unions," said Peoples' John Menario. "But I do have a basic concern about whether there's a level playing field."

In other words, financial institutions that are not run for profit can do things that banks would never consider. Like the story Desveaux tells about his old job, as manager of a credit union in Waterville.

"I got a call one night from a lady who told me her mother had just passed away in Canada," recalled Desveaux. "She needed \$75 to go up to her mother's funeral. I went into the office and made her a loan. Try calling up your banker at Fleet at 11 at night to see if he'll give you a \$75 loan."

Now that's the kind of Maine banking for which I could be homesick. It's a wonderful life.

May 23, 1991

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Donald Maurice Kreis, a regular contributor to Casco Bay Weekly, owns a record of the song "I've Got a Crush on the New Teller" by Jonathan Richman and the Modern Lovers.



Where Pigwackets may once have hunted bobcats, a boy named J.R. watches a german shepard named Zeus drink from a fountain.

## FIRE AND ICE

Continued from front page

Before colonization, the Portland peninsula and river drainages were thickly forested with groves of straight, tall white pines, punctuated by the jagged forms of spruce and fir trees against a storm-tossed sky.

Don't you miss Portland in the old days? Let's turn back the clock, say, a half billion years, and take a walk around town for old times' sake.

Don't forget your snorkel and fins. We'll be swimming a hundred miles off the nearest shore. The water is as warm as bath water. The air is balmy and clear, even in winter. And the centuries pass quickly when you're treading water.

Soon, an island appears in the distance. Its edges are jagged. And it's big. Maybe it's a loose piece of Spain. It's racing our way, and it looks like it's going to hit us.

But before it does, though, something else distracts us. The pressure of the oncoming continent, like a power boat speeding across a shallow lake, is forcing huge waves out in front of itself. Except these waves aren't made of water, they're made of sand, silt and rock. The ocean floor is crumpling up like an accordion. And before you can name that tune, the eruptions begin sounding beneath us. We've stumbled into a mine field of volcanos.

All hell breaks loose. Huge, unseen volcanos spew red fire and lava and black smoke up out of the water. Soot, rocks and ash sizzle, spit and explode as they crash back into the sea.

Gunk that sat quietly on the ocean floor for centuries gets plowed up out of the water by the oncoming island. Before long, it piles up high enough to poke out of the water.

When things quiet down a bit we find ourselves on a string of islands much like Hawaii. We look back toward the shore and where there was once only water, northern Vermont and a strip of northern Maine have been born.

Then Spain hits us.

This time there aren't fiery volcanos, just the tremendous grinding together of rocks. Our islands really get squeezed, like your car's bumper would if you hit a rock going 70 m.p.h. Geologists will call this the Casco Bay deformation. This crumpling process gives the local peninsulas and islands a southwest-to-northeast finger shape, which they will retain at least through the 20th century.

As the heat and pressure keep building up in the squeezing, colliding rocks, they melt and change into other rocks: banded schist, gneiss, and phyllites. Standing at last on the newly-formed ledges of Cape Elizabeth, we break open rocks with a pick. They are a hodgepodge: tiny, bright flashes of quartz and mica; bits of black hornblende; red flecks of feldspar.

The rest of Europe finally arrives and inland mountain ranges jut skyward from the impact. Finally, Europe heads back across the Atlantic, leaving behind a few immigrant rocks Downeast.

Then come the quiet millennia. Rain and rivers wear the soft rock of the Appalachians down to an even plain, but the harder ones — like Mt. Katahdin and the Camden Hills — remain.

After a million-year autumn, things begin cooling off. Shorts are no longer adequate. In fact, it's so cold that up in northern Quebec, last winter's snows don't completely melt, even in August. Year after year those snow packs deepen. After a few thousand years, the snow is a mile high. The bottom layers of the pile get squeezed into ice, much as you'd make a snowball. And the pile begins to move.

The glacier sweeps into New England from the northwest like a plow. It picks up huge boulders, which carve notches in the White Mountains. It clears a basin that will become Sebago Lake.

Bundle up, because here in Portland we are covered with ice for about 100,000 years. Worse still, we are covered then uncovered then covered again perhaps a dozen times over the course of the next few million years.

But during the last ice age, just before the glaciers crush Boston, things begin warming up again. Tons of meltwater pour off the edge of the ice and deposit sand, silt, gravel and boulders everywhere. The land, which had been pressed down by the weight of tons of ice, springs back up like a trampoline.

And as we stand atop the rising Munjoy Hill, the present-day coastline emerges.

### Fleshing out the land

At a small pond at the marshy edge of Munjoy Hill, a shape stirs in the mist. A bobcat emerges from the woods and pads to the water. She crouches and drinks, wary of her surroundings. An eagle soars overhead. Birds and insects buzz. An otter watches her from the far end of the pond. So does a woman.

Fifty yards upwind, in a thicket of marsh grass and swamp maple, the woman fits a bone-tipped arrow in her bow. For an instant she worries that she might not strike the large cat exactly, wounding instead of killing it. As she raises her bow, she grows excited, then calm. When her arrow finally flies, she isn't thinking anything. The cat goes down.

Later, she will return to her camp on the banks of the Presumpscot River. There she lives among 800 or so Pigwackets in one of about 70 small, round dwellings.

The Pigwackets live according to what anthropologists call a seasonal round, moving around the countryside following seasonal food sources. In spring and summer some camp on the Capisc River where they fish the heavy runs of shad, eels, smelt, alewives and salmon. Others stay on Long Island, taking clams and other sea creatures from tidepools and mud flats. In fall and winter, some journey into nearby woods where they hunt moose, caribou, deer, turkey and bear for meat; or fox, beaver, otter, muskrats and mink for fur.

"In Indian eyes it was a sin to injure unnecessarily even the least fellow creature," writes Howard Russell in his book *Indian*

*New England Before the Mayflower.* "The wild bird or animal, like himself, had a right to life, food, and satisfaction. Some tribes, indeed, held that the animals had been made first and only later developed human form... So the bones of the beaver... were returned to the animal's native stream. Had not the beaver created the marsh and made a contribution of his flesh and fur?"

Nor was hunting the only source of food for these first human Portlanders. In *The Archaeology of New England*, University of Maine anthropologist Dean Snow writes that "these people... had also adopted horticulture from their relatives to the west." They had cleared a large and fertile planting area, called Ammoncongan, which encompassed parts of present-day Westbrook and West Falmouth. They grew basic crops: corn and beans.

Down state a bit, the large and powerful Saco tribe lived very differently from Pigwackets on the Presumpscot. Theirs was much more the life of the planter. Corn and tobacco were the most important crops grown, the former for food and the latter for an exhaustive number of religious and social uses.

The French explorer Champlain observed the Sacos "planting three or four kernels in one place, they heap about it a quantity of earth with shells of the signoc (horseshoe crab), perhaps as fertilizer..." Russell adds that the Sacos "erected enclosures around their fields to keep out four-footed marauders."

The Saco associated with — and were probably related to — the Penacook, Pawtucket and Massachusett tribes who would soon meet settlers at Plymouth Rock. They shared language and culture with those of southern New England, not their Portland-area and downeast neighbors. As a result, although relations were good between the neighboring tribes, Sacos and Pigwackets apparently had little contact with each other. Not even their spoken languages were very similar.

But these two groups of Casco Bay natives, who lived so differently, did share one fate: when wide-scale colonial settlement of the area began in 1615, each lost 75 to 90 percent of its population in a short, devastating wave of foreign diseases such as smallpox. Those few who survived epidemics, wars, and broken treaties eventually moved to reservations in Quebec and northern Vermont.

Little trace remains of them today.

### Settling the Forest City

"The waters are most pure, proceeding from the intrailles of rocky Mountaines," wrote the English explorer Captain John Smith of his 1614 visit to Portland, known then as Falmouth Neck. "The Herbs and Fruits are of many sorts and kinds..."

In *Portland and Vicinity*, an authoritative account published in 1876, Edward Elwell wrote that "four or five (families) lived on the Neck, then mostly covered with a dense forest."

As a result, Portland was early dubbed the "Forest City." Evergreen trees thrived in the sandy soil left behind by the glaciers. Before colonization, the Portland peninsula and river drainages were thickly forested with groves of straight, tall white pines, punctuated by the jagged forms of spruce and fir trees against a storm-tossed sky.

The peninsula itself, then as now, was basically saddle-shaped. Munjoy Hill on the east and Bramhall Hill on the west rose above the 'spine' of land which would become Back Street, then Queen Street (in honor of the British) and finally Congress Street (after the British were no longer honorable).

But the peninsula has grown. Fore Street was once the waterfront, before Portland's many piers were filled in to form Commercial Street. Back Cove was larger before its shores were filled in to build Marginal Way, Baxter Boulevard and finally I-295. And the marshy pond where that bobcat might have taken

his last drink has been filled in and paved over — now it's a parking lot for IDEXX.

Just above that parking lot, perhaps near where the Munjoy South housing project now stands, a shelf of green grass once extended out and sloped sharply down to a hook of land the early settlers called Clay Cove. "In 1718 the Neck above Clay Cove was all forest and swamp," writes Elwell. "A brook flowed from the northern part of Hampshire Street into the cove, which was crossed by bridges..."

In the 1831 version of his *History of Portland*, William Willis reported that the brook was still there. But in an updated edition published 35 years later, Willis added that "the brook has been diverted from its channel by large public and private improvements. Part of it supplies water to the Grand Trunk Railway Station House, and another part... (earns its owner) a handsome profit" by supplying water to shipping companies and private homes.

Since fresh water was such a precious commodity to early settlers, it's no coincidence that the roads which ran next to sources of fresh water became the first streets in Portland. Only the names have been changed. Fish Street became the lower half of Exchange Street; Turkey Street became Newbury Street; Chub Lane became India Street; a Deer Street used to run where Franklin Arterial zooms by; and a real life Moose Alley ran near the present-day bar that carries its name. Where a cool stream bubbled up out of the ground now sits the Holiday Inn — on, you guessed it, Spring Street.

A glance at a 1775 Bailey and Noyes map of Portland makes it clear other parts of the peninsula were altered by settlers, too. Where Casco Street drops down to Cumberland Avenue (near the New England Telephone building) was originally a sharp cliff; some of the rock can still be seen there. The stream that ran from Back Cove along present-day Kennebec Street was dammed up in Deering Oaks to form a mill pond. And Ammoncongan — the Pigwackets' riverside planting ground — is now the home of S.D. Warren.

By the late 1670s, writes Elwell, a city had sprouted in the forest. "Mills were set up and inroads were made on the forest. Trade in fish and lumber was opened... Roads were laid out, though they were mere footpaths in the forest... In 1681 the first tavern was opened."

### Seeing the forest through the trees

Portland is still a "Forest City," though these days the buildings outnumber the trees, most of which were planted by people.

But the signs of prehistoric Portland still abound. For the effort of a few afternoon jaunts, you can still see remnants of the incredibly diverse ecological community that once covered this place. (See "Getting to know the Casco Bay bioregion" on page 4 of NORTHERN EXPOSURE, inserted in this newspaper.)

Of course, many of these places remain only because they were donated, purchased or set aside by concerned individuals.

This time of year, as Portlanders again revel in tending their gardens and mowing their lawns, it is tempting to imagine that a fundamental change has taken place — that where once the land took care of the people, now the people take care of the land. But a quick look back through history teaches us that this is not so. Ultimately, we do not care for the land — we are a part of it.

*Paul Karr is a freelance writer who gathers his food on the Portland peninsula. As he raises his hand to write, he grows excited, then calm. When the words finally fly, he isn't thinking anything.*



Native ways and native species have been left behind on Munjoy Hill.

Photographs by Tonee Harbert

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# Money is like manure

In the hot state of Texas, where the art of bad banking was honed to perfection, there's a populist politician named Jim Hightower who's fond of saying: "Money is like manure — you have to spread it around."

He's right. And when it's not spread around well enough, it tends to pile up in one place (or one large bank) and create problems. The fact is that a local bank or credit union is in a better position to spread local money around.

But we think that even Portland's home-grown financial institutions could do better. Don Kreis' idea about starting his own bank got us thinking: with a little innovation, local bankers could do a lot of good for Greater Portland.

Here are a few of the lending policies we'd consider if we were handling the pitchforks at local money farms like Peoples Heritage Bank or the Portland Regional Credit Union:

- First and foremost: no secret deals. Any manufacturer or developer applying for a substantial commercial loan would be asked to file a "Neighborhood Impact Statement," which would consider how the proposed project might affect its community. There are situations under which we might loan against the wishes of some neighbors, but we would never finance a large project without being sure those who would be affected by it were aware of what we were doing.

- When granting home mortgages, priority would be given to

energy-efficient homes located near public transportation routes rather than power-hungry houses that gobble up open space, require

## editorial

towns to raise taxes in order to build new roads and force their occupants into automobile-dependent lifestyles.

- Likewise, historic rehabilitation would be favored over new construction. And we would ask Central Maine Power to put up the collateral for home improvement loans to owners who want to retrofit for energy efficiency — the power companies will save millions by not having to bring additional capacity on line.

- When making car loans, we would charge an extra percentage point to each borrower buying a vehicle that averages less than 20 miles per gallon (service vehicles exempted). At the same time, borrowers who buy cars that get more than 40 m.p.g. would get a half-point discount on their loans. And people willing to experiment by buying one of the several models of electric vehicles now available would be granted loans at a full percentage point below the going rate.

- And finally, there are some things we just wouldn't loan money for, such as gas-guzzling toys. If you want to buy a snowmobile, a three-wheeler, a big powerboat or a motor home, you'll just have to save up the money you need. Loans for bicycles and sailboats, however, would be readily granted.

(MP)



Scott Segobiano, a traveler from Los Angeles, waits on an abandoned couch near the railroad tracks along Somerset Street in Portland. He said he was waiting to hop a train north.

seen

By Tonce Harbert

**Casco Bay Weekly**

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## Letters

### Landlords can discriminate

I want to thank CBW for its excellent coverage of the fight to pass an amendment to the Maine Human Rights Act to include sexual orientation. I especially appreciate the way you have continued to tie this bill into other issues, be it the calendar listings for a movie or violence in our streets. Many people think gays and lesbians are already protected or they think we are looking for special rights. We must continue to educate the public year-round about the need for this legislation.

That's why I must point out the error in your article "Be Nosy! 25 Tips on what to look for when you're inspecting a prospective apartment," (CBW 5.2.91). Point #24 states that "The law prohibits...discriminating against people because of their...sexual preference..." This is absolutely not true and is the basis of the so-called Gay Rights Bill. Any landlord in Maine, or in 46 other states, can choose to not rent an apartment to a gay man or lesbian solely because of their sexual orientation. You are correct in stating they cannot use a person's race, age or family status as reasons to discriminate. All that we are asking for is the same civil rights that exist for others. Not something special. Please edit your articles a little more closely. Thanks!

Barbara Wood  
Portland

### Real men's work

I share Martha McCluskey's tears (CBW 5.16.91) at reports that "wild men are spreading across Maine" but for different reasons. The traditional press has yet to capture the breadth and depth of what they call the "men's movement." Their trivialization of men's work is troubling. What's really going on here?

The most significant idea that I take from men's work is that of a boy's need for initiation. The industrial revolution took our fathers (yours and mine) off to work. Only their shell came home. In the absence of fathers who are interested in our souls,

our initiators became institutions, the military, corporations, materialism, adventurism, prisons, gangs, drugs and alcohol. False kings all. The Euro-American male that feminists decry is but a control-addicted boy. A large numb heavily armed and dangerous boy. He is racist, homophobic and sexist. He frightens me as well.

Men's work, the reclaiming of masculinity, may seem self absorbed but let's look at the process. The patriarchal cultural model is sick, as in a dysfunctional family, where dad is passed out on the sofa, the kids are hiding, and mom is abandoned. Initiation through men's work is about dad getting into recovery. Self-absorbed, yes. The beginnings of real growth must be, as feminists have shown in their own struggle. But the gifts of emotional and spiritual sobriety are so abundant that they change the family equation and so the cultural model. Fully conscious men drop their



selfish grandiosity in favor of balanced power sharing at home, at work, at worship, and in government. The true king does not need to prove his nobility.

The initiation process requires elders of moral and spiritual quality like Robert Bly and others with a willingness to show the way. This process leads to an inclusive partnership with men and women of all races and sexual preferences. Initiation on a cultural level by other men who care about souls is the best way I know to bring about the end of Euro-American male dominance. This dominance is a boy's realm. The wild men that I know have wildness of spirit that manifests as fully present fatherhood, a sense of community, active stewardship of the earth and true partnership with women.

Paul Moshimer  
Kennebunkport

### Chamber a loser

I read with a great deal of interest the letter written by K.C. Hughes, President of the Falmouth-Cumberland chapter of the Chamber of Commerce of the Greater Portland Region (CBW 5.16.91) and to me personally it was a lot of verbiage.

He speaks of the work of the Chamber of Commerce in glowing terms, but to me all I see is a bunch of empty stores on Congress Street. I recently

counted 24 empty buildings and many businesses have moved out to the mall. Clark's Pond will have more of the city's business before long.

Instead of trying to build up Congress Street the chamber spends too much time building up the Deering Oaks Festival.

Nathan Cohen  
Portland

### In defense of abortion

My response to the letter of Deanne Stevens, president of the Pro-Life Education Association, has in turn generated three more letters (CBW 5.9.91). Stevens mocks my skepticism of his in-utero fetal surgery study. The appearance of an article in a scientific journal does not mark the end of inquiry, but the beginning. There has never been a shortage of so-called experts throwing their weight behind master-race theories, and I will believe this one only when scientific methods have been rigorously applied.

That's neither here nor there, however; the real import of my letter, which Stevens ignores altogether, is that I accuse him of rhetorical legerdemain obscuring hypocrisy. That he refuses to acknowledge abortion as but one way of terminating life prematurely, even when confronted with it directly by my first letter, only supports my contention that he has no interest in resolving the inconsistencies in his position, or in life beyond the fetal stage.

David Robertiello apparently has no clearer picture. He recites the preamble to the Constitution as if the word "posterity" somehow proves the wrongness of abortion. Does he mean that my children are his posterity, or the country's posterity? If so, doesn't it follow that my decision not to have children, by abstinence let us say to avoid the controversy of birth control, is denying him or the country a posterity? This sounds suspiciously as if I can be forced to have children. On the other hand, if he means that his children are his posterity he has nothing to fear from me: I have never advocated forced abortion.

James Duclos is the most insidious of the three. Whereas Stevens and Robertiello merely blow smoke, Duclos blames the victim and turns the villains into heroes. Operation Rescue practices guerilla warfare in the name of the unborn; its members routinely physically prevent women from entering clinics where abortions are performed — bombing the clinics if barricades won't

work. To compare members who may receive injuries from the police with Rodney King, the beating victim in Los Angeles, is to say that Hitler deserved an apology when his dinner was delayed by the happenstance of war. Protest is one thing; the violence of Operation Rescue another. Abortion is a constitutionally-protected right, and those who conspire to prevent the free exercise of this right deserve not sympathy but prosecution. Duclos' support for those terrorists shows how much he cares about life.

There may be reasons for opposing abortion but none of the writers has identified one. That I would not have been able to write to this paper had I been aborted is certainly true, but I would be at the same disadvantage had I not been conceived at all or had my mother miscarried; or had I been born or become handicapped; or died of hunger, exposure to the elements, or calamity. I support the right to choose an abortion because I believe that women should be able to control their own lives. What is the justification for poverty or discrimination? We will all work together for life, as I am exhorted to do by Stevens, when he and his cronies find the compassion for those already born that they proclaim for those who or not.

Seth Berner  
Portland



### CBW journeys to Saudi Arabia

No, this is not the Desert of Maine. Even the camels in Riyadh stop to read the CBW. My journey to Saudi Arabia and other faraway places was never void of a copy of CBW.

Barbara Watson  
Portland

### Fear on Peaks

Regarding the Carol Eisenberg vs. P.I.G.S.E.A.R. controversy, which, while entertaining to onlookers, your paper has correctly chosen to ignore:

I suppose I risk the wrath of some of my neighbors when I repeat the quote of one of them: "you can only get five people to fix up the playground, but five hundred

to hate Carol." The further irony is that "island traditions" include trashing and neglecting common lands, and disregard for ground water. Land that is undisputedly shared public resource has been degraded by those who use it to dump pet litter, oil, appliances, trash, brushpiles and sewage. Demolition derbies until recent years damaged community garden and parkland. Public safety has been endangered through the limited open hours of the clinic. And barely a soul has cared a hoot.

So now a couple dares to buck the trend allotting more and more land to cars and roads, and to transform a dirt byway to a garden passage, and neighbors unite in horror. Peter O'Donnell can't resist the opportunity to jump into the fray, and it's a "happening."

I say it's no big deal. Carol in her youthful vigor has that perfect combination of daring, idealism and inexperience that makes for an easy target.

The real issue is fear. This is such a great idea everyone will want to do it (reclaim property that is privately deeded, but commonly used as backroad), and some will no longer have access to their own places in the woods. But if that were to happen, public outrage would find a much more appropriate target. In the meantime, if the city has time and money to spend in defense of public safety, they should spend it on the Health Center.

Jenny Yasi  
Peaks Island

### A plea for children

This is a letter concerning the newsbrief on John Michaud, who had his sentence reduced after being found guilty of molesting two young children in Winslow (CBW 5.9.91).

This is an unbelievable thing to have happen. Where is the protection of these poor innocent children? His sentence was too severe? What about the girls that have to remember this bastard first molesting them, then threatening to kill them?

The damage they have had to suffer is severe. People, please speak out! Write to the judges, write to the courts, write to the parole board. Crimes against children are the most heinous of crimes and if we don't punish the offenders accordingly, it won't stop. We have to do whatever it takes to protect the young children against these animals. It could be your kids next, and wouldn't you want to help? Katerina Winchenbach  
Portland

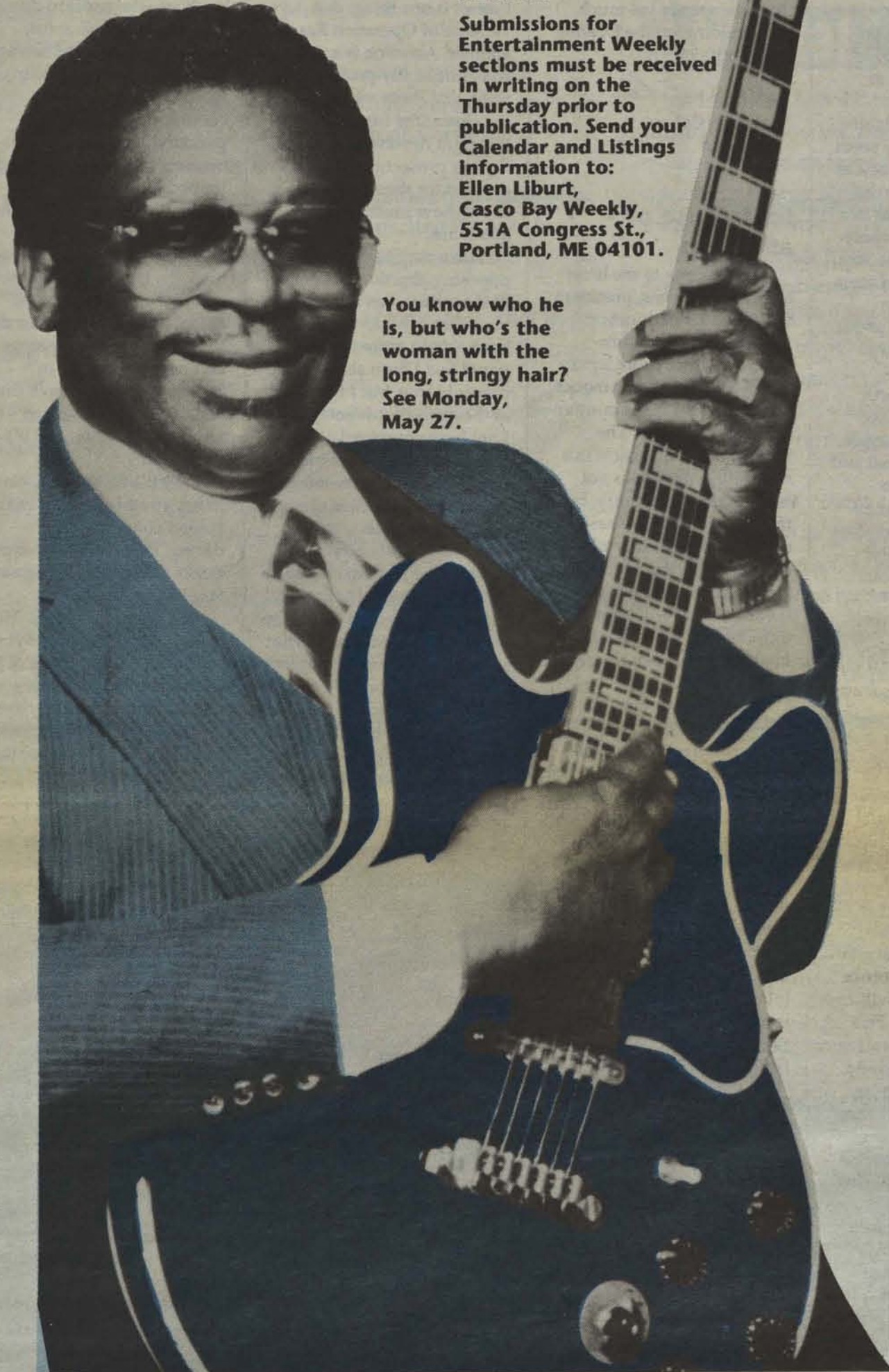


# Entertainment Weekly

The Casco Bay Weekly Calendar: 10 days and more ways to be informed, get involved and stay amused.

Submissions for Entertainment Weekly sections must be received in writing on the Thursday prior to publication. Send your Calendar and Listings information to: Ellen Liburt, Casco Bay Weekly, 551A Congress St., Portland, ME 04101.

You know who he is, but who's the woman with the long, stringy hair? See Monday, May 27.



## 23 THURSDAY

◆ Truly scary music: The Charlie Kohlase Quintet, a supernatural force on the east coast jazz scene, will perform two sets at 9 and 11 p.m. tonight (and tomorrow night) at Cafe No (20 Danforth St., Portland). If you haven't heard the CKQ, you'd better get there PDQ. Kohlase is a monster! For more information, call 772-8114.

◆ Home is where the *garde* is: Paul Cornell, a Maine-based *avant garde* composer and musician, will present his sixth annual spring benefit concert for Project FEED tonight at 8 in St. Luke's Cathedral (143 State St., Portland). The theme of Cornell's recent album, "Going Home," will be the theme of tonight's concert. (After which, of course, you will be invited to "go home.") The concert will also feature singer/songwriter Brenda Moore and musician Al Price, both of whom will perform many different styles of music — including Celtic ballads, contemporary pop and soca (a fusion of soul and calypso) — on many different instruments. Tickets are \$8, \$9 at the door. For more information, call Paul Cornell at 775-1637.

◆ Down to the sea in chips: "Big Boats Made Small" is an exhibition of miniaturists who make little tiny model vessels out of gigantic ships and sizable boats. (Which, come to think of it, sounds like a lot of wood to chop. They'd be better off working from scratch.) There will be an opening reception tonight at 7:30 Maine Maritime Museum (243 Washington St. Bath). Kindly RSVP at 443-1316.

## 24 FRIDAY

◆ Swingin' in Brunswick: The First Parish Church, Brunswick, presents an evening of Scandinavian Couples Dancing with live music (the best kind, if you ask me). You don't have to be a

couple — you don't even have to be Scandinavian — you've just got to dance that way. Be sure to wear soft-soled, non-street shoes. Beginners session starts at 7:30 p.m., and everyone else joins in at 8 p.m. Admission is \$4. For more information, call 725-5379 or 729-3222.

## 25 SATURDAY

◆ Sacred Circle Dancing is a celebration, a meditation, a form of earth healing, a shared experience for groups and a path of transformation for the individual, a way toward and expression of unity and (not coincidentally) is a lot of fun, too. Come join the circle tonight from 7:30 p.m. to 9:30 p.m. at the Swedenborgian Church (302 Stevens Ave., Portland). Suggested donation is \$5. For more information, call Alison at 773-5637.

◆ The Maine chapter of the National Association of Teachers of Singing (NATS) presents "A Breath Support Workshop for Singers." The workshop includes a 90-minute lecture on those parts of the human body responsible for good breath support (for instance: the mouth, the lungs, the toothpaste) as well as individual coaching for students of all levels. Admission is \$10 for audience participants, and may be paid at the door of USM Gorham's Corthell Concert Hall today between 12:30 p.m. and 1 p.m., when the fun begins. For more information, call 839-8178.

## 26 SUNDAY

◆ Achtung: The Maine Rock-Off Competition, a day of youthful, original and occasionally brutal rock 'n roll, kicks into high gear today at 1 p.m., at Deering High School (Stevens Ave., Portland). Sixteen bands representing high schools from across the state compete all day for the chance to actually cut a record — or maybe a CD. (Is vinyl still possible at this late date?)

Fame, and presumably fortune, will follow in short order. Tickets are \$7.50 in advance, \$10 at the door. For more information, call 874-9002.

◆ Poor boy sandwich: Hungry? I mean, really, really hungry? Munjoy Hill is having native son Joe Brennan for dinner — and you're invited! The Portland Democratic City Committee is sponsoring this potluck dinner to honor the former governor starting at 5:30 in the auditorium of the Jack School on the Eastern Prom and North Street. The price of admission is one pot full of luck (pasta, beef stew, apple brown Betty, tuna casserole etc., etc.) to share, plus \$7 (\$4 for seniors and kids under 12). Proceeds go to support local Democratic candidates. Congressman Tom Andrews and Mayor Pete O'Donnell will lead a salute to Brennan, and musician Joe Markley will lead a singalong of Irish folk songs — after which Mr. Brennan will be sliced up and served cold. (Just kidding. Uncle Joe is pretty tough.) For more information, call Winifred York at 797-4387.

## 27 MONDAY

◆ His deep-blue highness B.B. King holds court tonight at 8 p.m. at Portland City Hall Auditorium. B.B. (so named because of his slender, bb-shot silhouette) will be accompanied by an icy-hot, eight-piece band. And Lucille, the guitar that has made people so sad and so glad for the last 40 years, will be tucked ever so gracefully under his arm. Caledonia! Caledonia! Caledonia! This concert is brought to you by Portland Performing Arts, Inc. as part of their Big Sounds From All Over series. Tickets are \$18. For more information, call PPAC at 774-0465.

## 28 TUESDAY

◆ As seen on TV: Physicians for Social Responsibility present "Our Common Planet:

Healing the Planet," a special video of Dr. David Suzuki's lecture at Los Angeles PSR symposium. Suzuki describes the depth and breadth of the current global environmental crisis in copious, codified, calamitous detail. (Dr. Suzuki is the host of a regular Canadian public TV series on nature.) Discussion (and perhaps a bit of depression) will follow. This presentation takes place tonight at 7 p.m. in classroom #3, Dana Health Education Center, Maine Medical Center (22 Bramhall St., Portland). Free and open to the public. For more informa-

evening of liberating rock 'n roll. (AI will also have various speakers, an information table and other surprises.) Suggested donation: \$5. For more information, call 773-8187.

## 29 WEDNESDAY

◆ Swami sees all, knows all, tells even more than that: The Unemployed Professionals Support Group presents a lecture by Charles S. Colgan, former economist for the state

reservations required; free and open to the public. For more information, call 772-4714.

## 30 THURSDAY

◆ Mad Horse Theater (955 Forest Ave., Portland) presents "A View From the Bridge," Arthur Miller's contemporary tragedy about Eddie Carbone, (a dockworker in Redhook, Brooklyn), his wife's illegal immigrant cousins from Italy, and his niece, who has fallen in

love with one of the immigrants. "A View From the Bridge" opens tonight at 8 p.m. Tickets are \$12 to \$15. Reservations, call 797-3338.

## 31 FRIDAY

◆ The Parkside Neighborhood Association presents its annual Italian Supper and Spring Rally today from 5:30 p.m. to 7 p.m. in the basement of Sacred Heart Church on Mellen Street. This will be a chance for Parksiders to meet their neighbors, eat real (good) Italian food, and talk about the future of the Parkside community.

Non-Parksiders are welcome. For more information, call Barbara Raisbeck at 773-6243. ◆ The Young People's Theater presents the premier performance of "Spellbound," an original rock musical scored and scripted by Portland's own Steve Underwood, Jerry Sanders and Martha Sanders.

### Cheap thrill: Go for the goats

If you're looking for a pleasantly strange afternoon, hop in your Oldsmobile and tool on down to the Maine Aquarium after hours, say about 5:30. Bring a snack for you and your date, a thermos full of ice water, a boom box and some very special music. (For example: Pet Sounds, by the Beach Boys.)

Just north of the Aquarium is a group of pens that are home to six or seven goats, a donkey and a llama. Any one of these animals are fairly strange creatures all by themselves; together, they're as weird as a snake's suspenders. They'll be glad to see you — and they're always hungry. Pick yourself a double handful of dandelions and start feeding. Watch your fingers!

And watch your wrists, while your at it. You'll be tempted to scratch the goats on the head. This is a practice fraught with danger, as the goats' first instinct is to hook your wrist with their horns and pull down. This may result in a broken bone. Be content to feed them.

The donkey is inclined to be jealous, and will bray loudly if he thinks you're ignoring him. If you're sensitive to loud noises, you may want to feed him first. Feeding a dandelion to a llama is an indescribable experience, a close encounter with a walking impossibility. You will come away believing in the existence of extraterrestrial life. You will see Elvis in every dark window.

You may even find yourself conversing with the animals, like Dr. Doolittle.



tion, call Peter Wilk at 772-6710.

◆ Amnesty International presents its "1961-1991 Gala" to celebrate 30 years of working for human rights. Join Darien Brahms, Bop-Haus Musik, Desparate Avikadoz and Urban Squirrel tonight at Zootz (31 Forest Ave.) for an

of Maine (and currently professor of public policy at USM's Muskie Institute) from 1 p.m. to 3 p.m. today. His topic will be "Business and the Industry in Maine in the 1990s: What Is Maine's Future?" ("I see a tall dark man, a Republican, perhaps a governor. He is about to raise taxes...") No

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**Entertainment  
Weekly**

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**ART  
OPENING**

**The Congress Square Gallery**, 42 Exchange St., Portland. Opening reception May 23, from 5-7 pm, for "New Work in Oil & Pencil," by Henry Isaacs. Showing through June 22. Gallery hours: Mon-Fri, 10:30 am-5 pm; Sat & Sun, noon-5 pm. 774-3369.

**Elements Gallery**, 56 Maine St., Brunswick. Opening reception May 29, from 5-7 pm, for "Artists Invite Artists," a group show featuring work by artists in residence this summer at Watershed Center for the Ceramic Arts: Linda Arbuque, Mary Barringer, Bill Brouillard, Barbara Diduk, Scott Goldberg, Anna Calluon Holcombe, Jeremy Jernegan, Ron Meyers and Jacqueline Rice. Through July 6. Gallery hours: Tues-Sat, 10 am-5 pm. 729-1108.

**Greenhut Galleries**, 148 Middle St., Portland. Opening reception May 23, from 5-7 pm, for a show of oil paintings by Portland artist Duncan Slade titled "In Search of Urban Light." This show consists of downtown Portland scenes and the interactions between buildings, light and people. Slade's work has been compared to Edward Hopper's for its simple, uncluttered style. Showing through June 24. Gallery hours: Mon-Sat, 10:30 am-5:30 pm. 772-2693.

**Hobe Sound Galleries North**, 58 Maine St., Brunswick. Opening reception May 29, from 5-7 pm, for two one-person shows: Meila Westerlund Brocher's polychrome steel structures and Stuart Ross's Maine landscapes in oil. Showing through July 6. Also showing through May 25: "Ania Bartlett — New Work," abstract expressionism. Gallery hours: Thurs-Sat, 10 am-5 pm. 725-4191.

**AROUND TOWN**

**Alberta's**, 21 Pleasant St., Portland. Works by Toni Wolf and Andres Verzosa through June 30. 775-1514.

**The Art Gallery at Six Deering St.**, Portland. Jonathan Hotz's new oil paintings. Showing through May 25. Gallery hours: Tues-Sat, 11 am-5 pm; first two weeks of the month, thereafter by chance or appointment. 772-9605.

**The Baxter Gallery**, Portland School of Art, 619 Congress St., Portland. "Senior Thesis Exhibition," on exhibit through May 31. Gallery hours: Mon-Fri, 10 am-5 pm. 775-3052.

**Dean Velentgas Gallery**, 60 Hampshire St., Portland. "Kurdish Life: photographs and artifacts." The Maine Kurdish Relief Fund's exhibition of photographs, artifacts and factual information depicting the Kurdish people and their 20th-century lifestyle. The Kurdish people in Iraq are involved in a situation of tragic proportions, but there is scant information available locally on this culture in jeopardy. Photographs by Katarina Westlin. Through June 2. Gallery hours: Thurs 12-8 pm, Fri & Sat 12-5 pm, Sun 12-4 pm, and by appointment. 772-2042.

**Evans Gallery**, 7 Pleasant St., Portland. "Moving Pictures," an exhibit of Cibachrome photographs by Bernard C. Meyers. Also on display: Todd Webb, Jeff Beacom, Elliot Portier and Richard Misrach, who explores the relationship between man and nature in the fragile environment of the American desert. Misrach's images of "man-mauled" deserts — nuclear test sites — serve as both a record and a warning. All through June 15. Gallery hours: Tues-Fri, 10 am-6 pm, Sat, 11 am-4 pm, or by appointment. 879-0042.

**Frost Gully Gallery**, 411 Congress St., Portland. A new group exhibition featuring the works of all gallery artists, including oils, watercolor, pastels, and sculpture in a wide range of styles and subjects. Gallery hours: Mon-Fri, 12-6 pm, or by appointment. 773-2855.

**Jewell Gallery**, 345 Fore St., Portland. Group showings of oils, pastels, watercolors, prints and stained glass by Bill Jewell, Paul Black, Bert Weiss, Phyllis Wilkins, Terry O'Maley, Sarah Elizabeth Look, Rebecca Cuming, Joyce Richardson and Joseph Cousins. Estate and custom jewelry and antiques, as well. Showing through June 30. Hours: Mon-Sat, 10 am-5:30 pm; eves and Sundays by appointment. 773-3334.



**34th Street, Manhattan, Looking East, 1979.** Oil on canvas by Richard Estes.

**Richard Estes:  
Urban Landscapes**

Portland Museum of Art  
7 Congress Square  
Through July 21

The two, I had always been taught, lay at opposite ends of the spectrum in this world of "modern" art. There was, on one end, "Abstract" art, and on the other, the even more modern style called "Realism." Then Realism went a step further and became so real it looked like photographs. Photo-Realism is the study and inclusion into paintings of those daily, humdrum things around you that make up your functional life. Abstract painting, on the other hand, means the artist creates something beyond one's daily cognizance. He captures the mood, the essence, of those things that one doesn't consciously see in daily life: form, balance, movement — the essence of what is "real."

Richard Estes is a Photo-Realist. He paints what is, and he paints it all: as you look at a majestic painting of skyscrapers in New York, you also see the trash can on the sidewalk and the trash inside it. You can count the light bulbs in the offices, you can see the cogs in the wheels. Yet this is more than a mere realistic rendering of what is. For Estes, by a combination of techniques — by photo-realistic renderings of a virtual jumble of storefront articles, by creating reflected images that would make Versailles' Hall of Mirrors die of envy, and by using multiple vanishing points — creates an abstract painting.

Estes gives the viewer, in one painting, the essence of New York: the kind of overlaying patterns and designs that your brain vaguely but unforgettably registers when you have your first view of the city from the top of the Empire State Building. You see it all at a glance: the patterns, the movement, the shape, the form, and it all hangs together in a complicated balancing act. By painting more than the eye actually can see, he paints the essence of the thing. Estes is, then — are you ready for this, folks? — an Abstract Photo-Realist.

He paints the things that humanity invents and builds — the structures and artifacts that define man's present culture — but not humanity itself. He paints gas stations, escalators, bridges, cars, skyscrapers, coffee-and-donut shops, storefronts and the interiors of subway cars; but rarely does he paint the people for whose use they're intended. It seems that he leaves the people out because what he's interested in is the architectural elements of cities — their lines, lights, and shadows — and superimposing the clutter of people would detract from his extraordinary cleanliness of design. When he does include people in a painting they have an eerie, inhuman quality like storefront mannequins.

Consequently, Estes' paintings have a ghostly, vacant quality, the sort of twilight zone feeling of coming upon a house where the laundry's out on the line, and a cup is on the table, half-filled with coffee that's still warm. But the people are inexplicably gone. The paintings have a soundless quality — as if, as in Hitchcock's "Rear Window," you were watching a scene through the window of an apartment building across the street, but couldn't hear what was being said. This twice-removed feeling is triplicated by his use of reflected images. You look in the glass of a storefront, and see reflected in it the scene behind you, and reflected in that is a scene that isn't even in the defined space.

The effect upon the viewer of Estes' incredibly detailed potpourri of cultural icons, from the Chinese restaurant to the sign for a trucking company, is that he's a citizen of the 30th century who's just stumbled upon an archaeological dig. Here are the buildings and artifacts that will explain life in the 20th century. In answer to the question of what happened to the people, the answer is simple: they all got deleted by some sort of intergalactic palette knife, leaving the structures clean and untouched, the stool at the counter in the Chock-Full O' Nuts still moving slightly in a counter-clockwise direction, \$1.63 still reading on the cash register.

Estes then, like Hopper, creates a desolate, sterilized feeling, leaving the eye free to travel around in the contrast of light and shadow, and the brilliant cleanliness of architectural line that is uninterrupted by even the suggestion of paint or brush. The brush strokes, like the people, are virtually invisible. These paintings are achievements of extraordinary light and absolute cleanliness.

Margot McWilliams

**Johnny D's Seafood Emporium**, 425 Fore St., Portland. Works of Ivor Lofving, Andres Verzosa, Kathleen Sweeney, Lori Ausilli, Elizabeth Jabar, Tanya Fletcher, Jamie Salomon and Toni Wolf. Through June 30. 775-1514.

**The Journey office**, 594 Congress St., Portland. Recent oils by Lenny Hatch; a combination of representational and abstract painting in oils. Office hours: Mon-Fri, 9 am-5 pm. 781-3879.

**The Lewis Gallery**, Portland Public Library, Five Monument Square, Portland. "The Bill of Rights, 1791-1991," statewide traveling exhibition illustrating and representing the first 10 amendments to the Constitution. Created by the Union of Maine Visual Artists, the exhibit will include works by UMVA members Alan Crichton, Jane Gilbert, Natasha Mayers, Carlo Pittore and Robert Shetterley. Through May 30. The library's hours are Mon, Wed & Fri, 9 am-6 pm; Tues & Thurs, noon-9 pm; Sat, 9 am-5 pm. 871-1710.

**The Maine Emporium**, 85 York St., Portland. "In Tranquility and Harmony With Nature," an exhibit of American rustic twig furniture and lawn sculptures by Michael Porter of Portland. Through June 9. Hours: Fri, Sat, Mon 11 am-6 pm; Sun, noon-5 pm. 871-0112.

**Maine National Bank**, 400 Congress St., Portland. Works of Marne Souza in the main office lobby, through May 31. Banking hours are Mon-Fri, 9 am-4 pm.

**Nancy Margolis Gallery**, 367 Fore St., Portland. Works by Susanne Stephenson, Barbara Diduk, James Watral, Woody Hughes, Kimberly Wilcox, Ron Pearson, Marne Ryan, Harry Anderson and others. Gallery hours: Mon-Sat, 10 am-6 pm; Sun, 12-4 pm. 775-3822.

**Thomas Moser Cabinetmakers**, 415 Cumberland Ave., Portland. Exhibition of paintings by Portland artist Connie Hayes: over 20 oils paintings depicting family and friends. On view through July 13. Hours: Mon-Sat, 9 am-5 pm. 774-3791.



**Joan Whitney Payson Gallery of Art**, Westbrook College, 716 Stevens Ave., Portland. Carley Warren, whose large wood sculptures use imagery to evoke memories of familiar places; and Noriko Sakanishi, whose work evidences her interest in structure and surface. Showing through June 9. Hours: Tue-Fri, 10 am-4 pm (Thu till 9 pm); Sat-Sun, 1-5 pm. 797-9546.

**The Pine Tree Shop and Bayview Gallery**, 75 Market St., Portland. Mixed media collages by Mary Brosnan and watercolors and oils by Lesia Sochor. Through May. Gallery hours: Mon-Sat, 10 am-6 pm. 773-3007.

**Portland Museum of Art**, Seven Congress Square, Portland. Hours: Tue-Sat, 10 am-5 pm; Sun 12-5 pm; open Thu till 9 pm. Admission: adults \$3.50, senior citizens and students with ID \$2.50, children under 18 \$1, group rate \$3. Free admission Thu from 5-9 pm. 773-2767.

**Richard Estes: Urban Landscapes** Realist Estes' work describes a world more visually complex than that the camera can capture; his contemporary urban landscapes contain much more detail than the eye can actually perceive. Working from several photographs at once, Estes adds and subtracts elements, shifts position and perspective, and manipulates the focus within his images to control the viewer's experience and to give the finished piece an aura of reality beyond what is possible in a photograph; "superreality." Showing through July 21.

**Perspectives: Paul Heroux** brings together recent etchings and ceramic pottery to create a comparison of Heroux's style and artistic process. His etchings demonstrate the same painterly approach that distinguishes Heroux's pots, which feature brightly colored, decorative designs applied with layers of glaze and linear drawings. On view through June 30.

**Winslow Homer Watercolors** Twelve watercolors and three oil paintings given to the museum by Charles Shipman Payson will be joined by two oils, 40 wood engravings, four sketches, and a watercolor lent by private donors. The works represent Homer's talent for capturing the great outdoors. Through July 14.

**The Art of Conservation** An exhibition of paintings and sculpture from the museum's permanent collection including a pair of paintings by Charles Codman, several bronzes by Franklin Simmons, a painting by Mary Cassatt, and prints by Whistler and Childe Hassam that have undergone conservation treatment. Before-and-after photographs and detailed explanations of the conservation work involved accompany each piece. Through June 9.

**Raffles Cafe Bookstore**, 555 Congress St., Portland. Ana R. Kist, mixed media dealing with war issues, patriotism and violence, through May. 761-3930.

**The Stein Gallery**, 20 Milk St., Portland. Peter Andres' sensual, sculptural blown and cast glass vessel form constructions in bright primary colors. Interesting use of blown bowl-shaped pieces suspended in various angles on constructed "legs." Through May 31. Gallery Hours: Mon-Sat, 11 am-6 pm; Sun, 12-5 pm. 772-9072.

**Sun Gallery**, 496 Congress St., Portland. Group show with works by Miles Danaher, Dave Dyer, Scott Flanders, Doug Fratt, Kevin Freeman, Mike Haberford, Dennis Levesque, as well as Harvest Gold Jewellers. Through June 8. Gallery hours: Wed-Sat, 11 am-6 pm, and by appointment. 828-4760 or 773-8816 for appt.

**OUT OF TOWN**

**The Art Gallery at the Chocolate Church**, 804 Washington St., Bath. Paintings by Charles Goodhue and sculpture and mixed media works by Ann Weber. Goodhue will exhibit oils, watercolors and pastels of the Maine coast. Featured in the show will be his "vitreous flux" paintings that are watercolors on a prepared acrylic panel. Through June 1. Gallery hours: Tues-Fri, 10 am-4 pm; Sat, noon-4 pm. 443-4090.

**Bowdoin College Museum of Art**, Walker Art Building, Bowdoin College, Brunswick. "Katherine Porter: Paintings, Drawings." Stacey Moss, the exhibition catalogue author, describes Porter as having "repeatedly met her self-imposed challenge to expand the accepted limits of abstract painting. To this quest she brings sensual lushness, masterful compositional skills, and a strong sense of morality." Showing through July 14. Also: "Mannerism: 16th-Century Italian Works on Paper." Italy in the middle and late 16th century produced an elegant, complex art that formerly was disparagingly referred to as mannerism. The style, which has regained favor among historians and critics, is well represented in the museum's graphics collections. Showing through June 16. The museum is open to the public free of charge. Hours: Tuesday-Saturday, 10 am-5 pm; Sunday, 2-5 pm. For further information, call 725-3275.

**Cry of the Loon Gallery**, Route 302, South Casco. "Les Fleurs," works by 11 Maine artists: Chris Nielsen, Sherry Miller, Wendy Newcomb, Lois Leonard Stock, Joan Wood, Diana Heriz, Maddie Chaplin, Alice Wickson, Joe Fargno, Terre Leferts and David Cedrone. Through June 2. Gallery hours: Tues-Sun, 9:30 am-5:30 pm. 655-5060.

**Thomas Memorial Library Gallery**, 6 Scott Dyer Rd., Cape Elizabeth. Jane Page-Conway's hand-tinted, black and white photographs. The primary focus of Page-Conway's work are still lifes (interiors/exterior) and landscapes. Her color reality transforms her black and white images, giving them a romantic or mystical quality reminiscent of another time. Showing through June 1. Gallery hours: Mon, Wed, Fri, Sat, 9 am-5 pm; Tues, Thurs: 9 am-9 pm. 799-1720.

**The York Institute Museum of Maine**, 371 Main St., Saco. "My Best Wearing Apparel: Maine Women and Fashion, 1800-1840," on exhibit through Sept 6. The show highlights the exquisite but little-known collections of the Maine Historical Society. Assembly dresses, silk ball gowns, traveling garb, wedding dresses and mourning clothing are featured. Made, owned and worn by Maine women, these garments reflect the style of dowdier ladies during the years between the Revolutionary and Civil wars. Museum hours: Tues-Fri, 1-4 pm; Thurs, 1-8 pm. For information, call 282-3031.

**Other** "About Painting," a discussion in Westbrook College's "Ideas About Art: Thursday Evening Conversations" will be led by Charlie Hewitt of New York, George Lloyd and Marcie Camer of Portland, Quint-Rose from Kennebunkport and writer Dennis Gilbert of S. Portland. May 30, at 7:30 pm. The Payson Gallery is located at 716 Stevens Ave., Portland. For information, call 797-9546.

Continued on page 20

**1991  
BIG  
SOUNDS  
FROM ALL OVER**

**B.B. KING**  
Memorial Day Blues Bash  
Monday, May 27  
Portland City Hall

**3 MUSTAPHAS 3**  
The best world music  
band on earth.  
Friday, June 14

**The ROOTS of NEW  
ENGLAND MUSIC**  
Master performers of  
Scots, Irish, French-  
Canadian and Acadian music.  
Friday, June 21

**The RICHARD  
THOMPSON BAND  
with SHAWN  
COLVIN**  
Britain's folk-rock legend  
meets America's newest  
singer-songwriter.  
Friday, July 5,  
First Parish Church.

**STRING TRIO OF  
NEW YORK**  
The pinnacle of collective  
jazz creativity.  
Friday, July 26

**FRANK MORGAN**  
Jazz's finest alto player  
teams with pianist  
**George Cables.**  
Saturday, August 10

**JIM HALL**  
The most influential jazz  
guitarist of the past  
quarter century.  
Saturday, September 7

**An EVENING in  
SOUTHEAST ASIA**  
A celebration of Oriental  
culture with Khmer,  
Hmong and Laotian  
performers.  
Friday, September 20

**ACCORDIONS  
that SHOOK the  
WORLD II**  
Five hot squeezebox  
masters from Louisiana,  
Colombia, Bulgaria,  
Finland and Quebec.  
Saturday, September 21

**KATIE WEBSTER**  
The swamp boogie queen  
and her two-fisted piano blues.  
Saturday, October 5

All concerts begin at 8:00 PM at the Portland Performing Arts Center, 25A Forest Ave., except where noted. Free international food-tasting precedes each PPAC concert, beginning at 7:00.

Hear a world of music. Subscribe today. You'll save money and you won't miss a solitary note.

Season passes, passports (discounts for 5 or more tickets) and single tickets are available at the PPAC Box Office, 774-0465, or at Amodaus Music or Gallery Music.

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# Silly's

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**CRAZY EATS IN A CRAZY LITTLE JOINT**

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147 Cumberland Ave.  
Portland ME, USA

## Community Cable Network week of 5/24/91

**Call in Portland:** Senator Tom Andrews discusses Congressional Issues and how they affect Portland. (1 hr)  
**Living Tapestries:** The Portrayal of Elderly in Advertising. (1 hr)  
**Sebago Magazine:** The Trials and Tribulations of Freshman Legislators (1/2 hr)  
**A Year of Art:** Two Alumnae (1/2 hr)  
Programs premiere Fri. 7-10pm, and are repeated Sat. - Mon. 1-4 & 7-10pm and Tues., Wed., & Thurs. 9am-noon.  
Cable Channel 37 in Portland, So. Portland, Cape Elizabeth, Falmouth, & Scarborough. Channel varies in Gorham.

## CANOE - KAYAKS

SALES • RENTALS • REPAIRS  
INSTRUCTION • ACCESSORIES  
CASCO BAY KAYAK TRIPS

## SACO RIVER OUTFITTERS

127 MARGINAL WAY, PORTLAND • 773-0910 • OPEN 7 DAYS



## Kurdish Life: Photographs and Artifacts

to benefit the Maine Kurdish Relief Fund  
Dean Valentgas Gallery: May 18 - June 2, 1991  
60 Hampshire St., Portland, ME 772-2042

This exhibition is made possible with support from the Maine Humanities Council

## Spring Point Cafe

175 Pickett St.  
South Portland  
767-4627

Head east on Broadway, take your last right on to Pickett.

Thursday & Friday,  
May 23 & 24  
**night**  
Ricky and the ROCKERS

Saturday  
May 25

Original members  
of Cornerstone &  
Program Be



**NEW BANDS!** Call for info about opportunity to play at Spring Point Cafe!  
**OPEN MIC** Every Tuesday with Peter Gleason 8 PM  
**Enjoy Spring** on our Patio every day of the week!

## Entertainment Weekly

Continued from page 19

### ART

**Arts in Education Grant** The Maine Arts Commission announces a new deadline - June 15 - for applications to the Arts in Education Program, which provides financial support for artist in residence projects, collaborations between schools and cultural institutions, and professional development in the arts for teachers. Projects must take place during the 1991-92 school year. Details about the program and application forms are available by contacting Nancy Salmon or Sharon Townshend at the Maine Arts Commission office, 289-2724.

**Classes at Widgeon Cove Studios** Georgann Kuhl will be teaching a spring/summer classes & workshops, beginning May 24. Kuhl has recently returned from a trip to Japan, where she attended the Papermaking Festivals, and will be sharing new information from this trip. Kuhl, a painter/sculptor, has taught papermaking and art classes to people of all ages, from elementary to college students in public schools, museums and the university. Offerings will include introduction to papermaking, beginning drawing & watercolor, papermaking as an art form, monoprints or papercasting and relief and papermaking with native plants. For information and a complete schedule, call 833-6081.

**Exploring Dreams Through Art** Facilitated groups beginning June 3 provide an opportunity for deeper investigation of the images and myths presented by our dreams. Two & three-dimensional art materials and instruction provided. Suggested readings, group discussions. Each session limited to six participants. \$72 for six-week session. Congress Street studio. For information, call Suzanne at 773-6220.

**The Harpawell Craft Guild Memorial Day Studio Openings Sale** will take place May 25-27, from 10 am-5 pm all three days. Studios will be featuring new creations of fine crafts. The craft guild is a group of working artists, craft studios and gallery showrooms identifiable by the sign of the blue heron along Route 123, Harpawell Neck. For more information, call 833-6081.

**Richard Estes' Work** will be the subject of a gallery talk given by John Arthur, curator of the artist's retrospective in Japan. Arthur will discuss the artist's approach, technique and background. The lecture is free and open to the public. Seats are limited and based on a first-come, first-serve basis. At the Portland Museum of Art (7 Congress Square). For more information, call 775-6148.

**World Peace Library** A group of Portlanders seeks to establish a community-based resource center for people pursuing the goals of world peace, social justice and environmental preservation. The library is seeking donations of back issues and subscriptions to progressive periodicals, books and other media, office furniture & equipment, etc. To help, call Paul at 772-8529, or Elliott at 775-0105.

**Brain Tumor Support Group** will meet May 23, at 7 pm, at New England Rehabilitation Hospital of Portland (NERH-Portland), 13 Charles St. This new group has been designed by NERH-Portland and the American Cancer Society to meet the special needs of adults with brain tumors and their families. The group meets the second and fourth Thursdays of the month. Interested participants should contact Rev. Wish prior to their first meeting for a brief preliminary interview. People are encouraged to join any time by calling Wish at 775-4000, ext. 542.

**Divorced Perspectives** is a weekly meeting held Wednesdays at 7 pm, at Woodlark Congregational Church, 202 Woodlark St, Portland. For further information, call 774-HELP.

**Herstory** You may be familiar with history, but how well do you know Herstory? Come find out about the Herstory of N.O.W. - past, present and future. Share your knowledge with three guest speakers at the next meeting May 28, 7:30 pm, at the Portland Y.W.C.A., 67 Spring St. A mini-chocolate fling will follow the meeting.

**Hiring Mature Workers** How employees benefit from hiring and retaining mature workers will be the focus of a conference May 23, from 1-4 pm, at the USM Campus Center in Portland. Topics covered will include the experience of one local corporate employer of older workers, retirement issues, and one individual's experience as an older worker seeking employment. For further information, contact Paul Manoli at Southern Maine Area Agency on Aging, 775-6503.

**Pax Christi** will award one of the leading churchmen of Latin America, Cardinal Paolo Evaristo Arns of Sao Paulo, Brazil, their Oscar Romero Award for non-violent witness to peace and justice in service of the poor. Pax Christi is the Catholic peace movement. The award will be made at a dinner on May 25, at St. Plus X Church Hall, 492 Ocean Ave, Portland. Cardinal Arns will speak following the award ceremony. Reservations for the dinner may be made by sending a check for \$10 plus any contribution for the award purse to Pax Christi Maine, c/o J.C. Perreault, Old Salt Road, Old Orchard Beach 04064-1209. For more information, call 773-6562.

**SCORE** (Service Corps of Retired Executives) will offer workshops on "How to Really Start Your Own Business," May 30, from 1-4 pm. Score basically works with two groups: people who want a business of their own, and people who are in business but have problems. There is a nominal charge for the workshop. Score continues to hold individual counseling appointments daily, Mon-Fri, at no cost. Located at 66 Pearl St, Room 210, Portland. For more information, call 772-1147.

**"That Was Then, This is Now"** A lecture by Vassar College's Thomas Mallon described by the L.A. Times as a "cross between Woody Allen and John Keats." Mallon is the author of "A Book of One's Own, Stolen Words," and "Aurora 7." He will be speaking May 29, at 7:30 pm, Bowdoin College, in Kresge Auditorium. For more information, call 725-3201.

**Westbrook College Summer Courses** include the following: "What Men Never Teach Women About Money: Beginning Investing for Women," why, how and when to plan for your financial future, two Tuesdays, 5:30-8 pm, beginning June 18, \$40. "Home Design: Inner and Outer Ecology," focusing on the linkage among environment, building materials and health, and considering the Eastern art and science of placement (Feng Shui) as a tool, instructed by architect and educator Terry Cline, six Mondays, 6-8 pm, beginning June 3, \$40. The college is also offering "Intermediate Photography," "Making Your Case in Writing: More Productive Mail Fundraising," and "The Artistry of Winslow Homer" at Prout's Neck. All courses begin in June. For registration or info, call 797-7261, ext. 263.

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**Big Brothers/Big Sisters** of Portland introduces children and adults who are open to and seeking friendship. The adults are not to be counselors, part-time parents, baby sitters or social workers. They are expected to befriend a child and to spend time doing activities that are mutually satisfying. You must be at least 18 years of age, out of high school and an area resident for at least six months to be a big brother or sister. Call the Center for Voluntary Action at 874-1015 for more information.

**Foster Home-Givers** Casey Family Services is a private, nonprofit agency placing school-age children in "growing up" foster homes. The service is looking for people who are married or single, who have had some experience with kids and parenting, and who can make a long-term commitment to a troubled child. It's a tough job, but the service will be with you, providing financial and emotional support every step of the way. If you would like to learn more, call Rana at 772-4110.

**Give Blood** The Portland Red Cross needs you! 524 Forest Ave. For more information, call 775-2267.

**Help People With AIDS** All donations of items big or small will be appreciated for men, women and children who are living with AIDS in Greater Portland. All gifts can be received at 377 Cumberland Ave, Portland, 04102. For more information, call David at People with AIDS Coalition of Maine, 773-8500.



**Health Care For All** The Maine People's Alliance is the state's largest non-profit citizen's organization working for affordable and accessible health care for all, quality child care, a clean and sustainable environment, and consumer rights. The alliance needs volunteers to help with general office work, data entry, mailings, phone banking and other uncomplicated work. Come help MPA while learning about issues and working with fun people. Any hours OK, evenings are good. Call Scott at 761-4400 for more information.

**Homelessness is a Crisis in All Seasons** To help, contact the shelter closest to you. Or if you need assistance in becoming non-homeless, call Hospitality House Inc at 453-2986, or write P.O. Box Hinckley, Me 04944.

**Projects for Community Agencies** The Center for Voluntary Action has a list of community projects available to businesses, civic groups, churches and high schools. To receive the booklet, call the Center for Voluntary Action at 874-1015.

**Up With People** is looking for host families for their 100 students from 15 different countries for three nights, May 27, 28 & 29. They will be performing their brand new show, "Rhythm of the World." May 28-29 at Bath Jr. High School. To be a host family involves a little bit of transportation, a few meals and a bed for each student. For more info or to sign up, call Tina Clifford or Lance Lever at 442-8667 or 882-7720.

**The West End Food Pantry** would like a bread pickup person every Wednesday from 5-6 pm. Must have own transportation, be reliable and able to lift bags of bread. For more information, call the Center for Voluntary Action at 874-1015.

**Senior Outreach Services** in response to the needs of older people, Southern Maine Area Agency on Aging is providing Senior Outreach Services to the following locations: Agency's offices at 237 Oxford St, Portland, every Friday from 10 am-1 pm. Prude's Corner Congregational Church, 235 Prude St, Westbrook, first Thursday of each month, for residents of Westbrook and Gorham, from 10 am-1 pm. Ross Center, 38 Washington St, Biddeford, second Tuesday of each month, for residents of Biddeford, Saco & OOB, from 10 am-1 pm. An Elder Advocate will be available to assist residents with their aging-related issues and concerns, such as Medicare, insurance, housing, social security, etc. This service is provided free of charge. 775-6503 or 1-800-427-7411.

**Special Interest AA Meeting for people living with AIDS** meets weekly on Tuesdays at 8 pm at the PWA Coalition, 377 Cumberland Ave, Portland. Meeting designed to provide a safe space in which to discuss HIV issues, while living positively sober. This meeting is open only to those who have tested HIV/Positive or have been diagnosed with AIDS. For more information, call 871-9211.

**Transplant Support Group** H.O.P.E. (Healing of Persons Exceptional) is a statewide system of support for persons with illness or injury that prevents them from living life in the manner to which they had been accustomed. If you are waiting or have had a transplant of any kind, we would like you to join us every Wednesday from 6-8 pm, at United Methodist Church, 618 Washington Ave, Portland. Handicapped accessible. For further information, call 1-800-339-4673.

**WINGS**, a non-profit organization dedicated to providing support for low-income single parents announces The Kids' Place, providing day care for children from infancy to eight years in South Portland. Reasonable rates and nurturing environment. For more information, call 787-2010. Also, weekly support group helps set goals that lead to self-sufficiency and to facilitate discussion of problems single parents encounter. Tuesdays, 7-9 pm at 139 Ocean St, S. Portland and Thursdays, 7-9 pm at 11 Day St, Westbrook. Also: WINGS now sponsors an Aces chapter in Maine, for single parents who are seeking to get the state to collect child support payments.

**Empowerment Kits** are available from the Rape Crisis Center; they contain facts about sexual assault and resources regarding rape and sexual harassment. Available at no cost; call the center at 774-3613. The purpose of the kits is to educate individuals about sexual exploitation, discrimination and assault.

**Grieving Support Group** for bereaved persons healing from the death of a loved one. Meets in Portland Tuesday evenings from 7-8:30 pm. Donation. Call Kristine Watson, M.A., at 775-0366.

**Homelessness is a Crisis in All Seasons** To help, contact the shelter closest to you. Or if you need assistance in becoming non-homeless, call Hospitality House Inc at 453-2986, or write P.O. Box Hinckley, Me 04944.

**H.O.P.E.** self-support groups with facilitator meet weekly to help heal the emotional pain associated with chronic or serious diseases, injury, life, death and childhood issues. Group meets at Mercy Hospital on Tuesdays from 5:30-7:30 pm, and at the Unity Church, 16 Columbia Rd, Portland, on Thursdays from 10-12 noon. There's also a support group for the family and friends of the ill that meets every other Thursday from 7-9 pm; and a Next Step Group for 12-Step members who want to go deeper into feelings, that meets every Monday at Unity from 7-9 pm. For more information, call 1-800-339-HOPE.

**Ingram Volunteers** Help available by phone 24 hours a day. Call 774-HELP.

**Injured Workers** Meeting for workers having difficulty with workers' comp system. 7:30 pm every Wed at Goodall Hall next to Sanford Unitarian Church, corner of Lebanon and Maine streets, Sanford.

**New England Eating Disorders Program** Free Monthly Support Group will meet May 28, at 7:30 pm, Westbrook Community Hospital, 40 Park Rd, Westbrook. For more information, contact Suzanne at 854-8464.

**O.C.D. Support Group** meets weekly on Fridays at 6:30 pm, Williston West Church, 32 Thomas St, Portland. Free. For more information, call 773-0976.

**Outright**, the Portland Alliance of Gay and Lesbian, Bisexual and Questioning Youth, offers support and information for young people 22 and under, in a safe environment, every Friday from 7:30-9:30 pm at the Preble Street Chapel, corner of Preble and Cumberland avenues. For information, write or call: Outright, P.O. Box 5028, Station A, Portland 04101, tel. 774-HELP.

**The Path of Recovery** Portland Sufi Order offers a series of small meetings involving meditation based on the Sufi teachings of Hazrat Inayat Khan and sharing focused on bringing spirituality into our lives. Meetings are modeled after 12-step groups and welcome anyone with a desire to recover from addictions or codependency. Meetings are Tuesdays, 7:30-8:45 pm at Woodlark Congregational Church, 202 Woodlark St, Portland. Open to the public. Donations are welcome. For more information, call Jan at 878-2263, Eli at 774-1203.

**Senior Outreach Services** in response to the needs of older people, Southern Maine Area Agency on Aging is providing Senior Outreach Services to the following locations: Agency's offices at 237 Oxford St, Portland, every Friday from 10 am-1 pm. Prude's Corner Congregational Church, 235 Prude St, Westbrook, first Thursday of each month, for residents of Westbrook and Gorham, from 10 am-1 pm. Ross Center, 38 Washington St, Biddeford, second Tuesday of each month, for residents of Biddeford, Saco & OOB, from 10 am-1 pm. An Elder Advocate will be available to assist residents with their aging-related issues and concerns, such as Medicare, insurance, housing, social security, etc. This service is provided free of charge. 775-6503 or 1-800-427-7411.

**Special Interest AA Meeting for people living with AIDS** meets weekly on Tuesdays at 8 pm at the PWA Coalition, 377 Cumberland Ave, Portland. Meeting designed to provide a safe space in which to discuss HIV issues, while living positively sober. This meeting is open only to those who have tested HIV/Positive or have been diagnosed with AIDS. For more information, call 871-9211.

**Transplant Support Group** H.O.P.E. (Healing of Persons Exceptional) is a statewide system of support for persons with illness or injury that prevents them from living life in the manner to which they had been accustomed. If you are waiting or have had a transplant of any kind, we would like you to join us every Wednesday from 6-8 pm, at United Methodist Church, 618 Washington Ave, Portland. Handicapped accessible. For further information, call 1-800-339-4673.

**WINGS**, a non-profit organization dedicated to providing support for low-income single parents announces The Kids' Place, providing day care for children from infancy to eight years in South Portland. Reasonable rates and nurturing environment. For more information, call 787-2010. Also, weekly support group helps set goals that lead to self-sufficiency and to facilitate discussion of problems single parents encounter. Tuesdays, 7-9 pm at 139 Ocean St, S. Portland and Thursdays, 7-9 pm at 11 Day St, Westbrook. Also: WINGS now sponsors an Aces chapter in Maine, for single parents who are seeking to get the state to collect child support payments.

## WELLNESS

**Adult and Child Speech/Language Screenings** Free in honor of Better Speech and Hearing month. If you have questions or concerns regarding delayed speech, language, stuttering, hoarse voice, nasal voice, or dialect, take advantage of free speech/language screenings this month. Contact Jean Armstrong MS, CCC-Sp-L, licensed and certified speech/language pathologist at 879-1886 to schedule a screening.

**Buddhist-Oriented Meditation Group** now meeting every Sunday, from 10-11 am, at 1040 Broadway, S. Portland. Small donation. For more information, call 774-2174.

**Day of Affirmation** Spend a day among women, affirming and celebrating your healing journey. Come share your struggles and successes with the guidance of a professional therapist and together you will create affirmations to use during the day. Make collages and use supportive, nourishing group activities to breathe life into your affirmations. June 1, from 10 am-3 pm. Cost: \$15. Maximum enrollment is 10 women, so make reservations early. For more information, call Jane Gair at 774-8633.

**Free Seminar on Thigh and Glute Training for Women** Find out how to change the shape of your legs and lift that saggy rear end. Lecture/demonstration May 23, at 8 pm, by Lean Aranovich, a 48-year-old competitive bodybuilder and personal trainer. At Union Station Fitness, St. John St, Portland. For information, call 879-9114.

**Hatha Yoga for People With AIDS** at the 22 Monument Square, Portland. Elevator to fifth floor. Every Wednesday from 12:35-2 pm, until the end of June. The cost for those who can afford it is \$1 per class. Portland Yoga Studio's other spring classes of Iyengar Hatha Yoga are now in session until June 28 at 616 Congress St, Portland. Call 797-5684 for more information.

**Iyengar Yoga Classes** are currently in session at The Yoga Center through June 7. The center offers several levels of yoga, meditation programs, Tai Chi Chuan, prenatal and therapeutic yoga special workshops. Ten-week summer sessions begin June 17. Classes are held in Building 1A, Sawmill St, Thompson's Point, Portland. Call 799-4449 or 775-0975 for more information.

**Kripalu Yoga Workshop: Celebrating the Spirit of Yoga** This workshop will emphasize the integration of yoga into your daily life. Experience will include warm-ups, postures, meditation, guided relaxation, personal reflection and journaling. Appropriate for beginning and advanced students alike. June 8, 9:30 am-4 pm, upstairs at 10 Exchange St, Suite 202, Portland. For information, call Kim Chandler at Innerright before May 26 or before June 3, at 874-2341.

**Parenting Education for Divorcing Families** A four-hour program for parents who have minor-age children and who are involved in a court case involving those children. Program provides practical, helpful suggestions and information to parents enabling them to assist their children through one of the most stressful periods any family system will undergo. Offered by Resources for Divorced Families, a non-profit Maine corporation composed of judges, lawyers, mental health professionals, mediators, legislators and consumers. Programs will be held at the following times and places: June 1, 8:30 am-12:30 pm, Room 250, Portland Regional Vocational Technical Center, 196 Allen Ave, Portland; June 14, 8:30 am-12:30 pm, USM Portland campus, Campus Center, Rooms A & B. Program fee is \$30 per participant; fees may be waived for indigent persons. Call program director Kathryn Monahan Ainsworth at 773-2296 for a registration form and further information.

**Preventing Child Abuse** Join the caring team at Parents Anonymous of Maine and help families grow stronger and healthier. Volunteers are needed for parent helpline, parent support groups and children's groups. The next volunteer training program will be in June. For information, call 871-7445.

**Self-Realization is Your Birthright** Discover Sahaja Yoga: the meditation that awakens your own mechanism for transformation. Meetings every Tuesday from 7-8:30 pm, in the USM Portland Faculty Lounge, Campus Center, Bedford Street. Free of charge. For more information, call 767-4819.

**Senior Fitness** USM Lifetime offers a program for men and women 55 and over. Classes take place Monday, Wednesday and Friday from 10:30-11:15 am, at the USM Portland campus gym on Falmouth Street. Program consists of progressive exercises. It is educational, motivational and fun. Registration is ongoing. Call Lifetime at 780-4170 for more information.

**A Silent Presence for Peace** Interfaith, non-political silent observance of inner peace to bring our world peace. Every Wednesday, 5:30 pm, at Unitarian Universalist Church, 15 Pleasant St, Brunswick. Open to all. For information, call Sukanya Cseeng at 729-5825.

**Stretching the Spirit**, a yoga class of gentle breathing and stretching ending in deep relaxation. All are welcome to this creative approach to body, mind and spiritual well-being. Wednesdays from 5:30-6:30 pm, Saturdays from 9-10 am at the Swedenborgian Church, 302 Stevens Ave, Portland. \$3 donation. For more information, call 772-8277.

**Summer Aerobics** Keep in shape, look and feel your best with instructor Jessica Lockhart. Mon & Thurs eve classes begin June 3 at the Swedenborgian Church, 302 Stevens Ave, Portland. Call 772-8277 for more info.

**20/20 is Not (Necessarily) Enough** Is it possible to have 20/20 vision and not see as well as you might? Yes; the standard "E" wall chart measures the ability to see crisp black images on white paper, but contrast sensitivity measures the ability to see shading, which is what we see in the real world. Maine Center for the Blind and Visually Impaired, in conjunction with CVS and Channel 13, is sponsoring a contrast sensitivity test. To take it, pick up a card at any CVS through May 31 and return it completed to pharmacy. The center will score the test and mail you the results. The center will also staff a hotline for questions about the test. Mon-Fri, 10 am-6 pm. 1-800-649-8839.

**Wishart/Teamworks Support Group** This is a team of motivated people who want to make things happen. By the giving of support, ideas, accurate steps and the faith in one another's ability to succeed, we won't let you quit. For more information, call Brian at 773-6226.

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**Casco Bay Bike Club** has the following rides scheduled: May 25, Windham/Gorham area, 25 miles, meet at Shaw's North Windham, at 9:30 am, for info call Dale Rines at 854-2481; May 26, brunch ride to Salmon Falls, 30 miles, meet at Dunstan School Restaurant, Route 1, Scarborough, at 8:30 am, for info call Evelyn Cookson at 854-5029; June 7, Sebago Lake Loop, 45 miles, meet at Shaw's North Windham, 8 am, bring a lunch, for info call Bob Murray at 892-7029; June 2, Buxton Boroughs, 30 miles, meet at Plummers Store, routes 112 & 22, 9 am, ride leader Fran, for info call CBCC trip line at 774-1118; June 7, 9, Tour de l'Isle de Montreal, for info call CBCC trip line at 774-1118. The club meets the third Tuesday of every month, at 7 pm in the Portland Safety Building (police station) on Middle Street. The public is welcome. Call the 24-hour hotline at 774-1118 or Ketra Crosson at 829-4402, eves, for more information.

**Casco Bay Weekly**  
Relevant Fiction Competition

Send your manuscript by Wednesday, May 29 to: Casco Bay Weekly 551A Congress Street Portland, ME 04101

Continued on page 22

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 For more information and to reserve space call 775-6601.  
**Casco Bay Weekly**

**Entertainment Weekly**

Continued from page 21

**OUTSIDE**

**Casco Bay Bicycle Club** offers evening rides every Wednesday at 6 pm, in the Yarmouth/Freeporland area. Leisurely paced 15-20 miles, low traffic. Dinner after at a local eatery. Helmets recommended. Call Charley at 865-3636 or Keira at 829-4402 for dates and locations. The club also has a ride scheduled May 19, Wells area, 25 miles, meet at Merriland Ridge Restaurant, Route 9, Wells, 9 am, for info call Bob Porter at 854-5929.

**Kayak Rolling Clinic** Learn to roll or second class is free. Also offered: sea kayak rescue clinic, assisted and self-rescues. Learn the basics in the comfort of a pool. Low instructor/student ratio. No experience necessary. Call Saco River Outfitters at 773-0910 for more information.

**Maine Audubon Seeks Volunteer Naturalists** The society offers guided natural history walks for school groups of any age at its Scarborough Marsh Nature Center now through June 14, and through the summer for the public. The society seeks salt marsh and nature enthusiasts to be trained as naturalists for the walks. Increase your own knowledge of the natural history of our local environment while sharing your own enthusiasm and wonder with children. For more info, call Heidi Palola at 781-2330.

**Maine Women Outdoors** sponsors hiking, biking and camping trips for women 18 years of age and older. Upcoming events include Planning and Information Meeting, June 5 at 7 pm, at the Village Green, 477 Congress St, Portland—the time & temp building, bring your calendars and ideas, for info call Sandy at 657-5134 or Karen at 797-3006. Rock Climbing, June 1, geared for beginners (first timers) through intermediate level, qualified instructor will provide all equipment and instruction free, call Diana for details at 439-5753. Saco River Canoe Trip, June 9 at 12:30 pm in West Buxton; if you would like to go but have no canoe, call and let MOAC know, some will have space in their canoes, for more info call Donna at 247-5421. For more information, call Leann Diehl at 547-3919.

**MOAC (Maine Outdoor Adventure Club)** offers the following events: June 1, family picnic and canoeing on Megallowick Lake, Camden area, call 236-3516; May 31-June 2, Baxter State Park, meet at Back Cove Shop 'n Save 6 pm Friday, for info call 772-9831; evening walks around the Back Cove, meet at Payson Park Tuesdays at 8:30 pm and Thursdays at 6 pm, call 829-4124; surfing at Higgins Beach, call 871-1216.

**Saturday Morning Bird Walks** are offered by Maine Audubon Society Saturday mornings (except Memorial Day Weekend) through May and June. They'll take place at various locations in Greater Portland and begin promptly at either 6:30 or 7 a.m., rain or shine. Meet on June 1, at 7 am, at Crescent Beach State Park in the public parking lot. Call the Audubon Society for details at 781-2330.

**Nature Volunteers** The 1991 SERVE/Maine Voluntary Directory lists volunteer opportunities throughout Maine with state and federal natural resource and environmental agencies. Opportunities include endangered species at state parks, back country rangers on public lands, DEP river quality monitors, Invertebrate and Plant Speciation Commission field offices and conservation education for the Soil Conservation Service. The projects require volunteers with skills and abilities ranging from enthusiasm and interest in nature to highly trained professionals. For more information or to obtain a copy of the directory, call or write to Libbey Selgers, SERVE/Maine, Maine Dept of Conservation, Station 22, Augusta 04333, tel. (207) 289-4945.

**Wetlands Tour** Naturalist Carollee Ferris will lead this tour in observation of National Wetlands Month at the Wells Reserve at Lauchlin Farm, Sunday, May 25, at 1 pm. Free. The Wells National Estuarine Research Reserve is off Route 1, north of Wells. For more information, call 646-1555.



**Neighborhood heroes**

This is the summer in search of a sports hero. Paul Simon once asked in song, "Where have you gone, Joe DiMaggio?" Well, we now know the answer. Last week Jolinn Joe ended up at Fenway Park in Boston to stand next to Ted Williams during his day in the sun.

These two old superstars, once deadly rivals, made a lot of old regular guys cry. Young kids wondered what the big deal was. Meanwhile, on the same day, *The New York Times* listed the accomplishments of Ted and Joe 50 fifty years ago, down to the last minute. If you were out to lunch in '41 or among the unborn, this was the grand summer Ted Williams batted .406 and Joe DiMaggio hit in 56 consecutive games.

During this summer of our ill content, no such feats will be performed. We'll be lucky to have a .350 hitter, while the longest streak for consecutive hit games might get to 25. Should we settle for heroes mediocre when compared with the gods of '41? That won't be necessary. The healthy alternative is to leave the pro ranks altogether.

Look right in your own back yard, playground, city street, suburban park or corner stoop. That's where the real heroes live.

**sports**

The tragedy is that these special sports people will never strut their stuff in a Super Bowl, World Series or NBA championship. The glory and the grandeur is that you really know these heroes, as friends.

Here's a brief inventory of my hero locker, people who defied the sporting odds and racked up some impressive numbers at their own games.

**Ed Hyland:** slow, overweight, ran the 100 meters in a few minutes, coordinated enough to walk and watch someone else chew gum at the same time. Hyland also quarterbacked a three-on-three college touch football team that went undefeated over four years. Ed only threw three types of passes: a five-yard square out called a roadside, a turn-up play imaginatively called roadside stop-and-go, and a straight bomb. Career statistics: 127 wins, no losses; 897 career touchdowns passes with .812 completion percentage; and three interceptions. "Duke" Hyland is my choice for Hall of Fame quarterback, part-time hero, or full-time banker in NYC.

Another slow, fat college friend, Greg Dubuc, sported a beer gut that resembled an 18-pound bowling ball. Greg appeared to be 11 months pregnant and in great discomfort. However, on the softball diamond over a two-year period, he batted over .800 and hit the most vicious line drives I have ever seen. With home runs over the fence, he could take his time. Running out singles and doubles was true entertainment value. With his swing overcoming his gut, Greg Dubuc achieved hero status. Today he works for Blue Cross-Blue Shield, ever the health-conscious guy.

Not all of my hero friends from college are slow, fat, beer-swilling, one-talent wonders. Dave Eckland, 6'0", weighed 100 pounds with heavy socks on. In his spare time he was a scratch golfer. His real-life passion was to sink a million jump shots in an hour or less. Our intramural b-ball team was to protect Eckland so no opponent would snap him in two. He was the purest jump shot shooter God ever delivered courtside. He retired without ever missing a jump shot to be an accountant in Massachusetts. No one has any money there, but Dave had his reasons, I suppose.

If you're scoring at home, looking for your own heroes, you'd be surprised at how many of your friends can perform incredible athletic marvels. Don't take these pearls for granted. Acknowledge their greatness. Years from now, it will mean more to you than Bo Jackson's potential or Michael Jordan's evolution of flight. Trust me on this one.

Mike Quinn

**FOR KIDS**

**Flower Pictures** for kids 3-5 will be offered by The Children's Resource Center May 23, 28, 29 & 30 at 10:30 am & 1 pm. The center offers these art sessions Tuesdays, Wednesdays and Thursdays. Sessions focus on a creative activity and cost \$1 per child. Children must be accompanied by an adult and reservations are necessary. Activities for 6- to 12-year-olds are also scheduled. Cost varies according to activity. Thompson's Point, Building 1A, 741 Stevens Ave, Portland. Register for all activities by calling 773-3045; reservations are necessary.

**Chickens Are People, Too** Portland's got a new radio show just for kids, an alternative to Saturday morning cartoons from 7-8 am. Fun songs, kid reporters, story time, games and special guests. On WMPG, 90.9 FM. For more info, call Joanne Lafferty at 773-6733.

**The Portland Public Library's Children's Room Schedule** for the week of May 23 is as follows: May 24, 10:30, Tales for Twos; May 25, 10:30 am, Movies; May 27, no programs; May 29, 9:30 am, Finger Fun for Babies; May 29, 10:30 am, Preschool Story Time; May 31, 10:30 am, Tales for Twos; June 1, no programs. All programs are free and open to the public. Five Monument Square, Portland. For more information, call 871-1700.

**Riverton Branch Library** offers the following programs for children: Wednesdays - Tales for Twos, 10:30 am; Thursdays - After-school Films, all ages, 3:30 pm; Fridays - Finger Fun for Babies, 9:30-9:45 am; Preschool Story Time (3- to 5-year-olds), 10:30 am. Library hours: Wednesdays, 9 am-6 pm; Thursdays, 12-8 pm; Fridays, 9 am-12 pm, 1600 Forest Ave. For further information, call 797-2915.

**Sea Mammal Feedings** Join the animals at Maine Aquarium for their daily feedings. Penguins feeding 10 am, seals feeding 11 am, seals' training 1:30 pm, penguins revisited 2 pm, seals revisited 3 pm. The sharks dine on a less regular basis so plan to join them on Tue's, Thu's and Sat's around 4 pm. Crooked Jaw the moray eel and the Gaiman alligator dine on an irregular, catch-as-can basis. Route 1, Saco. Admission: \$6 adults, \$5 seniors, \$4 kids 5-12, \$2 kids 2-4, free for kids under \$2. For more information, call 284-4512.

**Summer Day Camp** The Jewish Community Center has begun registering children for its non-profit, non-sectarian day camp, which has served all children of Greater Portland for 43 years. The following program options are available: New Horizons, a preschool camp for children 3 1/2-kindergarten, Day Camp, for kids entering grades 1-5, Teen Camp, for kids entering grades 7-9. Day camp runs 8 weeks and is divided as follows: full session from June 24-August 16, first session from June 24-July 19, second session from July 22-August 16. Supervised before and after camp care is available for campers at the Jewish Community Center, 57 Ashmont St, Portland. For a brochure and application, call 772-1959.

**Summer Program in Musical Theatre** Dancel Sing! Design costumes, dance and direction taught by Barbara Goelman, voice and music by Miriam Swanhauer. For kids 6-16, who will be placed according to age and experience. July 16-25, Tues, Wed & Thurs, from 10 am-2 pm. At McAuley High School Performing Arts Center, Silver Ave, Portland. Taught outside when weather permits. For more information, call 766-2857.

**Amnesty International's 1961-1991** Gala will celebrate 30 years of working for human rights. May 28, at Zoetic (31 Forest Ave), with Darien Brahm, Bop-Haus Musik, Desperate Avikadoz and Urban Squirrel. Along with the bands, AI will also have various speakers, an informative table and other surprises. AI is a nonprofit organization working worldwide to free prisoners of conscience, ensure prompt and fair trials for political prisoners, and abolish torture and executions. Doors open at 7 pm. Suggested donation: \$5. For further information, call 773-8197.

**Come Dance With Outright** Deejay 8 till late, chem free, free symposium to participants, \$4 suggested donation (more if you can, less if you can't). At U.S.M. Campus Center, Falmouth Street, Portland. For more info, call 780-5656.

**Dateline Every Tuesday** Dateline hosts an adult singles dance (ages 25-50 plus), at the Portland Marriott's Sables Lounge, off Maine Mall Rd, in S. Portland. Dance starts at 8 pm. Buffet, deejay and door prizes, but no jeans. For more information, call 645-4751.

**The Enriched Golden Age Club** invites men and women 60 and over to a Birthday party for May birthdays May 29, with music by Beau & David. Reservations must be made in advance by calling the Salvation Army at 774-6974.

**Giant Yard & Bake Sale** at Schoolhouse Arts Center (Seabago Lake) May 25, from 8 am-2 pm, rain or shine. Clothing of all sizes, white elephants, furniture, books, records, baked goods. If you have items you'd like to donate to this fundraising effort, call 642-3743.

**Grow Your Own Garden** The Maine Organic Farmers and Gardeners Association and the Cooperative Extension have put together a package for organizers who want to start a local community garden. The package contains general organizational procedures and info, descriptions and sample forms from successful Maine projects. It is available for four dollars to cover postage and copying costs from MOFGA, P.O. Box 2176, Augusta 04338. Also: more volunteers are needed to serve as advisors to beginning gardeners, as well as people willing to donate gardening space, seedlings, rototilling, etc. If you are interested in making this commitment, or if you are seeking gardening help, contact MOFGA at the above address.

**Portland Rugby Club** practices Tues & Thurs evenings, at 5:30 pm, at Fenway Street Field off Marginal Way. Players of all abilities are welcome. Games and tournaments are scheduled throughout the summer. For more information, call Peter at 829-4607 or John at 774-5221.

**The Portland Women's Rugby Club** is looking for new members. All levels welcome. Practice on Tuesdays and Thursdays, at 5:30 pm, at Maine Youth Center. For more information, call Rose at 772-5630 or Karen at 772-2942.

**Scuba Diving Classes** Tommy's Dive Shop offers five-week, national certification programs one Tuesday night a week. New class starts every five weeks. Tommy's Dive Shop is located at 273 Congress St. To register or find out more, call 772-5357.

**Senior Adult Water Exercise Program** The City of Portland is offering classes at the Riverton Pool (1600 Forest Ave) every Friday afternoon from 12:15-1:15 pm. Transportation to and from the pool is available (a van leaves the Cummings Center, 134 Congress St, Portland, at 11:30 am and returns at 2 pm). Cost: 75 cents. For more information, call 874-8870.

**USM Lifeline Annual 5K Walk/Run** will be held June 8, at 9 am. This road race has been designed to be a fun event for all fitness levels. Lifeline participants are novice runners and walkers as well as experienced runners to encourage children are also encouraged to join in. (No dogs, though.) Course will start at the Preble Street Extension parking lot, circle around Baxter Blvd by 295, and finish at the soccer field across from Shop 'n Save. Registration will take place from 8:45 am at the USM Portland gym. Fee is \$6 pre-registered, \$7 on the day of the race, children are \$2. Prizes will be awarded to the top finishers in various age categories. For more information and registration form, call Patty Medina at 780-4642.

**Volleyball** Portland Recreation offers pickup games through the summer on Tuesdays and Thursdays, from 7:30-9:30 pm. Fee is \$1.50 for residents, \$3 for non-residents. Proof of residency required. At Reichle Community Center, 166 Brackett St. For more info, call 874-8873.

**Recycling at Shop 'n Save Hannaford** Bros. now recycles "Hi-Cone" plastic carriers. The six-pack carriers, customarily used for carrying soda, beer and other multi-pack beverages, may be returned by customers and placed in the plastic recycling bins located in all Shop 'n Save supermarkets in Maine. For more information, call 1-800-442-6045, ext 2488.

**Sabbathday Lake Shaker Museum** opens for the 1991 season on Monday, May 27, Memorial Day. Located in the last active Shaker community, the museum will offer tours of the Shaker Village Mon-Sat, from 10 am-4:30 pm, through Columbus Day, the season's end. Closed on Sundays. On the Shaker village grounds are the Shaker store, where many herbs and crafts are sold; and the Shaker Museum Reception Center, where books, furniture and other items are for sale. The center also contains exhibit rooms. Special events include a series of 16 crafts workshops and a concert offered by the Portland String Quartet. The museum is located on Route 26 in New Gloucester, 25 miles north of Portland. Contact the museum at 926-4597 for a copy of the 1991 Workshops catalog, or for more information.

**Southern Maine Singles** Social Group meets on weekends at various locations from Portland to Biddeford. Meet new friends, ages 35 and over. No fees. Please call us at 934-1692, 284-9322 or 775-1553.

**Southern Maine Singles Summer** Schedule Astronomy shows: Wednesdays, Fridays & Saturdays at 7 pm. Laser light shows, Fridays & Saturdays at 8:30 pm. Astronomy presentations include A Tour of the Solar System and The Mars Show. The planetarium's Skywatch line offers recorded information about what is currently visible in the night sky; call 780-4719. Prices: adults \$3 for one show, \$5 for two; seniors \$2.50 for one show, \$4 for two; under 18 \$2.50 for one show, \$4 for two. The planetarium is located in the Science Building, USM Portland, Falmouth Street. For further information, call 780-4249.

**The Unemployed Professionals Support Group** will hold a meeting May 29, from 1-3 pm, with speaker Charles S. Colgan, former economist for the state of Maine and currently professor of public policy at the Muskie Institute, USM. His topic will be "Business and the Industry in Maine in the 1990s: What is Maine's Future?" No reservations required. Free and open to the public. For more info, call 772-4714.

**Unused Musical Instrument Drive** Portland schools and the Portland Symphony Orchestra have organized this drive to make musical instruction available to children who neither own nor can rent instruments. Individuals are asked to search their attics for unused instruments, cases and music stands, and bring them to King Middle School (92 Deering Ave, Portland) between 8 am and 3:30 pm, Mon-Fri, through May, and 9 am-noon Saturday, June 1. For information, call Portland Partnership at 874-8100.

**The World's Largest Garage Sale** The Rape Crisis Center is looking for donations for this event to be held June 8 at the Cumberland County Civic Center. They want your trash and treasures. And they'll pick up. Call 767-4278 for more information.

**CURE, SALT & PEPA, BLACK BOX, QUEEN, KEMEA LATIFAH, MADONNA, E.M.F., DEPUCHE MODE, L.L. COOL J, C&C MUSIC FACTORY, MONIE LOVE**

**THE BEST VARIETY OF DANCE MUSIC** IN TOWN  
 7 NIGHTS A WEEK  
 • THE MOON DANCE CLUB • 427 FORE ST. • 772-1983 •

**ON WARM SUNNY DAYS... THE DECK IS OPEN!**  
 Fresh Seafood, Chowders & Daily Specials

**On the Waterfront**  
 In the Old Port  
 84 Commercial St.  
 Portland, Maine  
 774-3550

**For All Important Occasions**  
 A Unique Selection of Gifts and Decorative Accessories (with prices to please)  
**Country Potpourri**  
 collectibles • hand crafts • folk art  
 2 Wharf Street • in the Old Port • (207) 772-7490  
 Open 7 days 10-5

**THE MOON DANCE CLUB**

**Host Families Sought for Foreign Students** The rewards of sharing one's home with a young person are great. In addition to the new languages and customs each student brings, the host family receives a travel scholarship which a family member can use to deduct as much as \$800 off an A.I.F.S. study travel abroad program. The program is non-profit and families are eligible to claim a charitable deduction for their participation. Anyone interested in applying to become a host should call Francis Parkman of The American Institute for Foreign Study Academic Year in America Program, at 871-0682, or the regional director, Heidi Burmeister, at 1-800-322-4678.

**Learning Computer for Biz People** The Small Business Development Center at USM Portland (96 Falmouth St) has two Lotus/IBM Learning Centers available to help people in business learn how to use Lotus 123, One-Write Plus, Writing Assistant, and Filing Assistant Software. Appointments are available Monday through Friday. There is no charge. For information, call Janice Tidale at 780-4949.

**Master Jazz Classes** Eva Von Gency, founder and former director of Les Ballet Jazz de Montreal, will teach three master jazz classes at the Casco Bay Movers School of Jazz and Tap Dance. Classes are scheduled for Jun 4 at 11 am, June 5 at 7 pm, and June 6 at 11 am. Held at 341 Cumberland Ave, Portland. Admission to each is \$9. For info or a schedule of upcoming summer classes, call 871-1013.

**Recycling at Shop 'n Save Hannaford** Bros. now recycles "Hi-Cone" plastic carriers. The six-pack carriers, customarily used for carrying soda, beer and other multi-pack beverages, may be returned by customers and placed in the plastic recycling bins located in all Shop 'n Save supermarkets in Maine. For more information, call 1-800-442-6045, ext 2488.

**Sabbathday Lake Shaker Museum** opens for the 1991 season on Monday, May 27, Memorial Day. Located in the last active Shaker community, the museum will offer tours of the Shaker Village Mon-Sat, from 10 am-4:30 pm, through Columbus Day, the season's end. Closed on Sundays. On the Shaker village grounds are the Shaker store, where many herbs and crafts are sold; and the Shaker Museum Reception Center, where books, furniture and other items are for sale. The center also contains exhibit rooms. Special events include a series of 16 crafts workshops and a concert offered by the Portland String Quartet. The museum is located on Route 26 in New Gloucester, 25 miles north of Portland. Contact the museum at 926-4597 for a copy of the 1991 Workshops catalog, or for more information.

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**FAMILY PRACTICE**  
 GWENDOLYN L. O'GUIN, D.O.  
 Adult/Pediatric Medicine • Office Gynecology  
 Manipulation • Preventative Medicine  
 Walk-In and by Appointment  
 222 St. John St., Suite #322, Portland, Maine • 871-1300

**Don't Go Kiteless This Spring... The Winds Are Up!**  
 Take advantage of this low cost, environmentally sound fuel source.  
**THE OLD PORT KITE SHOPPE**  
 for all ye mighty wind related needs  
 3 Wharf St. Old Port 871-0035

**THE MOON DANCE CLUB**  
**THE BEST VARIETY OF DANCE MUSIC** IN TOWN  
 7 NIGHTS A WEEK  
 • THE MOON DANCE CLUB • 427 FORE ST. • 772-1983 •

**DRY DOCK**  
 RESTAURANT & TAVERN  
**ON WARM SUNNY DAYS... THE DECK IS OPEN!**  
 Fresh Seafood, Chowders & Daily Specials  
**On the Waterfront**  
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**Country Potpourri**  
 collectibles • hand crafts • folk art  
 2 Wharf Street • in the Old Port • (207) 772-7490  
 Open 7 days 10-5

# classified

apts/rent  
houses/rent  
offices/rent  
real estate  
studio/rent  
theater arts  
photography  
learning  
music lessons

wanted  
employment  
biz services  
business opps  
stuff for sale  
garage sale  
boats  
wheels  
bulletin board  
childcare  
animals  
lost & found

line ad deadline: 6 p.m. monday. display ad deadline: 5 p.m. friday. use the coupon or call 775-6601.

## personals

### PERSONAL OF THE WEEK

Winner receives two free movie tickets compliments of Maine Mall Cinema!

**GF 40, Attractive professional seeks women to explore ideas with, have fun and appreciate life. Honesty and integrity are essential. CBW Box 663.**

If you have placed an ad in the Casco Bay weekly personals, your ad is automatically entered in the PERSONAL OF THE WEEK contest. We are looking for ads that are creative, witty and fun. Winners will receive their tickets in the mail.

Are you a married woman in 20's or 30's, committed, but looking for more intimate romance than life is giving you? Tall, very fit, caring, gentle MWM looking for same. Discretion and no risk assured. Let's meet and discuss. CBW Box 655.

Are you missing something in marriage, not satisfied, but committed? Me too. MWM 41, tall, sensitive, seeks one married or lonely woman. Mutual respect, no risks. Just needs and fantasies. P.O. Box 671, Bath, ME., 04530.

DWF 29, attractive, non-smoking, drug-free, looking for non-smoking, drug-free, intelligent, sensitive SWM 30-40 who loves kids, life, and loving. Photo please. CBW Box 664.

DWM 50 Secure, sensitive, romantic, local shop-keeper seeks a special friend. Interests include dining out, movies, quiet times and hugs. Non-smoker. All answered. Write P.O. Box 10184, Portland, ME, 04104.

DWM N/S, 6'0", 175, athletic and attractive professional. Likes biking, walking, jogging, weights, camping, movies, music, just being outdoors, and dining out, not necessarily in that order. Not interested in the bar scene or one night flings. Looking for single or divorced female age 25-38 with similar interests for steady relationship. Honesty and personal integrity essential. Photo appreciated. CBW Box 666.

DWM. Mature, intelligent, laid-back professional, enjoys classical music, good conversation, movies, theatre, dancing, walks along the beach, quiet, romantic evenings. Looking for a mature, intelligent woman with similar interests. P.O. Box 15401, Portland, ME. 04101

Dominant male, 30's seeks submissive, M or F, for discreet friendship, safe adventures or phone fun. Explore fantasies safely with limits respected. CBW Box 654.

ERIC - can't live without you any longer. Please come back to me, I Love You... BOOPI!

Friendly female, 44, educated, in wheelchair, seeks gentleman, 35 to 75 for friendship, marriage. Do you enjoy candlelight dinners and walks on the beach? All letters answered. Please write. You'll be pleased with the response. Box 336, Gray, ME, 04039

GF 40, Attractive professional seeks women to explore ideas with, have fun and appreciate life. Honesty and integrity are essential. CBW Box 663.

I'm a SM, 21, 5'10", 145 lbs., clean-cut, blonde with blue eyes and have a great tan!! I'm unhappily alone and very available for a committed relationship with a SF (19-23). If you're looking for a guy who is cute, caring, casual, classy, monogamous and much more, and if you value honesty, sharing, togetherness, equality and positive communication, I have a heart and soul that would honor and cherish yours. If you feel you're compatible, or F.M.I., send letter to CBW Box 667 ☎ 5309.

I'm intimidating to most men. So what? I like it that way - keeps my time from being wasted. So, if you're easily intimidated by a strong, ambitious, attractive professional woman, don't bother me! I'm 29, financially stable (if you aren't, don't bother me), romantic (if you aren't, don't bother me), and passionate (if you aren't...). I may sound harsh, but in reality I'm much nicer than this ad sounds. I just know what I want and I make no apologies for it. You should be witty, amusing, sensitive, honest, and secure in your masculinity. No macho men, but no wimps either. ☎ 5307

MWM Tall, young, muscular, attractive, safe seeks females and possibly couples for encounters. Discreet and no strings. ☎ 5308

Running out of restaurants: Scooters, Oyster, Pepperclub. Last note received 5/9! (Slacked off, thought I'd lost you.) How about leaving message? Don't quit; the suspense is unbearable. ☎ 5306

SANDY - our love is the most beautiful thing I've known. I'm sorry I'm so rotten. I love you. I need you. Please take me back - JOHN

SF, black, 5'3", 115 lbs., seeks S/D/M, 27-35, chem-free, non-smoker, who is mature, responsible, humorous and not living at home with mother. The materialistic and superficial need not call ☎ 5291.

SWF 28 professional, outgoing, attractive and fun seeks SM age 27-34 to share insights and special times. Do you enjoy biking, the ocean, dancing, music and theology? Can you see God in all people, places and things? Are you intrigued by this ad? Write to CBW Box 659.

SWM early 20's. Healthy, honest, easygoing non-smoker wishes to meet older ladies 45-75 for romantic and intimate relationship. Ladies, let's get together and enjoy the summer. CBW Box 665.

## dating services

### HOW TO USE PERSONAL CALL®

PERSONAL CALL® is a FREE service for Casco Bay Weekly advertisers! Ask for PERSONAL CALL® service when you place your Casco Bay Weekly personal ad. Then, you'll receive your own PERSONAL CALL® number and security code, so you can call a FREE 800 number to record your one-minute greeting message. Be creative! You can change your message as often as you like to satisfy the whim of the moment.

We do suggest that you leave your first name and ask the people responding to leave their telephone numbers and best times for you to call. Do not leave your last name, telephone number or address.

When you call the 800 number and enter your PERSONAL CALL® number and your private security code, the system will immediately tell you how many new responses you have. From there, just follow the easy prompts. You'll press 1 to record your greeting or press 2 to hear your responses.

Once you've recorded your greeting message, you can call the same FREE 800 number as often as you like, 24 hours a day, to listen to your responses for up to three weeks after your ad appears in the paper.

### RESPONDING TO A CASCO BAY WEEKLY PERSONAL AD WITH PERSONAL CALL® SERVICE:

Using PERSONAL CALL® to answer Casco Bay Weekly personal ads is fast and fun! Relax in your favorite chair, browse through the Casco Bay Weekly personal column and circle the ads that interest you.

The small telephone symbol - ☎ - next to the four digit number tells you the person has PERSONAL CALL® service. With PERSONAL CALL® you don't have to listen to one message after another until you find someone you'd like to meet, (unless you choose to). These messages remain on line for three weeks after the ad appears in Casco Bay Weekly, so check the date of the paper you're reading!

You can immediately respond to an ad by calling 1-900-370-2041.

When the system answers, follow the easy instructions. Enter the four digit number of the ad that interests you. You will then hear that person's one-minute voice greeting, and you can leave your response. And, you can enter another box number, and another and another.... (If the advertiser's voice greeting is not yet on line, you can still leave your response.)

The cost for using PERSONAL CALL® to respond to Casco Bay Weekly Personal ads is only 99 cents per minute and will appear on your telephone bill under "PranCall."

Having Problems? Please be sure that you are using a touch-tone phone that is on tone, not pulse. If you have any questions or feedback about PERSONAL CALL®, just call us at 775-6601. We like to hear from you.

## dating services

ACADEMIC COMPANIONS is a low-cost singles network for creative, intellectual individuals from a wide variety of professional fields. Listings for Portland area/the Northeast. First month's ad is free W/O obligation. For an information packet, write: Academic Companions, P.O. Box 346, Clinton, NY 13323.

U.S. Asian Connection for free photo brochure and details of the beautiful, faithful, marriage-minded ladies from overseas in our pen-pal club call 702-451-3070 and leave your mailing address.

## Compatibles

"The Dating Service That Cares" Remember when you were in school? Everyone you knew was single. So is everyone we know.

That's how we've introduced thousands of relationship-oriented singles. Through our caring concern and personalized service, we can introduce you. Call today.

883-1066 Portland  
783-1500 Lewiston  
Money back guarantee

## body & soul

DEEP MUSCLE MASSAGE - Karen Austen, M.A., L.M.T., Licensed Massage Therapist. Alleviate chronic backaches, headaches, neck and shoulder stiffness, sciatica, stress. Improve flexibility, muscle tone, circulation, athletic performance. By appointment. 865-0672.

Let the wisdom of your self be heard. TAROT readings...799-8648.

MAYBE SOMEDAY - Wonderful books to help you make the world a brighter place. Also consciousness raising magazines, t-shirts, meditation supplies and gifts. 195 Congress Street, on Munjoy Hill, OPEN DAILY 1-6. 773-3275.

REBUILDING AFTER YOUR RELATIONSHIP ENDS - 10 week class for men and women. Call Carrie Peterson, M.A., M.S., 773-9625.

Tai Chi Chuan is an ancient Chinese martial arts system based on mental and physical balance, unity and harmony. Tai Chi is a gentle discipline where one learns to blend with an opponent's energy to gain control of it. The Tai Chi Form is meditation in movement. Excellent for spiritual growth, radiant physical health and unequalled in reducing the effects of stress and tension in one's life. An effective method of developing fluidity, awareness, focus and peace with oneself. Beginners through Advanced Classes including Push-Hands. Visitors welcome. For information and registration call Gene Golden 772-9039.

THERAPEUTIC MASSAGE: Relax tired, aching, stiff muscles while improving circulation and soothing tension. Sliding scale. Call Pam Richards, A.B.M.P. Certified. 775-6636.

WOUNDED OR DISAPPOINTED BY RELIGION? Did the experience of being Catholic, Episcopalian, or whatever hurt you? Does this hurt still impact your faith/spiritual life? Would you like a safe place to share and heal those wounds and to explore new ways to lead a faithful life? Call John Balicki at 767-7137.

'JOY OF RECOVERY THROUGH THE SHAMANIC EXPERIENCE', weekend experiential workshop integrating recovery work with ancient Shamanic methods, led by Sheldon R.F. Ganberg, D. Ac., and Doris Bell, R.NC, June 7-9 at Rockcraft Lodge, Sebago Lake. For information, call 775-0808.

CURRENT OPENINGS FOR MEN - in on-going M/F Psychotherapy group. Relationship, boundary, self-esteem issues as well as dream and body/mind integration included in experiential approach. Individual initial session required. Contact, Barbara Hare Noonan - Center for Personal & Professional Well-Being. 772-1896.

Chemical depending and ACOA Counseling, individuals and couples. Early recovery and relapse prevention groups. Reasonable rates. Rachel Sager, M.A., RSAC. Call 775-7927 or 725-8705.

## body & soul

TAI CHI CHUAN, martial art emphasizing a slow, relaxed, meditative approach to body-mind interactions and movement. On-going classes Tues, 6:30 pm, 881 Main St. Westbrook. Instructor, Don Labbe, 854-9257.

Weekly support group for feminist artists. No facilitator, no fee. For more information, call Cynthia 775-1099.

**Shiatsu Acupressure**  
Gentle, relaxing, healing. An experience of deep balance.  
Ann Foster Tabbutt  
799-9258 AOBTA

**FREE SPEECH & LANGUAGE SCREENINGS**  
May is "Better Speech & Hearing Month"  
Call 879-1886  
W. Jean Armstrong  
M.S. CCC-Sp/L  
Speech and Language Pathologist  
Licensed/Certified

**Rolfing**  
A new Rolf for the Portland area  
Thomas Myers  
883-2756  
15 years experience  
Member Rolf Institute

**Difficulty Communicating?**  
Sarah J. Bulley LCSW • Psychotherapist  
871-9256

## roommates

N/S female needed to share, sunny, 2 story house in Cape Elizabeth with 2 large bedrooms, full basement, fenced-in yard. Near Millcreek. No pets. \$375/month plus 1/2 utilities. 767-3615.

Artist in residence. Returning Maine writer needs ambient house-sharing situation. Write before June 10. Dahm, Box 391, Rockaway, Oregon 97136.

Female non-smoker wanted to share large 3 bedroom apartment in nice, quiet neighborhood. 2 blocks to USM-Portland. Off-street parking, on-site laundry, storage. \$231.50 month + utilities. Heat and hot H2O included in rent. Security deposit required. Avail. June 1. 761-2824.

GM looking for roommate to share 2 bedroom house in Portland. \$325/month includes all utilities. Must like animals, be responsible and drug free. Call anytime, 874-0462.

GWF - professional, seeking female roommate, to share my home. Home is cape, conveniently located in quiet Portland location. Please be neat and responsible. \$240 pays everything monthly. Call 797-3006.

HOUSEMATE for South Portland meeting house hill home. M/F to share large home near beach and busline. \$250/mo. includes furnished room and all utilities. Smoking ok. Call after 6 pm 799-2513.

M looking for a M/F who is also seeking an abode outside of Portland, but easy commute in NNW direction w/tees, quiet, garden, privacy, etc. would be nice. Call 773-2825.

M/F 25+ chem-free, (smoker okay), to share sunny 2 bedroom apartment near Deering Oaks Park. Must like pets, \$275 plus utilities. Call Joan at 774-3420, lv. msg.

M/F roommate wanted, nice two bedroom apartment. Ten minutes walk to the Old Port. Call mornings or after 9:00 p.m. 828-0372 or 761-9538.

M/F wanted to share 3 bedroom apartment with 2 30ish women. Sunny, hardwood floors, parking. \$190 month + 1/3 utilities. Call 879-1817.

**SEFERLIS & TROTTIER**  
Brief Therapy with CHILDREN, ADOLESCENTS, ADULTS COUNSELING & HYPNOTHERAPY  
Behavior School Issues/Relationships/Health Control  
\*Therapy/Psychic Art/Meditation/Intuitive Issues  
EVE & WEEKEND HOURS • Reasonable Fees  
NATIONAL BOARD OF CERTIFIED COUNSELORS  
232 St. John St. Pld. 871-8134

**Portland Yoga Studio**  
616 Congress Portland  
Iyengar Yoga  
797-5684

**Brooke Alexander, M. Div. Pastoral Counselor**  
Treatment for addictions and co-dependency. Help with self-acceptance and shame. Individuals, couples and groups  
781-5041

**Rolfing**  
A new Rolf for the Portland area  
Thomas Myers  
883-2756  
15 years experience  
Member Rolf Institute

## apts/rent

2 bedroom West End apartment. Sunny, deck overlooking harbor, free laundry, off-street parking, secure building. Call 879-9018 ask for Melissa.

Cumberland Ave., clean, modern, two bedroom apts., 3 apts available June and July. One with private courtyard, one with 12x12 roof deck, townhouse style. Off street parking, w/w, w/d \$500/month 781-4740.

EAST END Sunny, spacious, 2 bedroom apartment, quiet, owner occupied building. \$550 per month, includes heat. Lease and security. Available 6/1. Call 772-6748.

Portland-Deering neighborhood. 1 bdrm., appliances, busline, parking, private yard, quiet. No pets. Available July 1st. Call 775-5673 leave message.

Sherman St - Unique, spacious 2 bedroom apts. now available. Hardwood floors, parlor w/fireplace, dining room, large kitchen, parking, oil heat. \$575/600 month. Lease now, get \$600 towards heating bill. Call Spectrum, Inc. 797-0223, mornings.

Sherman St - Unique, spacious 2 bedroom apartments now available. Hardwood floors, parlor with fireplace, dining room, large kitchen, parking, oil heat. Call Spectrum, Inc. 797-0223.

Townhouse apartments. 960 sq.ft. plus. Large kitchen, low heating bills (avg. \$25/mo.) Many services included. Located in Casco on 45 acres with river frontage. June and July Vacancies. \$515.00 a month, plus utilities. Call Ingo at 655-7733 for more info.

WEST END Gray Street, modern two bedroom, kitchen, living room, fireplace, wood stove, laundry facilities, off-street parking. \$575 plus utilities. Call 773-1500.

West End Apartment. 3 bedrooms, sunny, private porch, views. \$525/month plus utilities. Call 774-0440.

West End, 3 rooms and bath, large kitchen, pine floors, marble fireplaces, off-street parking, good neighborhood. \$520/month, heat and utilities included. Call 774-8818.

Westbrook. Two bedroom apartment, 2nd floor, sun porch, back yard, off-street parking, quiet dead end street, carpeting, W/D hook-up. \$550/month plus utilities. 856-0138, leave message.

HEAT AND HOT WATER INCLUDED for this spacious one bedroom apartment, offering hardwood floors and a great intown location, all for \$470/month! Call SPECTRUM INC., mornings, 797-0223.

Intown Portland. This spotless, freshly painted 1st floor, 1 bdrm. on Hanover St. will easily accommodate a king size bdrm. set. Cozy kitchen and full bath. \$385/mo. + util. 774-6363.

Not a cow-barn, but it's big enough to be. One bedroom on Park Ave., secure building, hardwood floors, on site laundry. \$395/mo. Heat and hot water included. 774-6363.

**LOOKING FOR A SUMMER RENTAL?**  
For the best selection in Maine call  
**1-900-97MAINE**  
(99¢ per minute)  
MAINE TIMES  
One Main St., Topsham, ME 04086  
207-729-0126

## offices/rent

Furnished Office with secretarial and bookkeeping services available. Approximately 400 sq. ft. Also available 800 sq. ft. unfurnished office. Parking available. Monument Square area. Call 772-6527.

Healing Center at 854 Broadway, South Portland, has office space for therapist or counselor, warm atmosphere with free parking and utilities. Please call Archie Taylor 799-8395.

## seasonal/rent

Affordable island vacation in Casco Bay. Spacious apartment in former country inn sleeps six, 5 minute walk to beautiful beaches, tennis courts, and general store. Ferry from Portland. \$300/week. Call 207-766-4440 or 508-422-6293.

Long Island 3 bedroom cottage, beautiful sandy beach, close to store and ferry. \$350 per week for May and June. \$500 per week for July and August. Call 839-6240 or 770-2840.

## studio/rent

STUDIOS: Artists only building, all inclusive, in ceilings, artist sinks, high energy environment. Darkrooms to suites with views. \$75 to \$300 a month. 799-4759 or 799-7890 ask about our spring specials.

Studio - Monument Square area perfect for artist/craftsperson. From 400-1200 square feet. Light and heat included. Parking available. No lease required. Call 772-6527.

**Responding to a CBW Box # ?**  
Casco Bay Weekly  
551A Congress St.  
Portland, ME, 04101  
CBW Box XXX  
Do It Like This!  
Correspondence is forwarded before the publication of the next issue.

Don't let good space go to waste.

## OCCUPY IT

with a display classified ad in Casco Bay Weekly.  
Call 775-6601 for rate information.

## line ad coupon

### CHECK YOUR CATEGORY

- personals
- FREE Personal Call®
- dating services
- body & soul
- roommates
- apts/rent
- houses/rent
- offices/rent
- real estate
- studio/rent
- visual arts
- photography
- learning
- music lessons
- wanted
- employment
- biz services
- business opps
- boats
- stuff for sale
- wheels
- bulletin board
- childcare
- animals
- lost & found

### RATES

All charges are per week.  
Up to 30 words \$ 9.00  
31 to 45 words 11.00  
46 to 60 words 15.00  
Each additional word after 60 .15

### DEADLINES

Line Ads: Monday at 6 pm.  
Display Ads: Friday at 5 pm.

### THE FINE PRINT

CBW will not print ads that: seek to buy or sell sexual services, have purely sexual content, or use full names, street addresses, or phone numbers in the personal section. Personal advertisers must provide a P.O. Box # or use the CBW box service. Casco Bay Weekly shall not be liable for any typographical errors, omissions, or changes in the ad which do not affect the value or the content of the ad or substantially change the meaning. Classified ads are non-refundable. Credit will be issued when a viable error has been determined.

### PHONE IT IN

207-775-6601  
Using Visa or Mastercard.

### MAIL/WALK IT IN

Casco Bay Weekly  
551A Congress Street  
Portland, ME 04101

### FAX IT IN

207-775-1615  
Ask about our Fax free thursdays.



Name \_\_\_\_\_  
Address \_\_\_\_\_  
Telephone \_\_\_\_\_

Cost per week \_\_\_\_\_  
# of weeks to run \_\_\_\_\_  
CBW box \$5/week  
Total Due \$ \_\_\_\_\_

real estate

OPEN HOUSE! FRI. 1-6



Luxury Homes 90' high cathedral ceilings, 3 bedrooms, 2 baths, gorgeous interior colors, white vinyl exterior siding, green shutters, shingle pitched roof, GE appliances, includes dishwasher. \$29,985.00

Price includes deck, white vinyl skirting, 275 gallon oil tank & complete setup. Lots available. Low down payments, long-term financing. 70x14 and 60x14 available. Monthly payment approx. \$340.00.

OPEN SAT. 10-3 • OLD ORCHARD VILLAGE

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REAL PUZZLE by Don Rubin

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Can you solve the Real Puzzle? There is a \$20 gift certificate from Alberta's for the first prize winner. The second prize winner receives two free passes to the Movies on Exchange Street. Winners will receive their prizes in the mail. Drawings are done at random. Contestants are ineligible to win more than one prize in a four-week span. Only one entry is allowed per person per week.

All entries for this week's puzzle must be received by Wed., May 29. The solution to this week's puzzle will appear in the June 6 issue of Casco Bay Weekly. Send your best guess to:

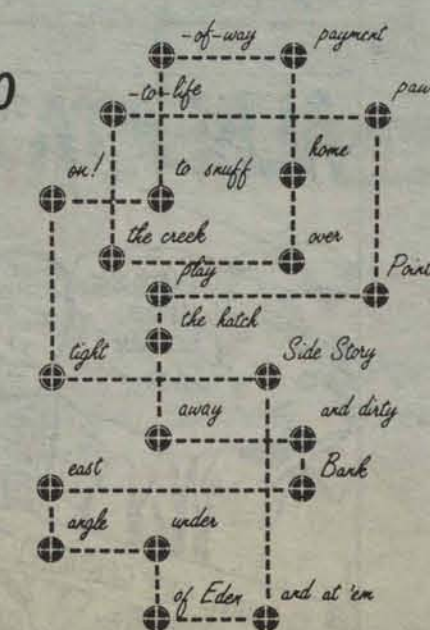
Real Puzzle #72 Casco Bay Weekly 551A Congress St. Portland, Maine 04101

Solution to Real Puzzle #70

(Up Right)

southpaw West Point downplay down the hatch right away down-and-dirty Left (or West) Bank down east right angle down under

East of Eden up-and-at-'em West Side Story uptight right on up-to-snuff right-of-way down payment leftover up the creek right-to-life



This week, Portland's Eugene Downing and a friend will dine at Alberta's. Scarborough's R.J. Hanson and a friend will take in a movie on Exchange Street.

(Don Rubin's book, BRAINSTORMS, was recently published by Harper and Row.)



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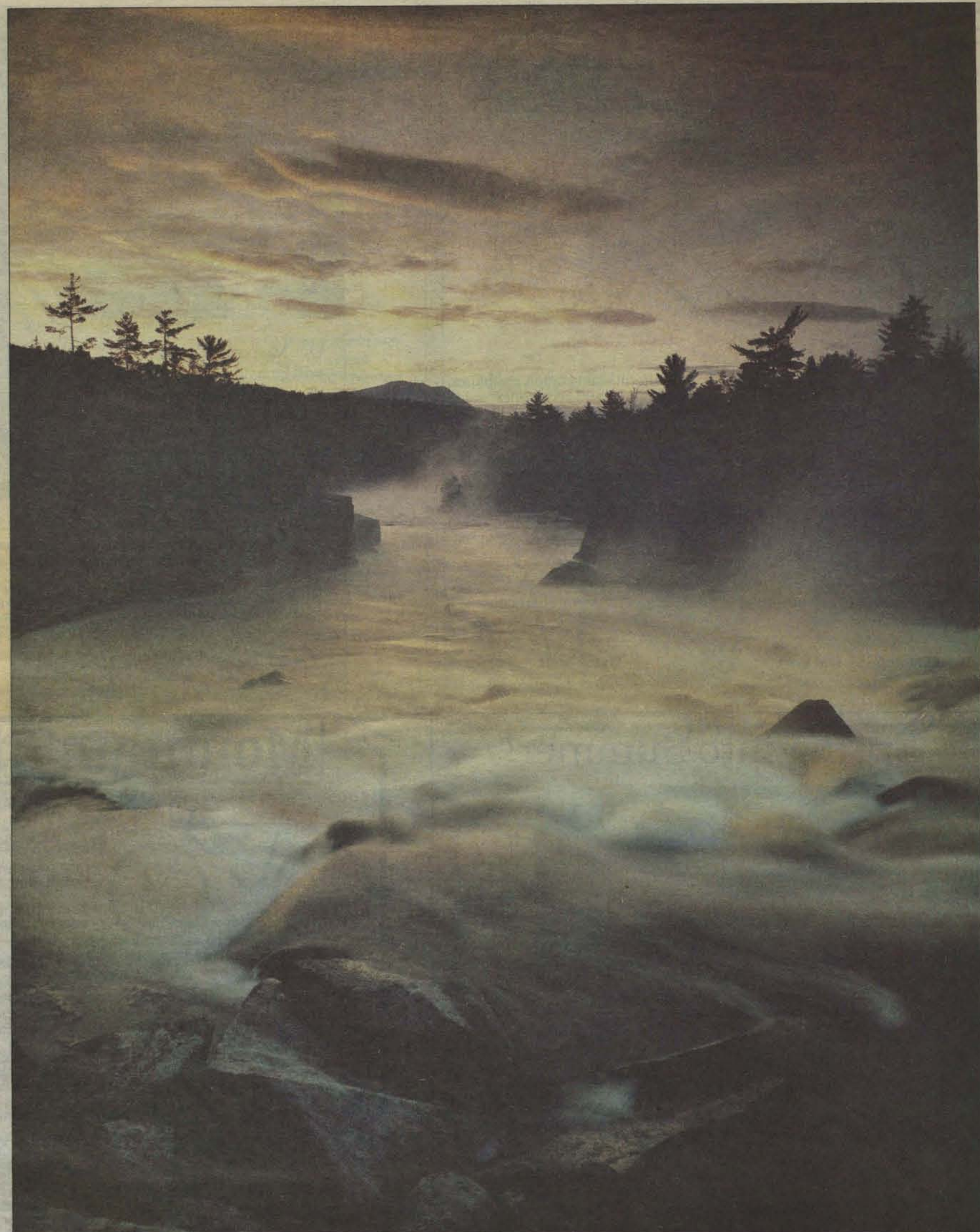
WHAT'S THE MATTER, HERMAN?  
OOPS! DARN IT! LOOKS LIKE I FORGOT MY WALLET ONCE AGAIN! SAY, JUNE, COULD YOU BUY ME LUNCH TODAY?  
SHOULD JUNE BUY HERMAN LUNCH ONE MORE TIME? WE AT ALBERTA'S BELIEVE THAT JUNE SHOULD SAY "NO!" AND THEN INVITE HERMAN TO A DUTCH-TREAT DATE AT ALBERTA'S. HELL NEVER SHIRK PAYING AGAIN! 774-0016

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File with CASCO BAY WEEKLY  
MAY 23, 1991

# NORTHERN EXPOSURE

A journal dedicated to the enjoyment, preservation and restoration of the Gulf of Maine bioregion.



The Penobscot River flows along the slopes of Mt. Katahdin on its way to the Gulf of Maine, where it will rise again as clouds and begin the cycle anew.

**Touring the bioregion**  
What do Mt. Washington and Portland's Western Promenade have in common? Bioregionalists say plenty. A field tour. **4**

**Saving the forest?**  
When timber companies and environmentalists agree, something must be up. A look at the forest legacy program. **6**

**Down the river without a paddle**  
Thrills, chills and spills. Surviving a Penobscot River boot camp for rafting guides. **8**

**Outside insight**  
Places to go, things to do: a directory of what's where for outdoor enthusiasts in the Gulf of Maine bioregion. **14**

**FREE**  
Premier issue  
Summer 1991  
Photo by Jeff Stevensen



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## Spring into Summer!



Winslow Homer *Young Ducks*, 1897, watercolor

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PORTLAND MUSEUM OF ART

NORTHERN EXPOSURE page 2

## Mountain Bikes

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## Welcome to the premier issue of NORTHERN EXPOSURE

The idea for this publication arose from a series of sporadic discussions over the past couple of years, sometimes late in the evening, sometimes over beer. Our focus wandered at times, but we always came back to the same notion: there was no single source of environmental and outdoor news for the places we liked best: Maine, the White Mountains, and southeast Canada.

We decided it was about time someone stepped over the borders and started looking at these areas together. What happens to the environment in one part of a bioregion affects the environmental future for all of us. It made sense to look at the Gulf of Maine bioregion as a "natural state," something transcending traditional political boundaries.

Besides, this is the region where we like to spend our time hiking, canoeing, biking, and sea kayaking. Anything to get us out of the office.

This first issue was put out by *Casco Bay Weekly's* staff with help from a few others. Since *CBW* is based in Portland, this issue leans a bit heavily on Maine news and information. We'll publish a second issue in November. Look for expanded coverage then, with a focus on winter activities.

Next year we hope to produce more issues. It all depends on your response. Be in touch. Let us know the stories we've missed, places we should go, and listings we should include. We're especially in need of a Canadian correspondent to keep us current on events in that end of the bioregion. And please let us know of anyone who should be advertising with us. After all, advertisers make this publication possible.

By the way, we're not named after the television show. We came up with the name first... we think. (Our lawyers are looking into it.) But if you come up with a better name, drop us a line. Just in case.

Wayne Curtis  
Editor

Monte Paulsen  
Publisher

### On the cover: the powerful Penobscot

The cover photograph shows the West Branch of the Penobscot River below Cribwork Rapids, with Mt. Katahdin in the distance. Jeff Stevensen created it in 1985 for the West Branch Coalition, a group of environmental and recreational organizations formed to fight the proposed dam at Big Ambejackmockamus Falls. He donated its use for a Maine Audubon poster, with the profits going to pay the coalition's legal expenses.

"Before visiting this site I was reluctant to oppose the dam," says Jeff. "I am a dedicated opponent of nuclear power. If I am against nuclear power, air pollution, and hydropower too, what am I for? How do I rationalize away the contradictions of a power-hungry culture and my own lifestyle?"

"Then I visited the river. I took a raft trip through Ripogenus Gorge, Little Eddy, the Cribwork Rapids, Big Eddy and Big Ambejackmockamus Falls. The river's power transcended my misgivings. I concluded that we must find another solution to our power needs, that this unique, spectacular stretch of river deserved to be saved."

Certain ironies surround the surround the photo's creation. Jeff drove to the river in a car powered by an internal combustion engine, over a road developed and maintained by Great Northern Paper Co. (now Georgia-Pacific), and set up the shot from the riverbank next to a developed picnic area.

But the Penobscot's essence transcends these ironies. There is promise, beauty and mystery in the photograph, a glimpse of the vast and magnificent forces of the Earth in time.

## NORTHERN EXPOSURE

Vol. 1 No. 1

Editor: Wayne Curtis

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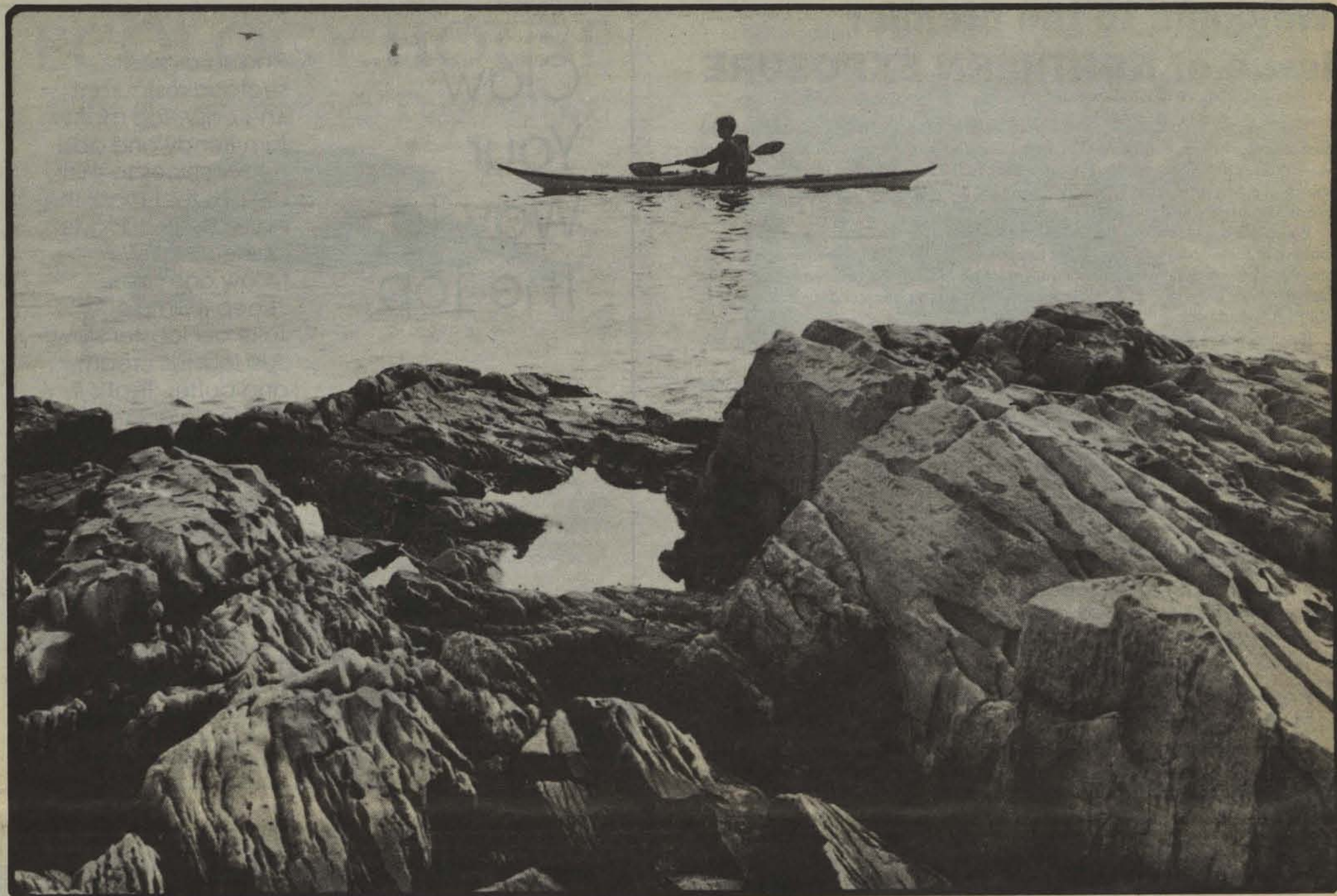
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page 3 SUMMER 1991



The exposed slabs of rock along the back shore of Peaks Island offer the most authoritative history of the local bioregion. Photo by Tonee Harbert

## Getting to know the Casco Bay bioregion

A field trip through the ecological community in search of links between here and there

By Paul Karr

Welcome to the Gulf of Maine bioregion.

The *what*, you ask? Well, you could call a bioregion a "natural state." A bioregion is a place, like a county or a state, except a bioregion is defined by natural boundaries rather than man-made ones.

Natural boundaries are those recognized by plant and animal communities. Unlike the man-made, and often arbitrary, borders found in atlases and on road maps, natural boundaries are rarely crossed — except by people. Foraging mammals or windblown seeds don't pay attention to where New Hampshire ends and Maine begins. Their survival depends on the shape of the land, the presence of other species, the quality of the soils, the extent of vegetation, and the course of the rivers and streams.

And just as species adapt differently

to life under slightly different conditions, so each bioregion is actually a collection of smaller bioregions, each with slightly different features. What distinguishes one bioregion from the next are those unique places where natural conditions change markedly — such as the Pemigewasset Wilderness in the White Mountains, where some streams run west to the Connecticut River while others run east to the Saco River.

The Gulf of Maine bioregion extends from the upper drainages of those eastward-flowing streams to the southern tip of Nova Scotia and across the Georges Bank to the northern shore of Cape Cod (see map by Toki Oshima on pages 12 and 13).

Cape Cod, in fact, is a distinct boundary for many sea-dwelling organisms because of the sharp difference in water temperatures on either side; those creatures living in waters south of the Cape can't survive in the colder waters of the Gulf of Maine. These organisms

have to deal implicitly with what humans do not: namely, that nature draws its own lines.

The Casco Bay bioregion is a smaller, more distinct area within the Gulf of Maine bioregion. Casco Bay itself extends from Cape Elizabeth to Small Point (south of Bath). But the bioregion extends inland along the watersheds that feed the bay.

In some places, boundaries drawn by people coincide with natural boundaries. The northern border of Maine, where the St. John river divides the U.S. and Canada, is an example of this. But more often, government agencies pay no attention to the laws of nature.

Recently, the Portland Water District has begun paying attention to the rivers and streams that form the Sebago Lake watershed. Worried that Portland's natural reservoir is growing increasingly polluted, the water district has taken a new interest in life upstream.

Other governmental entities could benefit by considering their surround-

ings from a bioregional perspective. Because it's all linked together: dioxin produced by a mill in Berlin, New Hampshire, will end up near Casco Bay because of the drainage patterns. Fertilizer used by farmers near Skowhegan will end up affecting marine life on Georges Bank. Viewing our world as a series of bioregions is an important step toward bringing things back into balance with nature.

What follows is a sampling of places to visit in order to understand better the forces that have shaped and defined the Casco Bay bioregion.

### Portland's Western Promenade

This bucolic hill affords a wide vista of the surrounding landscape. From this perch on the Portland peninsula, you can see much of the Casco Bay bioregion.

In the distance, you can pick out the Presidential Range of the White Mountains, as well as the notch the Saco River has carved out. Mount Washington is

the dominant feature on the horizon, so high it glows bright with snow into early summer. Because some of the rain that falls on the eastern slope of the White Mountains will wind its way toward you, this range could be considered the western edge of our local bioregion.

Just below you is the Fore River, which forms Portland Harbor as it snakes past the airport and around to your left. The dominant smokestack is S.D. Warren's paper mill in Westbrook, the most notable tenant along the Presumpscot River, which enters Casco Bay just north of Portland's Eastern Promenade.

Getting there: From either High or State streets in Portland, head west on Danforth Street to Vaughan Street. Turn right, then follow the graveyard to the left and up the hill to the Western Promenade.

### Watch whales in the Gulf of Maine

The Gulf of Maine is a large, productive body of water. To begin to get a true sense of its size, head offshore for an afternoon of whale watching. You'll see whales, of course: the squid-eating pilot whales that sometimes strand in huge numbers on New England's beaches; playful but endangered humpbacks, swimming and breaching along the continental shelf; small, abundant minke; swift-swimming, easily recognized finbacks; maybe even a few critically endangered North Atlantic right whales, so named because they've been the "right" (easiest and most profitable) whales for whalers to chase down and harpoon since the 1800s.

You might also get a sense of the complex but delicate marine food web which leads from tiny plankton and krill up to fish, bird, squid, dolphin, whale and shark. As you cruise through the bay toward the open ocean, remember each strand in the gulf food web puts fish on your plate. And overfishing or poisoning any link in the web eventually works its way up the ladder. All the way to you.

Getting there: A handful of charter companies offer whale-watching day trips out of Portland and Saco. Odyssey Cruises, located on Commercial Street (near Key Bank), offers regular whale-watching cruises throughout the summer.

### Casco Bay Islands

A thoughtful stroll along the back shore of Peaks Island is like traveling hundreds of thousands of years back in time. The island's many exposed slabs of rock offer the longest, most authoritative history of the bioregion.

Like the other islands of Casco Bay, Peaks is made up of metamorphic rocks: marine sediments which, after being piled on top of each other for millions of years, eventually hardened. Later, over an excruciatingly slow period of time, the rock was uplifted, exposed and squeezed together with other moving pieces of rock. This squeezing process —

known as the Casco Bay deformation — gave the local peninsulas their characteristic shape: long, bony fingers extending southwest.

Without these resistant rocks, there would be no Casco Bay, no Portland Harbor. (And without the harbor, the history of Portland would be quite different — but that's another story.) The coast would resemble, perhaps, the open coast of York Beach instead. As you ride back from Peaks Island, look at Portland and imagine what this saddle-shaped, forested peninsula must have looked like to the first European explorers.

Getting there: Casco Bay Lines operates regular ferry service to Peaks Island year-round from their terminal at the foot of the Franklin Arterial, next to Bath Iron Works. Call 774-7871 for exact departure times.

### Sebago Lake

Sebago, the state's second largest lake, is essentially a big, deep hole carved out by a retreating glacier.

It supplies the drinking water for 160,000 Greater Portland residents — one-seventh of the state's population. It is also home to burgeoning residential and recreational communities. Hence the growing concern of the Portland Water District.

S.D. Warren, the paper manufacturer in Westbrook, operates a hydropower dam at the Eel Weir outlet in Standish. The paper company has traditionally controlled the lake's water levels to maximize the power produced by its dam. But by keeping the level of Sebago Lake high in summer (when the demand for power is lower), S.D. Warren has allegedly caused beaches and other waterfront property to erode, and contributed to sewage washing into the lake. On the other hand, this high level has been beneficial to boat and marina operators, who depend on high water to get their boats in for the winter. A new compromise was worked out last April, and will be tested this summer.

Getting there: From Portland, drive out either Brighton Avenue (which becomes Route 25), or Forest Avenue (which becomes Route 302).

### Merrymeeting Bay

Just north of the Casco Bay bioregion stands Merrymeeting Bay. It is as unique a natural area as you'll find in Maine: a massive estuary formed by the unusual confluence of two of the state's largest rivers and the Atlantic ocean. Oddly enough, the bay is 15 miles from the open sea.

Twice daily, 10 thousand acres of freshwater flats are exposed by the draining of low tide; twice daily, surging high tides buck up against the heavy freshwater input of the Kennebec and Androscoggin rivers. All this mixing happens through a very narrow opening called The Chops, creating a variety of local habitats and edges of habitats (called ecotones) which foster diverse populations of local species.

Some of the local wildlife include teal, mallards, brant, scaup, mergansers and other waterfowl making the autumn trip south along the Atlantic flyway. They stop here because there's a tremendous diversity of aquatic plants on which to feed. Salmon, shad, and numerous other fish and shellfish can be found in the bay's waters.

Getting there: The bay can be visited from Route 24 on the west side and Route 128 on the east.

### Scarborough Marsh

The Casco Bay region was originally named Aucocisco by the native peoples, a name said to mean "crane" or "heron." This may well refer to the great blue herons abundant in that time, which have since become threatened through habitat destruction. One place you might be lucky enough to see the long-legged, reclusive bird is at Scarborough Marsh.

This huge wetland performs numerous ecological functions. It filters and cleans groundwater. It serves as feeding grounds for some local waterfowl in the summer (like herons and glossy ibis), nesting grounds for others (black ducks, mallards, willets, killdeer, kingfishers) and a welcome touchdown point for hungry, migrating birds year-round. It produces much more plant material — the all-important bottom rung on the food chain — than forests or cultivated fields. And it serves as the part-time home for many of Casco Bay's fish and shellfish, including clams, bluefish, lobsters and mackerel.

Local Native Americans often preferred to make camp on estuaries like this one instead of the open ocean; there was more plentiful and varied food, better soil, and better protection from harsh weather than on the open coast.

Getting there: The marsh's nature center can be reached by turning east on Pine Point Road (Route 9), off U.S. Route 1 in Scarborough.

### Two Lights State Park

The protruding head of Cape Elizabeth is the southern boundary of Casco Bay. Two Lights State Park displays impressive folds of rock that stand as graphic remnants of the Casco Bay deformation described earlier.

Two Lights harbors a small-scale lesson in local ecology, too: an extensive set of tidepools, without which the marine food chain which leads to fisheries would not be possible. Casco Bay is one of the most productive areas for marine life in the world, and these tidepools help point that up: they contain periwinkles, starfish, kelp, crabs, rockweed, Irish moss, barnacles and a host of other life — all in the characteristic "banding" pattern of rocky coasts. Organisms better suited to hot, dry conditions dominate the higher (and, at low tide, exposed) stretches of rocks and tidepools. Those which need a constantly cool, wet environment thrive on lower, submerged stretches.

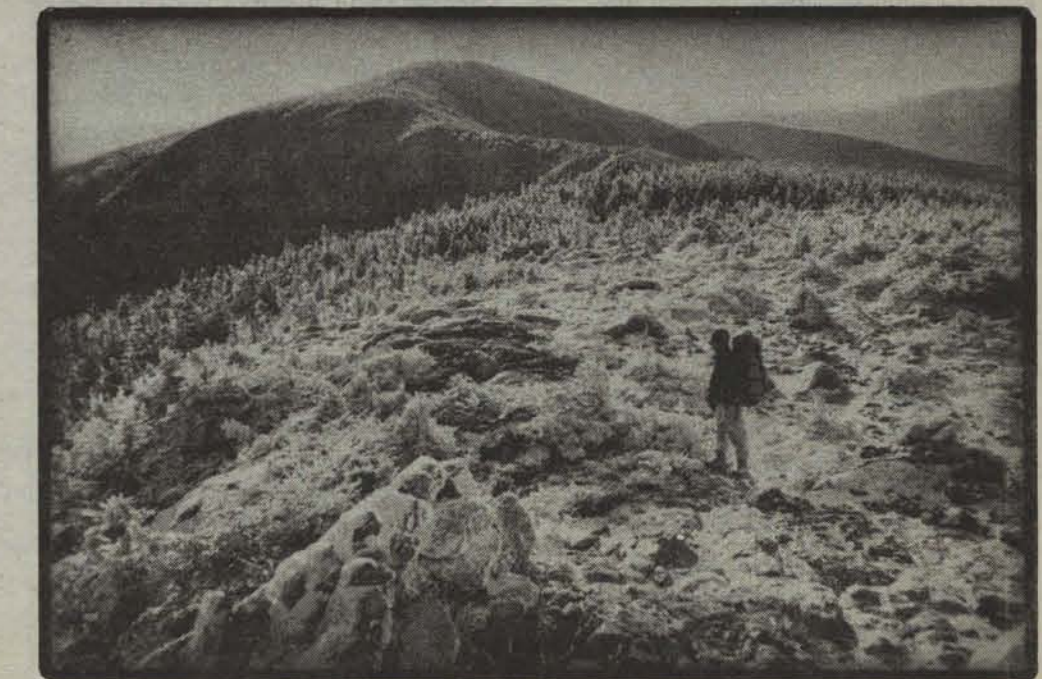
Getting there: Head south on Route 77 from South Portland's Mill Creek area then turn left on Two Lights Road.

### Mount Washington

From Mount Washington you can look back on Casco Bay on a clear day and consider the ways the two are related. This mountain — sacred to the Pigwackets who once lived here — is also the source of the Saco River, something natives realized better than we do. For the native peoples of this bioregion, the Saco was the thread that connected mountainous game territories with their seasonal camps on the ocean.

Today, the summit with its buildings and summer crowds resembles a regional shopping mall, serviced by car, bus and train. But look beyond the clutter and start to see the links between the summit and the sea.

Getting there: Hike to the summit from Pinkam Notch, on Route 16 just south of Gorham, N.H. Pinkam Notch is about an hour and 45 minutes from Portland.



The White Mountains define the western edge of the Gulf of Maine bioregion. Photo by Monte Paulsen

# Saving the forest for the trees

A pioneering federal program blazes a new way to protect the North Woods against development — but would still permit industrial logging

By Wayne Curtis

Something peculiar is happening in the North Maine Woods. The federal government has launched a pilot program designed to slow the development of the northern forests in Maine and other New England states by acquiring land and development rights. That's strange enough: major new federal land programs are a rare species in these days of recession and massive budget deficits.

But stranger still: both timber companies and environmental groups support the program. There's virtually no opposition to it. In fact, both groups appear to regard the program as a victory and seem somewhat confused as to why the other is going along with it.

"Some landowners must be scratching their heads, wondering if this is another backdoor attempt to get their lands," says Jym St. Pierre, director of the Wilderness Society's North Maine Woods Project.

Ted Johnston of the Maine Forest Products Council, which represents Maine timberland owners, is scratching his head, but for entirely different reasons. "I'm surprised they got it by the environmentalists," he says.

The new federal program in question is called the Forest Legacy Program. If successful, it would help keep millions of acres of Maine's undeveloped forest land available for traditional uses, such as hiking, canoeing, hunting — and industrial logging.

And while a sizable faction of environmentalists still object to the industrial timber-harvesting methods used throughout the forests of the Gulf of Maine bioregion, all sides agree that without protection from development, these lands would soon be parceled up for second homes and condos.

## A new type of federal land

The legacy program may create a whole new class of federal lands to join other government holdings. There's no formal name for these lands just yet, but one government official surmises that some day we may commonly refer to "national legacy lands" much as we talk about national parks, national forests and national wildlife refuges.

But these legacy lands would be vastly different from the other federal lands in one vital way: most will be owned by individuals or companies, and not the federal government. Although the legacy program allows the government to purchase lands outright, the program's emphasis will be on purchasing easements — binding re-



Like the patchwork clearcuts that checkerboard the forests of the Gulf of Maine bioregion, the Forest Legacy Program is a patchwork method of preserving northern forests.

Photo by Christopher Ayres

strictions on what current or subsequent landowners may do with their land.

Steve Blackmer, director of conservation programs at the Appalachian Mountain Club, estimates that easements could account for as much as 80 percent of the legacy program funding. These easements might include development rights, which would prevent landowners from creating second-home subdivisions, or recreation rights, which would guarantee public access to wildlands.

Timber companies that sell such rights would generally retain their ability to harvest timber for their mills. The legacy lands would thus more resemble the national forests — managed for timber as well as recreation — than the national parks, which preserve scenic lands in their natural state.

Government officials say this is the first large-scale federal program focusing on easements. In the past, government agencies have had the authority to acquire easements within certain boundaries near existing federal national forests, parks and trails. The Forest Legacy Program goes beyond those restrictions, allowing the government to negotiate rights on properties anywhere. If the pilot program is successful, it will be expanded nationally and all states will be eligible to nominate legacy lands.

Congress authorized the Forest Legacy Program last year following a federal study of northern forest lands in Maine, New Hampshire, Vermont and New York. The study, which took place between 1988 and 1990, found that rapidly changing land prices threatened

publications and organizations have urged.

"It's a nice change of pace between the false choice of exploitation and preservation," says Johnston of the Maine Forest Products Council.

Key provisions in the program help make it palatable to both the timber companies and legislators concerned about government meddlesomeness. Most important, only "willing sellers" will be participating in the program. In other words, landowners must initiate discussions with the government, not vice versa. Land for the program cannot be acquired by condemnation or other "hostile" means.

Moreover, the state will set its own guidelines for lands to be included in the program, not the federal government. In Maine, the Forest Service's stewardship committee is likely to decide what sorts of lands should be given priority.

"We want this to be home rule and voluntary," says John Currier of the U.S. Forest Service's northeast regional office. "We do not want it to be perceived as Big Brother, with the federal government telling landowners what to do."

## Unresolved issues remain

That both sides of the forest debate support the legacy program — and each considers it a victory — is a sign that it's a well-crafted program. But common ground, no matter how appealing it appears at a distance, could prove a quagmire when viewed at closer range.

"There are an awful lot of unknowns," admits Tom Doak, acting director of the Maine Forest Service. "The program is new and fairly sudden."

A few contentious issues remain to be sifted out. Among them is the concern among timber companies that federal easements on their land could leave them open to citizen suits, particularly those involving the endangered species act.

Federal law prohibits all private landowners from destroying habitat containing endangered plants or animals. Public land managers, on the other hand, are required to manage land to enhance habitat for those species. Timber companies wonder whether a federal easement will require them to change their management practices.

"We don't object to maintaining habitat," says Ted Johnston, "but we are concerned about managing to create new habitat."

Currier of the U.S. Forest Service says that landowner rights won't change,

despite the easement. That opinion is likely to be tested in court some day. And with that prospect hanging overhead, the first few land deals are likely to involve modest amounts of acreage, Johnston says.

Another unresolved issue involves the terms of the easements. Restrictions included in easements are wide-open, limited only by the imaginations of the negotiators. Traditionally, the landowner retains all rights to the land, and sells only specified rights to the easement buyer (in this case, the federal government).

But the government prefers an alternative form of easement: the "reserved interest deed," in which the landowner specifies rights he or she wishes to retain, and the purchaser of the easement receives all others.

The reserved interest deeds are "easier to administer," says Currier, and less open to creative interpretation. One example: a recent federal easement protecting land abutting the Appalachian Trail stipulated that the landowner could remove only dead trees from his property. The landowner proceeded to poison the trees, then harvested them after they died. Because the landowner owned all rights except those specified in the easement, the courts allowed his actions since the terms did not specifically prohibit him from killing trees. With a reserved interest deed, this situation would have been avoided.

Environmentalists also favor the reserved interest deeds since they tend to be more restrictive. "We support the concept of protecting forest lands with easements as long as sufficient interests can be obtained," says St. Pierre of the Wilderness Society. "We have doubts that simply acquiring development rights will be adequate."

## Forest management still at issue

Even if the Forest Legacy Program takes off at full gallop from the start, conservationists say that it won't be the final word in land conservation. "We see it as one of the tools rather than a cure-all," says Mike Klein of Maine Audubon. "It's a chance to see how easements can work into the equation." Jym St. Pierre agrees. "It offers promise, but it will absolutely not be the answer to protecting the North Maine Woods or the northern forest," he says. "It will be useful as a tool on some properties and in some situations."

Since 1989, The Wilderness Society has urged that easements be considered as part of a larger package to create a 2.1-million-acre Maine woods reserve,

which would also involve federal and state acquisitions, tax incentives and tighter state regulations and legislation.

Nor does the program address the concerns raised by some environmental groups, such as Earth First! (and to a lesser extent the Wilderness Society), regarding forest management practices. Many environmentalists view clearcutting and single-species replanting as practices that rob the land of its diversity and leave it unable to sustain natural evolution.

While concerned about this, not all environmentalists find it fruitful to group these issues together. "How land is managed is an issue in itself," says Klein. "But the intent of this program is to prevent threatened land from being converted." He notes that development is almost always irreversible, whereas a forest in poor condition may eventually be restored.

No matter how the pilot program evolves, environmentalists say that plenty of challenges remain. St. Pierre notes that between 80,000 and 100,000 acres of land in parcels larger than 5,000 acres are currently on the market — far more than the pilot program can hope to protect.

St. Pierre is also worried that Georgia-Pacific, which acquired 2.1 million acres in a 1990 takeover of Great Northern Nekoosa, may soon need to raise cash. Georgia-Pacific promised the state it would retain its new acquisitions for at least two years, after which it would be free to put all or some lands on the market. St. Pierre fears the state may be faced with a "mega-event" in 1992, when the two-year moratorium expires and Georgia-Pacific puts massive amounts of land on the market to pare the \$5 billion debt it took on during the takeover. "The situation is very volatile," he says.

Despite lingering reservations, those working to craft measures to protect Maine's North Woods remain supportive of the Forest Legacy Program. Shared goals and a workable process are being forged between the environmentalists and the landowners. And this improvement in the climate may help advance the dialogue about the future of the North Woods.

"This is a totally new way of thinking about land use," says Ted Johnston, who is not normally known for his enthusiasm about environmental matters. "I think this could be a whole new era."

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River rat trainees face big water during their inaugural run through Big Ambejackmockamus Falls on the West Branch of the Penobscot. Photo by Wayne Curtis

## Day One in the life of a river rat

By Samson Lackawanna

It's a lovely May day on the West Branch of the Penobscot River in northern Maine. A cool spring breeze blows through the pines and the mint-green leaves on the budding hardwoods. A common merganser flies low and hard just above the water's surface, then banks as it turns upstream toward Big Ambejackmockamus Falls. Over this peaceful scene lords Mt. Katahdin, the couloirs on the southwest slopes still streaked with last month's snow.

Peaceful, yet not quite serene. For in the river, a dozen yards from the south bank, a raft with eight river guide trainees has struck a rock amid a stretch of white water known as Horseshoe Rapids.

The sudden stop causes Lloyd, one of the trainees, to fall overboard. Two other trainees reach out and grab him by the armpits. Another trainee grabs hold

of a boulder to prevent the boat from spinning around downstream. Someone hollers, "Let go!" to the person holding the boulder. The two people holding Lloyd comply and release him. Lloyd slips back overboard and drifts away through the waves.

Another attentive trainee observes Lloyd floating away and grabs the throw bag—a nylon sack with 70 feet of coiled rope—and hurls it with the precision of Joe Montana. Lloyd grabs onto the bag. Unfortunately, the thrower has neglected to secure his end. Lloyd drifts downriver and around the bend, as the 70 feet of rope he is holding unspools in the river.

Although I am not a passenger in this raft, I can see the events unfold clearly because I am in a second raft not far away, hung up on another rock. With the current rushing by, our raft pivots slowly. I enjoy the passing panorama as if in one of those revolving restaurants.

Compared to the first raft, there is little sense of urgency here since our novice guide, a young woman named Kim, has temporarily lost access to almost her entire vocabulary.

Although Kim was able to bark precise and effective commands to us in the upper rapids, from the moment we hit the rock she repeats only "OK, OK," and, "Now what?"

Don, our licensed river guide and putative instructor, sits on the edge of the raft and shrugs his shoulders. He's wearing mirrored sunglasses so it's hard to gauge his opinion on all this, but the edges of his mouth are curled in the same sort of smile that made Jack Nicholson famous.

Welcome to Day One in the life of a river rat. At the moment, things are not going very well for the trainees.

### Fifteen days on the river

If whitewater rafting is the

McDonalds of outdoor recreation (more than 1,300 passengers run the Kennebec and Penobscot rivers on mid-summer Saturdays), then this is Hamburger University, where the employees get their training in rafting management. In fact, this is just one of many training programs. Seventeen companies run commercial trips in Maine, and most train their own guides in the spring when the water is at its highest and coldest.

Unicorn Rafting offers one of the longer training programs—15 days on the Penobscot and Kennebec rivers—and they were kind enough to let me tag along during the first day.

I always figured that heading off to spend a summer running rapids was the late 20th-century equivalent of lashing some logs together and setting off down the Mississippi with a runaway slave named Jim. I was curious about the state of escapism these days, and this seemed

a good place to check it out.

Unicorn's training base is just outside of Millinocket, in the shadow of Mt. Katahdin. The evening before the first day the 12 trainees (three women among them) straggle in from all over New England. They exhibit that same nervous excitement of the first day at any new school, with a fair amount of sniffing one another's crotches and peeing on corners of the buildings, metaphorically speaking.

The median age is 24 or so; about half are college students. They come from University of Southern Maine, University of Maine at Orono, Hampshire College, University of Massachusetts and College of Boca Raton. Non-students include carpenters and engineers. The social mix is rather diverse, as if a few Megadeth fans had stumbled upon a conclave of Sinead O'Connor devotees and decided to stick around and check it out for awhile.

The accommodations here are not luxurious. All trainees stay in the Guide Loft, a long, low room over a garage. The eaves slant sharply and a few windows at one end provide natural light. A circle of tag-sale couches and chairs is grouped near a pair of refrigerators. Cots and thin mattresses fill the rest of the hall. Bathrooms are downstairs, out the door, across the drive, and about 100 yards to the left at the nearby campground. With clothing drying from the rafters and personal possessions strewn about, the place has the look of a Dust Bowl-era agricultural labor camp.

As it turns out, picking vegetables is more remunerative than this. The trainees pay the company \$325 each for their 15 days of training. They also pay for their own food. Moreover, trainees must pay for their own first-aid and CPR training and certification before they arrive at guide school. In the tradition of many labor camps, however, lodging is free.

After completing the full training regimen, trainees stand the chance of failing their guide license exam. The state of Maine requires all commercial guides to take tests for each the Penobscot and Kennebec rivers. The two-hour written and oral exams include questions about the configuration of rapids in the rivers, access points, and optimal actions in typical emergency situations. For Unicorn, the long training program generally pays off. Last year, all trainees passed the Penobscot test, and all but one the Kennebec exam.

Once they've obtained their guide licenses, trainees are still not promised any work. Trainees are at the very bottom of an intricate caste system that favors those with seniority. Unicorn employs 12 full-time guides, and has another 50 or 60 part-timers on call. The most guides they use in any one day is about 16. Trainees are generally at the bottom of the call-up list for part-timers.

Now for the good news. The fortunate trainees who are called to guide receive about \$55 for a full day of work. Albert, who heads up the trainee program, admits, "For the most part, people don't make a career out of guiding."

### Bailing buckets and duct tape

Most of those sitting around on the couches on Day One Eve seem to have accepted their miserable lot in life without quibble or complaint. In fact, most are positively ebullient about it. About half plan to do what it takes after training—hanging around and fixing window screens, cleaning toilets and driving the bus—in hopes of being scheduled for a river run. (Not coincidentally, this corresponds roughly with the number of college students present.) Several trainees are holding down other jobs elsewhere and hope to return and guide on an occasional weekend.

One trainee, a telephone engineer from Massachusetts, has absolutely no aspiration to be a professional guide. As he sees it, 15 days of whitewater rafting for \$325 is a bargain-basement vacation. Even within this lowest caste there is a certain hierarchy, and the trainee-cum-vacationer seems to be on the lowest rung. Around 11 p.m. everyone drifts off to their cots.

At 6:15 a.m. someone's alarm goes off. The whooping sound is loud, urgent and menacing. My first response is to grab a gas mask and report to a sealed room. Other trainees hop out of bed and begin scurrying around the loft, their minds catching up with their legs after several moments. I lie back down in bed to regain my composure. Watching the condensation from my breath curl before me, I consider that this is not the day I would typically venture into 40-degree water.

The group soon crowds around the single operable burner on a Coleman stove near the couches, hoping for a ration of hot water for coffee. A toaster oven is found to work and the room soon fills with the smell of toasting Pop-Tarts, which seems to invest everyone with a new energy.

By 7 a.m. we have our wet suits on and are standing outside near a large pile of deflated rafts. Our leaders, John, Albert, and Don, begin a series of overly detailed talks about many uninteresting aspects of river rafting. John looks disturbingly like a young Stephen King, but lacks King's humor. Albert has the demeanor of an earnest and competent pediatrician. The discussion regarding the placement of bailing buckets seems to go on for hours. The many uses of duct tape are discussed, and it is evident that river guides believe this material has qualities more powerful than the pyramids or the cross.

I soon discover that my wet suit is too springy to stand upright in comfort-

ably for any length of time, but the alternative is to hunker over in a half-crouched position. This won't do either. As a compromise I lie on the edge of a raft in a quasi-fetal position and cock my head to listen to Don explain two or three times how to lash a first-aid kit to the raft.

The morning lecture is the first clue that whitewater rafting may be like any number of outdoor careers, consisting of many hours of tedium broken by occasional moments of great fun. Albert and John offer many river aphorisms, often followed by long pauses to allow their full impact to sink in, e.g.: "A hard boat is a safe boat."

At length, two rafts are inflated and loaded on the back of a sawed-off bus. The crew piles into two rows of seats. We set off up the road, cross into Georgia-Pacific territory, then stop near the top of the Nesowadnehunk Deadwater.

The tedium continues as we each take turns trying to maneuver the rafts in still water by calling commands from the back. (Rafts, evidently, do not have sterns.) Novice guides are generally so enthralled with forward motion that they neglect to use the "stop" command, making this two-hour practice on flatwater inordinately exhausting.

After an hour and a half, we load the boats back on the bus and head further upstream to try something more challenging.

### Avoiding the keepers

The first few days of training take place on the Penobscot River because access is easy. The "Golden Road"—a long, well-maintained timber hauling road—runs parallel to much of the waterway, allowing many runs in quick succession, as if on a ski lift. After four or five days on the Penobscot, trainees

Continued on page 11



Fledgling river rats practice their strokes in the Nesowadnehunk Deadwater.

Photo by Monte Paulsen

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are taken across the state to the upper Kennebec River, which has higher water, bigger waves, and courses through a deep, remote gorge. The Penobscot is more "technical" (that's guide jargon for "rocky") and requires more precision, something that's good to have ingrained early on.

We put the rafts back in the river a mile or so upstream, just above a stretch of river that is all rock and froth. This is our first major rapid — a class IV drop called Big Ambejackmockamus Falls. Since the trainees don't have a clue about what to look for when heading downstream, the instructors decline to let them run this stretch right off. Don and Albert take the helms and we follow their instructions, paddling through choppy waves before swinging far left and angling along a large, jagged rock. We plummet over our first drop, bypassing a pit of foamy white water that has a known appetite for boats and their occupants. Don hollers to us that this is called a "keeper." Keepers are to be avoided.

We make it through two more major drops, Albert and Don guiding us with an almost mechanical precision. The

must develop a sense of river drama and create a character for themselves. The archetypal river rat projects a devil-may-care attitude about death-defying river exploits, but also eats granola bars and becomes visibly moved upon sighting a small, rare bird. It's a tough thing to pull off convincingly.

On our second run, Norm steers clear of the rocks but commands us with a minding diction that is a little too clean and academic, as if he were leading a group punting down the Thames. This would not instill confidence when dropping into a hellish rapid called Witchcraft. On the third run, Mike is hampered by the opposite affliction. He possesses a melodramatic sense of urgency, which causes him to exhort a bit too enthusiastically even when the situation fails to warrant it. This undercuts his credibility and provokes concern among his paddlers that he might burst a vessel.

The star of the program appears to be Jenny from Bar Harbor, who has a voice like a trumpet, a natural flair for river navigation, and perhaps the most marketable of river guiding skills: a hearty zeal for humiliating inefficient paddlers. If there were such a thing as a rafting prodigy, she could be a candidate. Even the instructors seem a bit awed.

**Watching the  
condensation from my  
breath curl before me,  
I consider that this is not  
the day I would  
typically venture into  
40-degree water.**

final drop brings a substantial wave over the bow, cresting like a miniature tsunami. In the process, we take in enough water to fill half the raft. We pull over and bail, then continue downstream to Horseshoe Rapids, where the trainees take over.

Considerable confusion ensues. After the first disastrous run (in which Lloyd was found downstream in reasonably good spirits), we make two more runs down Horseshoe before calling it a day. Both are significantly smoother. The trainees figured out from the first run that sticking to the right bank was an error; the current is deeper and faster along the left bank. First lesson learned.

But there's still a long way to go. The trainees are still in the pupal stage, particularly in the development of their guide personae. Getting the boat through rapids upright and with all passengers on board is only half the battle. Just as airline pilots eventually must learn to speak in the drawl pioneered by Chuck Yeager, river runners

### Looking forward to water fights

Of course this is only the first day. Tomorrow, the trainees will run the falls on their own, learning from their mistakes. If the past is any guide, they'll have the opportunity to learn how to swim through Class IV rapids, since some of the boats will flip over.

At the end of the training course, most will be expert at maneuvering a crack crew through tricky waters. The trainees will be physically fit and mentally acute, able to anticipate the raft guide's command and respond instantly. They will all be confident and strong. Confident, strong, and — most likely — unemployed.

Those who do find work will make another discovery: Paying customers don't have the expertise or enthusiasm of their fellow trainees. A raft that once responded like a canoe will respond like a barge. The customers could be helpful and attentive, but chances are they'll be loud, insolent and uncooperative.

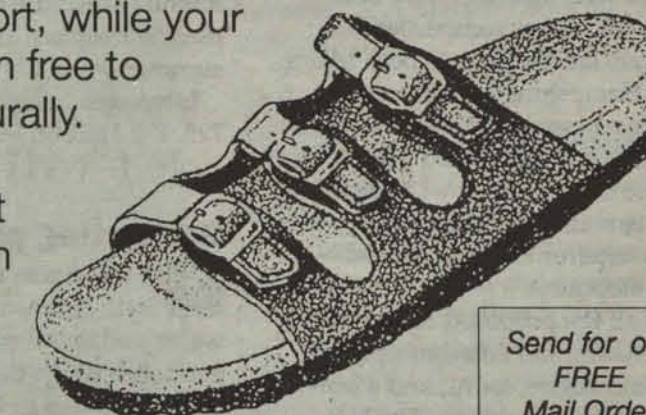
And two other things are for sure: they will enjoy water fights. And nothing will amuse them more than watching their rafting guide get doused with a full bailing bucket of cold river water.

After the last run of the day, Albert hints of the difficulties that await the trainees. Then he smiles warmly. "It's all downhill from here," he says.

*Samson Lackawanna was last seen on an extended debauch with Henry Miller in Paris.*

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## NEWS & NOTES FROM AROUND THE BIOREGION:

### Lake Umbagog Refuge to straddle two states

**1** One place where the needs of the bioregion have risen above political boundaries is Lake Umbagog, where federal and state agencies have been working with timber companies and other private landholders in both Maine and New Hampshire to create a new 16,000-acre national wildlife refuge. If successful, the refuge would protect some of the finest waterfowl habitat in the Northeast and secure miles of unspoiled lakefront against second-home development.

About half the proposed refuge includes wetlands and adjacent uplands, home to bald eagles, loons, and a burgeoning osprey population. The U.S. Department of the Interior is seeking to acquire these lands outright.

The remaining 8,000 acres — mostly working forest lands — would remain under the ownership of timber companies, but the states of Maine and New Hampshire would acquire development rights. That means timber harvesting could continue, but housing developments would be precluded. Some lakeside campsites would be relocated, but most back-country activities would be unaffected.

The government completed its draft environmental impact statement last fall, with the final plan due out early this summer. The next step? To start purchasing land and easements. Congress has promised the U.S. Fish and Wildlife Service \$1 million to begin acquisitions in October. Officials estimate that protecting the entire area will cost around \$5 million. Conservation groups are gearing up to lobby Congress for the full amount. Optimists say protection efforts could be completed within two or three years.

### Hikers find lost trails

**2** The hiking trails at Acadia National Park don't generate as much press as the famed carriage roads, but they're still a spectacular part of the park. Built by volunteer village improvement associations late in the last century, the trails wind along rocky promontories and through gentle woodlands, with periodic clearings offering broad views across Frenchman and Blue Hill bays.

One problem: About half the 250 miles of trail have been lost since they were first built.

How do you lose a trail? By neglecting it to the point that the forest reclaims it. Because the park's operating budget has been inadequate for at least the last two decades, trail crews haven't been able to keep up with simple maintenance. Trails get lost.

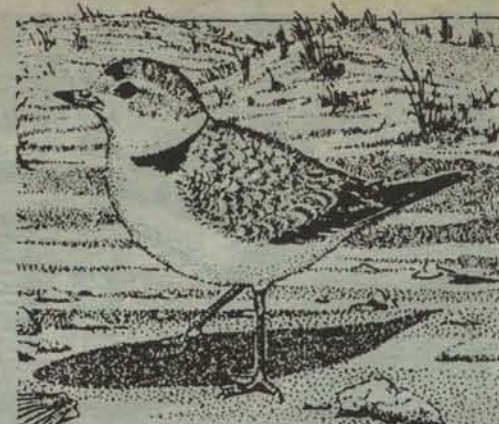
How bad is it? Bad enough that *Backpacker Magazine* plans to include Acadia's trails in its forthcoming list of 10 "Trails in Trouble" this summer, giving the trail system some national notoriety. To help reverse the trend, Friends of Acadia is organizing volunteers to maintain and restore trails this summer.

Interested in helping? Write: P.O. Box 725, Bar Harbor, ME 04609.

### Protecting piping plovers

**3** A beachgoer at Popham Beach State Park was flying a kite at water's edge last summer. An innocent enough activity. But the kite, mimicking the motion of a hawk, caused a piping plover — a delicate, sand-colored shorebird — to abandon its nest. In order to attract the "predator's" attention from its clutch of eggs, the plover "came out and did a little broken wing act," says state wildlife biologist Mark McCollough.

Cute, but potentially disastrous. When a bird is away from the nest, the eggs can be lost to heat, cold or wind-blown sand. And that could mark the end for the piping plover, which both Maine and the federal government consider an endangered species. In the last century, thousands of piping plo-



Piping plover

vers ranged along the Atlantic seaboard. Today, only 738 are known to exist. In Maine, only 17 pairs nested along four beaches last summer.

Other threats to plover nests include hungry dogs, inquisitive children, red foxes, crows, and abnormally high tides, which have been known to wash eggs out to sea. To help restore the plover population, East Coast states and the Maritime Provinces have undertaken a major, concerted effort to conserve plover habitat and monitor nesting sites.

Maine is recruiting volunteers to guard the nests, construct protective wire enclosures, and help educate beachgoers about the problem. (A state volunteer last summer politely suggested the kite flyer move down the beach, removing the perceived threat

and allowing the plover to return to its nest.)

Naturalists are needed at Reid and Popham Beach state parks, as well as Sewell and Crescent Surf beaches. For more information, write: Libby Seigars, SERVE/Maine, State House Station #22, Augusta, ME 04333.

### Snowmobilers are top N.E. trailblazers

**4** Where are all the trails in New England? Not where you might think. Public lands — such as the White Mountains and Baxter State Park — account for less than half the total trail mileage in New England and New York State. The rest of the trails are on private lands. This tidbit from the National Park Service, which released the results of its first-ever Northeast trails inventory in early May.

Of those trails on private lands, the great majority are snowmobile trails. In fact, snowmobile trails account for 19,000 of the 32,000 miles of trails identified throughout the region.

The Park Service says that Maine has 3,500 miles of trail, of which 70 percent are snowmobile trails. Although extensive, Maine's snowmobile trail network pales compared to New York's system, which totals some 9,400 miles.

Hiking trails account for 19 percent of total trail mileage in Maine, and about 33 percent in New Hampshire.

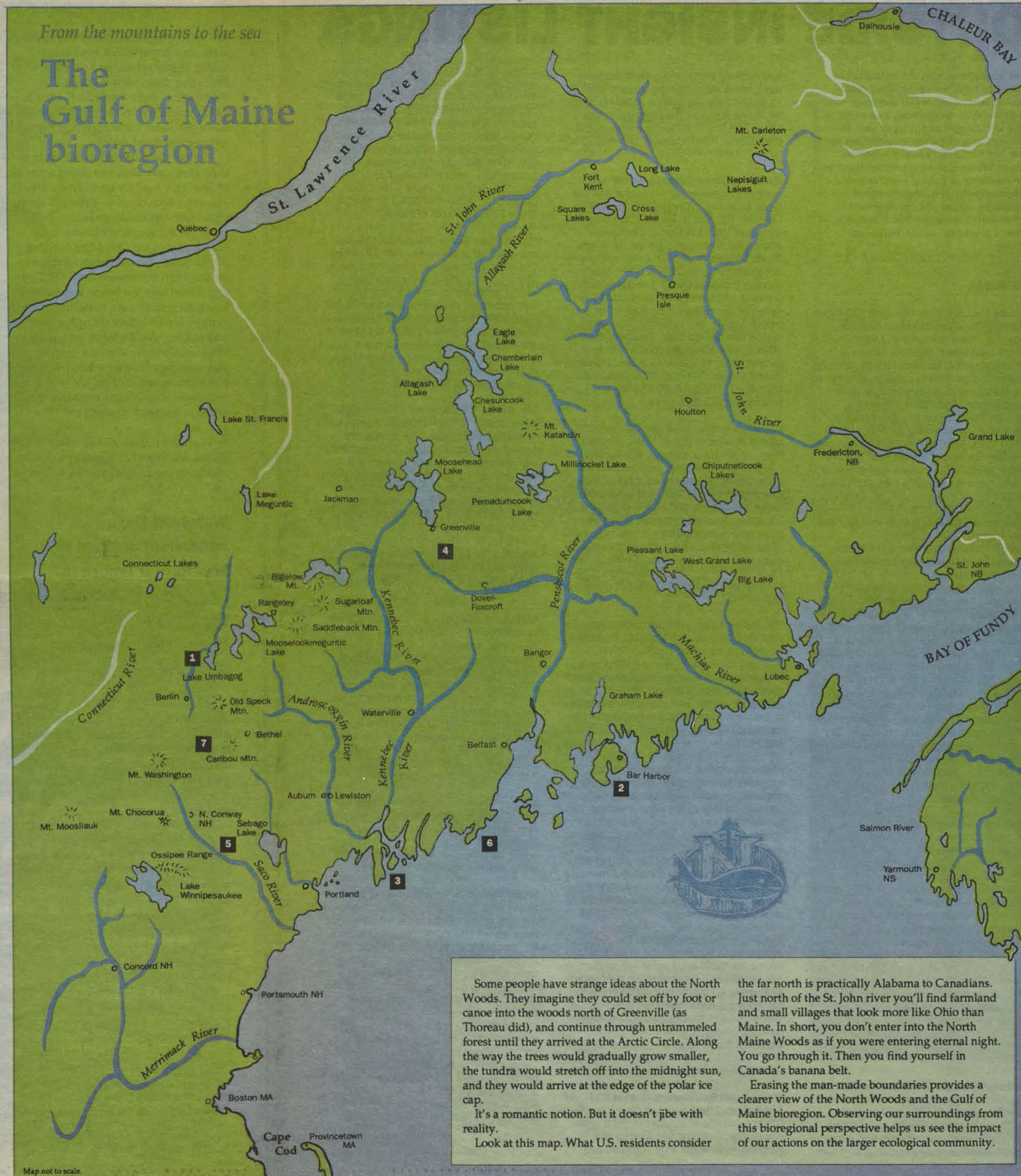
### Saco River shakedown

**5** In 1988 the Maine warden service caused something of an uproar when it set up "riverblocks" on the Saco River, stopping every canoeist passing by a checkpoint. In at least one case, that included frisking a young man clad in a swimsuit.

The checks were ostensibly to look for life jacket and fishing violations, but the hidden agenda was to chill growing numbers of drunks and rowdies on the river. The state claimed the riverblocks were modeled after police roadblocks and thus legal. The Maine Civil Liberties Union disagreed, as did Maine's Superior Court, which told the wardens to cut it out.

What's happened in the two summers since then? The warden service has gone back to patrolling the river by motorboat, stopping individual boats when they suspect a violation. Their efforts are concentrated mostly around Brownfield and Fryeburg. Last year, they issued 60 summonses, mostly for fishing without a license.

According to Lt. Nat Berry of the Warden Service, incidents of disorderly conduct have dropped off sharply. "We haven't had anywhere near the com-



Some people have strange ideas about the North Woods. They imagine they could set off by foot or canoe into the woods north of Greenville (as Thoreau did), and continue through untrammeled forest until they arrived at the Arctic Circle. Along the way the trees would gradually grow smaller, the tundra would stretch off into the midnight sun, and they would arrive at the edge of the polar ice cap. It's a romantic notion. But it doesn't jibe with reality. Look at this map. What U.S. residents consider

the far north is practically Alabama to Canadians. Just north of the St. John river you'll find farmland and small villages that look more like Ohio than Maine. In short, you don't enter into the North Maine Woods as if you were entering eternal night. You go through it. Then you find yourself in Canada's banana belt. Erasing the man-made boundaries provides a clearer view of the North Woods and the Gulf of Maine bioregion. Observing our surroundings from this bioregional perspective helps us see the impact of our actions on the larger ecological community.

plaints about the consumption of alcohol or rowdiness," he says. Berry speculates that the improved behavior results from a combination of the economic downturn, stepped-up river patrols, and increased peer pressure from others using the river.

### 29,850 pounds of trash

**6** More than 3,000 volunteers took to the beaches and headlands in Maine last fall during the National Beach Cleanup, organized by the Center for Marine Conservation in Washington, D.C. Worldwide, more than 100,000 took part in the cleanup effort, removing the plastics and other trash washed ashore. The center says the trash not only looks trashy, it also poses a threat to wildlife.

In Maine, about 190 miles of coastline were cleaned up, with the volunteers hauling away some 29,850 pounds of garbage. Among the more interesting items that washed ashore in Maine: a 1990 time capsule and a plastic soda bottle containing a postcard from a Russian sailor.

### Evans Notch kept wild

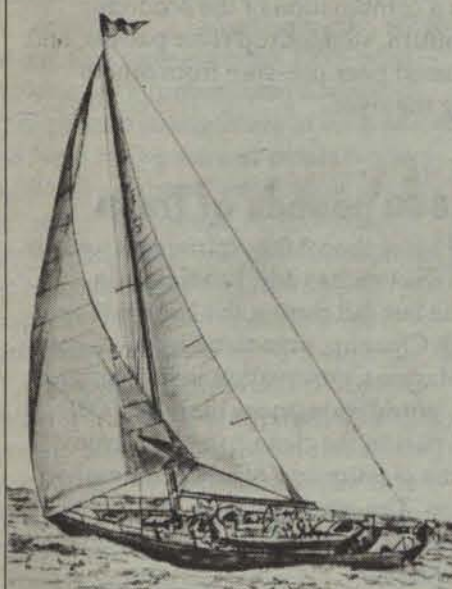
**7** Maine got its second federal wilderness last September with the creation of the Caribou-Speckled Mountain Wilderness Area in the Evans Notch region of the White Mountain National Forest. The new 12,000-acre wilderness, which is located east of Route 113 between Fryeburg and Bethel, includes the peaks of both Speckled and Caribou mountains.

Neither peak is very imposing, even by White Mountain standards. (Speckled, at 2,906 feet, is less than half the height of Mt. Washington.) But hikers emerging on rock ledges near the summits are rewarded with fine views eastward toward Pleasant Mountain, and westward beyond the notch toward the Baldfaces and the Presidentials. Mossy brooks and delicate waterfalls tumble through the thick forest, making it a haven for woodland explorers.

Longtime Evans Notch hikers won't notice any change under the new wilderness status. But some management practices will be altered. No power tools may be used to maintain the 25 miles of trail in the wilderness (chainsaws are out; crosscut saws are in). And all motorized or wheeled vehicles — including mountain bikes — are now prohibited from the area.

Maine's other federal wilderness area is in the Moosehorn National Wildlife Refuge in Washington County. Congress designated 7,500 acres of wilderness (in two separate parcels) here in the early and mid-1970s.

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NORTHERN EXPOSURE page 14

# OUTSIDE INSIGHT LISTINGS

Get acquainted with the outdoors! In these listings, we've included guidebooks, equipment rental services, outdoor gear vendors, workshops, and anything else we thought might be of use. Where the numbers of guides or outfitters are few, we listed the ones of which we know. Where guides are numerous — as for canoeing or fishing — we've listed a representative few, then directed you to resources where you can find further information. Consider this a sampling of what's available, not an exhaustive listing.

### GENERAL

**Acadia National Park** has over 100 miles of hiking trails and carriage roads for bicycling. Open summits and ridge lines offer ocean views; bicycling terrain is generally gentle. No back-country camping available. Two drive-in campgrounds run by the park service. Sites at Blackwoods Campground (\$11) can be reserved through Ticketron up to eight weeks in advance for arrival after June 15 (1-800-451-1111). Sites at Seawall Campground (\$9) are first-come, first-served. Visitors center at Hulls Cove offers trail guides and maps. Open 8 to 8 daily. Call (207) 288-4932.

**Appalachian Mountain Club** was founded over a century ago to assist outdoorspeople in exploring the White Mountains of New Hampshire and Maine. Today the club has more than 30,000 members, operates eight alpine huts, maintains hundreds of miles of trail, and coordinates dozens of workshops with the goal of educating the public about local ecosystems and low-impact enjoyment of the Whites. AMC maintains an information center at the base of Mt. Washington on Route 16, 10 miles north of Glen, NH. Open daily. AMC members receive discounts on overnight stays and merchandise, including maps and guidebooks. AMC also operates a daily hiker's shuttle to return backpackers to their cars at the end of longer hikes. Dues are \$40 per year for an individual, \$65 for a family. Write to AMC, 5 Joy St., Boston, MA 02108, tel. (617) 523-0636.

**Baxter State Park** is the home of Mt. Katahdin, Maine's highest peak. The park can accommodate fewer than 700 overnight visitors on its 200,000 acres in designated campsites and back-country bunkhouses. Reservations (strongly recommended) are accepted starting on January. The most popular weekends and campgrounds are booked by early spring. Written reservations only; no phone reservations accepted. If you don't have reservations, stop by the gatehouse near Millinocket to check availability. The cost is \$4 for campsites. A day-use permit is \$8 per car for non-residents; no fee for residents of Maine. For more information, write Baxter State Park Authority, 64 Balsam Dr., Millinocket, ME 04462, tel. (207) 723-1816.

**Eastern Mountain Sports** has retail stores in South Portland (near the airport) and in the center of North Conway, NH. Both shops offer tents, sleeping bags, hiking boots, rain gear, guide books and a miscellany of other camping gear. They also rent

backpacking gear. EMS's North Conway store offers rock climbing lessons through its mountaineering school. In Maine: EMS, 50 Maine Mall Rd., South Portland, tel. (207) 772-3776. In New Hampshire: EMS, Main Street, North Conway, tel. (603) 356-5433.

**Hurricane Island Outward Bound** runs a number of outdoor trips in Maine and the White Mountains. Centers are located in Littleton, NH, and in Bethel, Greenville and Hurricane Island in Maine. Course are offered for various age groups, from age 14 up. Fifteen courses this summer are designed for those 21 and older. Most courses include at least one day of rock climbing and a ropes initiative course (a series of exercises strung high in the trees). Sailing, sea kayaking, canoeing, cycling and backpacking expeditions are all offered, as are winter courses. For a catalog, write to Hurricane Island Outward Bound School, P.O. Box 906, Rockland, ME 04841, tel. (207) 594-5548 (in Maine) or (800) 341-1744.

**L.L. Bean's** retail store and factory outlet offer a wide selection of tents, sleeping bags, cookstoves, canoes, sea kayaks, hiking boots, and other outdoor accouterment. The staff has tested most of the gear and is a good source of information about what to buy and where to go. The L.L. Bean Discovery Program offers lectures and demonstrations on many evenings, often featuring suggestions on places to visit in the region. Check at information desk for schedule. Open 24 hours. Route 1, Freeport, ME, tel. (207) 865-4761.

**The Maine Atlas and Gazetteer** (14th ed.) published by DeLorme Mapping Company offers detailed information on Maine, including back roads, some hiking trails, historic sites, a mileage chart, state parks, campgrounds and beaches. Available at most book stores and outfitters, as well as at DeLorme's retail shop in Freeport. DeLorme Mapping, P.O. Box 298, Freeport, ME 04032.

**Maine Outdoor Adventure Club** has 300 members and offers all levels of trips from beginner to expert. Lots of hiking, backpacking, canoeing, kayaking, climbing, and a wide variety of other activities such as conservation efforts, trail maintenance, work with U.S. Forest Service out of Augusta and with SERVE/Maine project out of Augusta. Trips are free for all, but membership is encouraged; dues are \$12/year. Based in Portland. Recorded hotline offers updated trip information. Call 774-1118.

**The Maine Publicity Bureau, Inc.** 97 Winthrop St., Hallowell. The state's official source for travel and tourist information and assistance. Brochures are available on whitewater rafting, canoe outfitters/rentals, fishing guides, camp & cottage guide, Maine guide to hunting and fishing, Maine camping guide, deep sea fishing, boat cruises & ferry listing, much more. Call (207) 289-2423 (in Maine) or 1-800-533-9595 (out of state).

**Maine Sport Outfitters** is located on Route 1 in Rockport, just south of Camden. Offers a full line of outdoor clothing and equipment, including sea kayaks and camping gear. Moss Tent outlet on pre-

misses. Pond outside lower level allows customers to test boats before purchasing. Rents Moss Tents, Lowe internal frame backpacks, sleeping bags, stoves, wet suits and dry bags. Offers a wide variety of guided trips, from mountain bike expeditions to whitewater rafting to fishing. To be placed on mailing list for catalogs or guided trips, write to Maine Sport Outfitters, P.O. Box 956, Route 1, Rockport, ME 04856, tel. (800) 244-8799 (in Maine) or (800) 722-0826 (out of state).

**Maine State Parks** The state of Maine manages 30 state parks, with 13 permitting overnight camping. Camping is available on a first-come, first-served basis, except at Baxter State Park (see above). The state also maintains primitive campsites along the Allagash River Wilderness Waterway, a 100-mile paddle trip in northern Maine. For information on the Allagash or the state park system, write to Maine Bureau of Parks and Recreation, State House, Augusta, ME 04333.

**The Nature Conservancy** owns 90,000 acres of Maine, from offshore islands to remote inland forests. The land is preserved in its natural state. Trails occasionally allow access by foot. Visitors are welcome during the day; overnight camping is strictly prohibited on all conservancy lands. The Maine Chapter of the conservancy published a guide to conservancy holdings last year, illustrated with color photographs. The spiral-bound guide is available for \$17.95 from the chapter office at 122 Main St., Topsham, ME 04086 (add \$2.80 for postage and tax if ordering by mail). Call (207) 729-5181.

**SERVE/Maine** State-run program offering outdoor volunteer opportunities throughout the state. Adopt a trail, work as a back-country campsite host, lead tours as a naturalist, or organize a conservation group. The projects require volunteers with skills and abilities ranging from enthusiasm and interest in the outdoors to highly trained trails professionals. For a listing of current volunteer projects, write to Libbey Seigars, SERVE/Maine, Maine Dept. of Conservation, Station 22, Augusta, ME 04333, tel. (207) 289-4945.

**Surplus Store** in downtown Portland carries sleeping bags, tents, packs, cookware, rain gear and a variety of army surplus items handy for camping. Hi-Tec hiking boots sold. Open Mon.-Sat., 9-5:30. 28 Monument Square. Call 775-0201.

**White Mountain National Forest** contains nearly 800,000 acres of wildlands (including 53% of the Northeast's federal wilderness areas) and 1,200 miles of trails. Managed by the U.S. Forest Service. Offers a variety of recreational opportunities. Drive-in campgrounds and back-country sites open to camping. Other parts of the forest open to no-trace, back-country camping with certain restrictions (e.g., you must camp 200 feet or more from stream or trail). Obtain camping regulations from national forest offices: Androscoggin Ranger Station, 80 Glen Rd., Gorham, NH, tel. (603) 466-2713; Evans Notch Ranger Station, Bethel, ME, tel. (207) 824-2134; Saco Ranger Station, Kancamagus Highway, Conway, NH, tel. (603) 447-5448.

### GETTING STARTED:

#### Backpacking

Backpacking has been out of fashion for more than a decade now. In national parks, about half as many people took off on overnight back-country trips last year compared to the peak year of 1976. Why the drop-off? Some say that baby boomers, now saddled with houses and kids, are more worried about mortgages and schools than doing that Zen back-country thing. And childless boomers evidently have concluded that sleeping at inns is more desirable than sleeping on roots. As for those now in their 20s, they appear to be more enamored of flashier outdoor activities, like rock climbing and sailboarding.

But here's news: the trend may be turning around. Back-country camping permits have started edging up at national parks, and sales of camping gear (especially hiking boots and family-sized tents) have surged in the last couple of years. Advocates say backpacking meshes well with the emerging ethos of the 1990s: it's healthy, it's cheap, and it doesn't complicate your life.

OK, well, it's not that cheap. Getting outfitted with a decent pack, sleeping bag and hiking boots can set you back \$500 or more these days. Add a lightweight stove, a cook set, a tarp and a few other essentials and you're talking the price of a Caribbean cruise.

There's a cheaper way. Eastern Mountain Sports, with stores in South Portland and North Conway, will rent backpack gear for a weekend or more. For a couple of packs, a two-person tent, and a pair of sleeping bags and pads, figure on under \$100 for three days. Cheaper than a weekend in Worcester.

Now, where to go? You're lucky. New England is blessed with more than 6,000 miles of hiking trail, and more published guides than any sensible hiker could hope to use. The most comprehensive trail guides are published by the Appalachian Mountain Club. Pick up AMC's Maine Mountain Guide or White Mountain Guide (available at many local bookstores and outdoor shops). Spend an evening perusing the detailed prose. Pick a destination. Put on the pack. Then go.

#### BACKPACKING

**AMC's White Mountain Guide** and **Maine Mountain Guide** offer comprehensive trail information for the mountains and lowlands of both regions. Guides are compact to allow for easy carrying while hiking, and include fold-out maps. Detailed trail descriptions and mileages will augment sign posts and topographic maps. Available at the AMC's Pinkham Notch Camp at the base of Mt. Washington, as well as at many local outfitters and bookshops. The White Mountain Guide is \$15.95 and the Maine Mountain Guide \$14.95. (Add postage: \$2.50 for under \$20; \$4.50 for under \$50.) To order, write AMC Books, P.O. Box 298, Gorham, NH 03581. Credit card orders accepted by phone: (603) 466-2721.

**The Appalachian Trail** runs through rugged peaks in the White Mountains and the Mahoosuc Range of Maine, then continues northward 250 miles from the state border to Mt. Katahdin. About 200 people hike from Georgia to Maine each year. Thousands more hike shorter segments. Maps and guidebooks are available for the New Hampshire and Maine segments at many outdoor shops throughout the region. To order maps and guides by mail, contact Appalachian Trail Conference, P.O. Box 807, Harpers Ferry, W. Va. 25425.

**Backpack the Carter/Mahoosuc Mountains** on the Maine/New Hampshire border while learning outdoor skills during a nine-day Outward Bound class for participants 18 years old and up. Learn orienteering and topographic map use. Rock climbing and ropes course included. Cost is \$1,050. Offered June 29-July 7, July 12-20 and August 24-Sept. 1. For more information, call (207) 594-5548 (in Maine) or (800) 341-1744 (outside Maine).

**Beginner Backpacking and Camping** Appalachian Mountain Club workshop that will cover trip planning, equipment needs, safety considerations, map skills and low-impact camping. A Friday evening introduc-

tion is followed by an evening on the trail. Rental equipment available. Hikers provide their own food. Workshop is offered June 21-21, July 5-7, August 2-4 and Sept. 6-8. Based at Pinkham Notch Camp, near Jackson, NH. Instructor: AMC Education staff. Fee (includes instruction, Fri. night lodging and Sat. breakfast): \$90 AMC members, \$100 non-members. For information, call (603) 466-2721, or write Summer Workshops, P.O. Box 298, Gorham, NH 03581. For reservations, call (603) 466-2727.

**The Maine Appalachian Trail Club** maintains the Appalachian Trail in Maine and constructs and maintains side trails. Also hosts group backpacking and day-hiking trips in the White Mountains and Maine. Members receive a monthly newsletter with information on upcoming trips. Also sells maps of the Appalachian Trail in Maine by mail. Membership dues are \$10 per year. Write to Maine Appalachian Trail Club, Barbara Clark, Secretary, 49 Old Carriage Rd., Auburn, ME 04210.

**Presidential Traverse** A spectacular four-day trek that traverses the summits of the highest mountain range in New England from June 19-22. This hike, led by AMC naturalists, offers some of the most breathtaking views of the White Mountain National Forest. This is considered a challenging hike, and participants should be in good physical shape. Also offered August 13-16. Overnights at three White Mountain huts. Fee: \$265 AMC members, \$285 non-members. For information, write Guided Hikes, P.O. Box 298, Gorham, NH 03581, tel. (603) 466-2721. For reservations, call (603) 466-2727.

**Rugged Mountain Equipment** Retail outdoor shop in the White Mountains that offers an extensive line of serious back-country gear for hikers and climbers. Located on Route 302 in Intervale between Conway and Bartlett, tel. (603) 356-3042.

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continued on page 16

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## INSIGHT

continued from page 15

**Topographic quadrangle maps** are available at many outdoor shops throughout the region, including L.L. Bean, International Mountain Equipment, EMS and Maine Sports. Maps cost around \$3 each. To order by mail, write (specifying the state you're interested in) to Branch of Distribution, U.S. Geological Survey, Box 25286, Federal Center, Denver, CO 80225.

**Women and the Wilderness** Offered by Appalachian Mountain Club, this four-day backpacking extravaganza through the White Mountains is designed for women of all ages who enjoy being outdoors and the challenge of learning new skills as a way to develop self-esteem. Camp four nights in remote regions of the White Mountains and focus on outdoor skills (map and compass, low-impact camping techniques, basic first aid); and "soft" skills (leadership, self-esteem building exercises, stress management, women and nature). Participants need to be in good physical condition. July 21-26. Instructor: Jan Collins, AMC Education staff. Fee (includes use of tents and stoves, lodging Sun. night, meals Mon. breakfast through Fri. breakfast, excluding lunches): \$205 AMC members, \$225 non-members. For information, call (603) 466-2721, or write Summer Workshops, P.O. Box 298, Gosham, NH 03581. For reservations, call (603) 466-2727.

### BI CYCLING

**All Speed** in Portland offers an extensive off-road riding and road schedule: Wed. eves at 6, fast-paced mountain ride as well as a "ladies" ride at 5:30 p.m. Sun. morns: off-road, all-speed, all-level ride, 9-12. Friday eves at 6, 20-35 mile training road ride, same ride Sat. morn at 8. Also hosts SMORBA (Southern Maine Off Road Bicycling Association), a club intended to address issues including land access, safety, maintenance, rider technique. 1041 Washington Ave., tel. (207) 878-8741.

**Back Bay Bicycle** in Portland leads rides for road and mountain bikers of all ability levels. Road rides Tues. & Thurs. eves at 6, as well as Sat. morns, to cover 18-30 miles. Mountain bike rides: Thurs. eves at 6, 8-12 miles, and Sat. rides at 8 a.m., 10-15 miles. Three ride leaders. Bicycle repair shops at on Wed. eves at 6:30, every four weeks: \$24 for four-week course. If interested in performance road riding or mountain biking course, call shop. 333 Forest Ave., tel. (207) 773-6906.

**Bar Harbor Bicycle Shop** offers bike rentals, sales, repairs and accessories for those interested in touring Acadia and the surrounding area. Half-day bike rentals cost \$9; full day, \$14. Free maps and advice on cycling through Acadia National Park and Mt. Desert Island. Open daily, April-Dec. 141 Cottage St., Bar Harbor, ME 04609, tel. 288-3886.

**Bath Cycle** offers maps of local areas and scenic tours. Also sells a large selection of bikes, including mountain bikes and road bikes. Bike ride every Tuesday at 6 p.m. with shop guides. Open Mon.-Sat. P.O. Box 372, Bath, ME 04530. For more information, call 442-7002.

**Cape Able Bike Shop** in Kennebunkport offers a full range of bikes for both rental and purchase. Accessories and service department also available. Bike rentals range from \$8 to \$25 a day, depending on the bike. Escorted bicycle tours of Kennebunkport and environs every Wednesday at 6 p.m. Free maps also available. Open daily. Townhouse Corners, Kennebunkport, ME. For more information, call 967-4382.

**Cyclemania** in Portland organizes fast-paced rides for racers twice a week: 30-mile rides Sat. mornings at 8, and 45-50 mile rides Tues. eves at 5:30. Both meet at the shop on 59 Federal St., tel. 774-2933.

**Casco Bay Bicycle Club** in Portland offers frequent bike trips for club members and the public. Group rides are regularly scheduled for evenings, often followed by pizza. Trips range from two miles to 20. Longer trips held on weekends and other times during the summer. Membership dues are \$12 per year. Write Casco Bay Bicycle Club, 84 New Gloucester Rd., Cumberland, ME 04021. Recorded hotline with upcoming trips: (207) 774-1118.

**New England Bicycle Tours** offers three, five, and seven-day guided tours along the Maine Coast. Guests stay at inns and eat most meals at restaurants. Tours designed for all fitness levels. Departures throughout the summer. Prices range from \$275 to \$970. For more information, write to New England Bicycle Tours, Box D, Randolph, VT 05060, tel. (802) 728-3261.

**Saco Cycles EVC** (Elan Velo bike Club) offers rides and discounts on bicycle equipment to members. Daily rides, times vary, usually 5-6 p.m., leave from store. 40-60 mile rides Tues., Wed., Thurs., 20-30 miles Mon. & Fri. EVC also sponsors Criterion, two-day bike race, July 13-14, 284 Main St., Saco, ME, tel. (207) 283-2453.

**Southwest Cycle** offers rentals, sales and repairs on Mt. Desert Island. Rents both touring and mountain bikes. Half-day rentals are \$10. Full day rentals are 17.50, including helmets, car rack and maps. Rentals by the day or week. Group rates. Open 8:30-5, Mon.-Sat. Main St., South West Harbor, ME, tel. (207) 244-5856.

**Sunday River Ski Resort** has opened a new mountain bike center offering rentals and a maintained trail system. One lift equipped to carry bicycles is open in the summer, providing access to summit trails and long descents. Mountain bike rentals are \$25 per day. Trail pass and unlimited lift use is \$15. One lift ride with trail pass is \$10. A trail pass (no lift) is \$5. Trail maps are free. Rental bikes not allowed on lifts. Helmets are required on all bikers. Write to Sunday River Ski Resort, Box 450, Bethel, ME 04217, tel. (207) 824-2187.

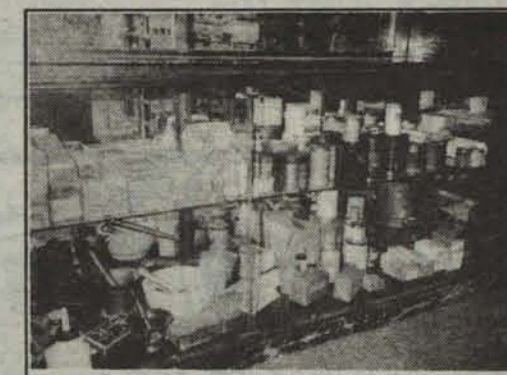
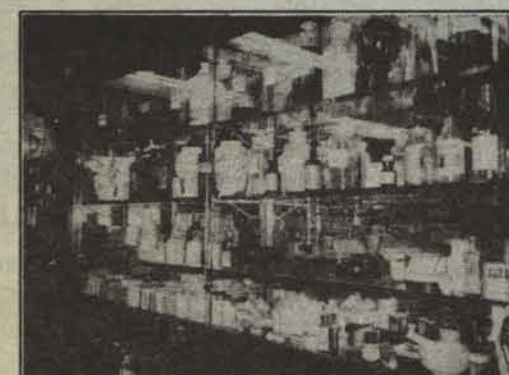
### BIRDWATCHING

**Audubon Ecology Workshops** are held on Hog Island Audubon Camp at the head of Muscongus Bay. Two six-day field ornithology sessions are offered this year on June 14-20 and June 22-28. A variety of nesting birds can be spotted on the 333-acre Todd Wildlife Sanctuary on the island. The workshop includes a one-day field excursion to Matinicus Rock, home of Leach's storm petrel and razorbills. The cost of the

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## INSIGHT

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workshop, which includes lodging and food, is \$695. Other classes in natural history also available during the summer. For more information, write to Audubon Ecology Camps, National Audubon Society, 613 Riversville Rd., Greenwich, CT 06831, tel. (203) 869-2017.

**Audubon Society of New Hampshire** sponsors birdwatching trips in several areas around the White Mountains. Also conducts canoe and camping trips. For more information, write to Audubon Society of New Hampshire, P.O. Box 528-B, Concord, NH 03302, tel. (603) 224-9909.

**Back-Country Birdwatching Naturalist Adventure** Zealand Valley and the alpine zone above Mizpah Hut will be the focus of this two-day AMC workshop June 14-16. Spend two nights in back-country huts, and days searching out and discussing the distribution of a variety of species. AMC naturalist Michael Greenwald will lead the trip. The fee is \$190 (\$175 for AMC members) and includes lodging and all meals except lunch. For information, call (603) 466-2721, or write Summer Workshops, P.O. Box 298, Gorham, NH 03581. For reservations, call (603) 466-2727.

**Maine Audubon Bird Alert** is a recorded hotline letting callers know of rare species sighted in the area, as well as which common species are now returning or nesting. Updated weekly. Call between 5 p.m. and 8 a.m.: (207) 781-2332.

**Maine Audubon Society** is headquartered at the Gilsland Farm Sanctuary in Falmouth. The 60-acre sanctuary offers a variety of terrain, including forest, salt marsh and fields. A shop at the sanctuary sells bird identification books and other items of interest to naturalists. Workshops and field trips are scheduled throughout the year. Free Sat. morning walks throughout the summer are held at different places around southern Maine. Contact the society for more information. 118 U.S. Route One, Falmouth 04105, tel. (207) 781-2330.

**Rachel Carson National Wildlife Refuge** in Wells protects 1,600 acres of salt marsh and white pine forest. This refuge, managed by the U.S. Fish and Wildlife Service, offers limited access to extensive bird life. The resident manager, with an office near the entrance on Route 9, has maps and guides available.

**Scarborough Marsh Nature Center.** A 3,000-acre saltwater marsh teeming with birdlife. Operated by the Maine Audubon Society, which rents canoes and offers guided tours. Open mid-June until Labor Day, 9:30-5:30. Pine Point Rd., Scarborough, tel. (207) 883-5100.

**Stanwood Museum and Birdsacre Sanctuary** in Ellsworth features a 100-acre bird sanctuary dedicated to Cordelia Stanwood, a well-known ornithologist and nature writer. The Stanwood homestead dates from 1850 and includes a collection of stuffed birds, eggs and photos. Open mid-June to mid-Oct. Small admission charge. Route 3, Ellsworth, ME, tel. (207) 667-8460.

**Swan Island** in Merymeeting Bay attracts a wide variety of migrating and nesting

birds. Officially known as the Steve Power Wildlife Management Area, the 1,775-acre preserve is run by the state, which limits the number of visitors. Island offers campground with 10 Adirondack shelters (60-person capacity). Fee schedule: \$3 per person per day visit, \$5 per person per night. Reservations required. Permit required to visit island, which you get through reservation process. Once you have a permit, the dept. offers interpretive tours and allows you the run of the island — all included in price of permit, above. To obtain reservation info, write Swan Island reservation clerk at Dept. Inland Fisheries and Wildlife, 8 Federal St., Augusta 04333, or call 289-1150.

**Thomrag Bird Sanctuary** is a 228-acre park managed by the Stanton Bird Club within the city limits of Lewiston. The sanctuary, created in 1921, has a number of trails running throughout the property. A brochure and trail map available at the entrance. Admission is free. Located on Montello Street at Highland Spring Rd., behind the Shop 'n Save on Route 126 in Lewiston. For information, write to Robert Shafto, Stanton Bird Club, P.O. Box 620, Auburn, ME 04210.

### CANOEING

**Allagash Guide Inc.** Fish and explore the Allagash, St. John & Penobscot rivers. Five to seven day trips, fully outfitted. St. John trip June 15-21; Allagash Lake trip, including portion of the Allagash through Chase Rapids, June 23-29; Allagash River trips, August 10-16 and August 18-24: all \$400 per person. June-August. Box 3210, Route 1, Norridgewock, ME 04957, tel. (207) 634-3748.

**Allagash Wilderness Waterway** is a 92-mile river corridor along the Allagash River in northern Maine. The state owns 500 feet on either side of the river; timber companies own the rest. The north-flowing river runs from Telos Lake (northwest of Millinocket) into the St. John River on the Canadian border. Campsites along the route are managed by the state, which charges a fee. For more information, write Bureau of Park and Recreation, State House Station #22, Augusta, ME 04333.

**AMC River Guide: Maine and AMC River Guide: New Hampshire and Vermont** offer detailed descriptions of runnable rivers throughout northern New England. The guides explain the idiosyncrasies of each stretch of river for canoeists and kayakers. Includes descriptions of portages, best time of year to go, water levels, campsites, local scenery and map selections. The guides cost \$9.95 each (add \$2.50 postage for mail orders under \$20). To order, write AMC Books, P.O. Box 298, Gorham, NH 03581. Credit card orders accepted by phone: (603) 466-2721.

**Canoe expedition on Rangeley Lakes and Androscoggin River** is offered by Hurricane Island Outward Bound for participants 18 and up. Learn paddling techniques and portaging while catching glimpses of moose, deer and bear. Rock climbing and ropes course included. The trip runs nine days, Sept. 21-29, and costs \$750. For more information, call (207) 594-5548 (in Maine) or (800) 341-1744 (outside Maine).

**Canoeing Lake Umbagog** The Appalachian Mountain Club offers this chance to learn and refine canoeing skills and experience some spectacular scenery. Look for

### GETTING STARTED:



Photo by Toney Harbert

### Mountain biking

The world's first mountain bike school opened its doors a few years ago in Vermont. This was deeply puzzling to some. What's to learn? they wondered. You get on. You ride. You hit a log. You fall off. Why waste a few hundred dollars having someone teach you that?

Well, it turns out that mountain biking is a bit more complicated, despite appearances to the contrary. In fact, with a little trial and error you can even ride over logs at a fairly good clip. (It's a move familiar to any baby boomer who grew up doing wheelies on a Stingray.) For the practiced peddler, steep mountain trails are more thrill than threat.

How to learn? Don't bother with classes. (It's not that complicated.) Just grab a bike and take off, beginning on simple terrain and working up to the more complex. If you don't want to drop the \$300 or more on a bike right away, head up to Sunday River Ski Resort in the White Mountains outside of Bethel. Their new mountain bike center offers bike rentals for \$25 a day, which also includes a helmet and pass for the ski area's trail network. (Note that rental bikes aren't allowed on the lifts because their riders are presumed to be insufficiently practiced to get down in one piece.)

First try peddling out to the end of Sunday River Road, a beautiful dirt-road ramble up the valley to the east side of the Mahosuc Range. Then turn around and head back. Once you're accustomed to the slightly unsteady feeling of bike tires on loose dirt, give some of the Sunday River trails a try.

If you've got your own bike, take the lift to the summit and barrel on down. (Be sure your forearms are in good shape. They'll get more of a workout than your legs.) Lower your seatpost to lean back, shifting the weight to the rear and reducing your chances of being catapulted should you hit a ditch or rock.

Looking for more of a challenge? Except for those in wilderness areas, trails in the White Mountain National Forest are open to mountain bikes. Just keep in mind that others use the trail as well: Stay in control, and walk your bike around muddy areas or other spots where lasting damage could be inflicted.

A trail pass and unlimited lift use at Sunday River is \$15 per day. One lift ride with trail pass is \$10. A trail pass (no lift) is \$5. Trail maps are free. Helmets are required. Write: Sunday River Ski Resort, Box 450, Bethel, ME 04217, tel. (207) 824-2187.

moose, eagles, osprey and other wildlife in their natural habitats while paddling the upper reaches of the Androscoggin and Magalloway rivers. Camp two nights on the lake shore. Offered July 5-7, August 9-11 or Sept. 20-22. Instructors: AMC Education staff. Fee (includes instruction, camping fees, meals Fri. eve through Sun, breakfast, excluding lunches): \$135 AMC members, \$150 non-members. Canoe rentals available. For information, call (603) 466-2721, or write Summer Workshops, P.O. Box 298, Gorham, NH 03581. For reservations, call (603) 466-2727.

**Introduction to River Canoeing** Learn quick-water techniques, including equipment, safety, strokes and maneuvers for river paddling with a current at this Appalachian Mountain Club course. Canoeists should have flatwater experience and swimming skills. Bring your own canoe if possible; canoe rental will be extra. June 1-

2. For reservations and information, call (607) 746-2737.

**Island Hopping by Canoe** Explore Penobscot Bay by canoe, traveling routes of our Native American predecessors, during this AMC workshop held August 1-4. Camp on isolated islands, experience the peace and beauty of the coastal rhythms. Canoeing experience necessary. Instructors: Anne Michalec Finlayson and Mike Krepner. Fee (includes instruction, meals excluding lunches, camping fees, and guide fees): \$240 AMC members, \$265 non-members. For information, call (603) 466-2721, or write Summer Workshops, P.O. Box 298, Gorham, NH 03581. For reservations, call (603) 466-2727.

**L.L. Bean Canoe Symposium** will be held on Moose Pond in Bridgton June 7-9. The symposium includes use of various ca-

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# INSIGHT

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noes, expert instruction, lessons and lectures, as well as an opportunity to try a variety of canoes. Fee is \$80 per person, with an additional fee for cabins and tent sites. For more information, call L.L. Bean at (207) 865-4761.

**Millinocket Chamber of Commerce** will send you a list detailing all manner of canoe support services in the region near the south entrance to Baxter State Park. These include rentals, scheduled trips, guide services, air taxis and shuttle services. Send your request for outfitters list to Millinocket Chamber of Commerce, P.O. Box 5, Millinocket, ME 04462, tel. (207) 723-4443.

**Moosehead Lake Region Chamber of Commerce** offers a listing of local canoe outfitters and guides; a 1991 complete visitors guide with info on hiking, boat rentals and accommodations; brochures on camping, canoeing, fishing, horseback riding, hiking, flying services and seaplane tours, scenic cruises, whitewater rafting, moose watching and more. Call (207) 695-2702.

**Saco Bound** offers canoe rentals at \$25 per day, including all necessary equipment. Shuttles cost \$9.50 to anywhere along the river, including Swans Falls, Weston's Bridge, Brownfield Bridge and Hiram (a \$20 minimum charge applies for Hiram, which is 43 river miles from the put-in). Canoeing to Canal Bridge, 11 miles away, is the most popular day trip. Located on Route 302 in Center Conway, NH, just west of Fryeberg, ME. Write: Box 119, Center Conway, NH 03813, tel. (603) 447-2177.

**Saco Bound/Northern Waters Whitewater School** in Errol, NH, offers advanced canoeists a chance to try cutting-edge craft this summer in several new workshops. Thanks to special arrangements with Mad River Canoe, Royalex Howler and M.E. canoes will be used for these two-day workshops on Class II and III rapids. Solo paddling workshop offered July 27-28. Tandem paddling July 22-23 and August 3-4. Price: \$150, including campsite, equipment and instruction. Whitewater canoe rentals also available at \$25 per day. Write: Box 119, Center Conway NH 03813, tel. (603) 447-2177.

**Saco River Canoe and Kayak** will rent you a canoe then shuttle you back to the start of your trip along the mighty Saco River. Reservations are required on weekends and encouraged on weekdays. Canoe rentals are \$25 per day (including life jackets and paddles for two). Shuttle connections are offered for three popular trips: 12 miles to Walker's Bridge (two canoes for \$12), 24 miles to Brownfield (\$15), and 36 miles to Hiram (\$22). Located on Route 5 north near the Fryeberg Fairgrounds and the Swans Falls river access point. Call (207) 935-2369.

**Solo and tandem canoeing lessons** are offered by L.L. Bean on the Royal River in Yarmouth throughout the summer. Solo lessons held Sun. morns. 10-12:30. Tandem lessons Sun. afts. 1-3. All lessons are \$14 per person and include use of various canoes and expert instruction. Both classes run thru August 25. For more information, call (207) 865-4761.

**NORTHERN EXPOSURE** page 20

## DAY HIKING

**Alpine Flower Walk** Guided hike offered by the AMC in the Southern Presidentials June 10-12. Walk the historic Crawford Path, noting the changing vegetation and ecological zones from the forests and fields of Crawford Notch to the tundra and alpine flowers of Bigelow Lawn and the Alpine Garden. An AMC naturalist will accompany the trip, designed for those with moderate hiking experience. Based at Pinkham Notch Camp, near Jackson, NH. Fee: \$185 AMC members, \$200 non-members. For information, write Guided Hikes, P.O. Box 298, Gorham, NH 03581, or call (603) 466-2721. For reservations, call (603) 466-2727.

**The Fifty Hikes Series**, published by Backcountry Press, now offers guides detailing day hikes in the White Mountains, southern Maine and northern Maine. Each guide includes rough maps and trail descriptions for 50 hikes, along with accounts of historical and natural highlights along the way. Available at many local bookstores, as well as by mail. White Mountains is \$12.95; northern and southern Maine are \$10.95 each. (Add \$2.50 per volume for mail orders.) Write to Backcountry Publications, P.O. Box 175, Woodstock, VT 05091.

**Hirundo Wildlife Refuge**, bordering Pushaw Stream near Old Town, ME, is a 733-acre preserve that is home to hundreds of species of bird and mammals. Color-coded trails for walking crisscross the area; group tours available. For more information, contact City Manager, 51 North Brunswick St., Old Town, ME 04468, tel. (207) 827-3965.

**Llama trekking** is offered by Steve Crone at the Telemark Inn outside of Bethel. These four to six-hour trips are offered most Sun. and Weds., and feature trips to one of several destinations, including swimming holes and ridge lines. A catered trailside buffet is included, which is packed in by the llamas. Departures are between 9:30 and 10:00 a.m. Cost is \$75 for an adult and \$50 for a child. Three-day llama camping trips also offered. For more information, write to Telemark Inn, RFD #2, Box 800, Bethel, ME 04217, tel. (207) 836-2703.

**The Maine Chapter of the Appalachian Mountain Club** offers guided day hikes most every weekend throughout the summer. Trips are outlined in their bimonthly newsletter. Trips include easy ascents as well as difficult bushwhacking trips. Newsletter is sent to AMC members in Maine as well as to other AMC members who request Maine chapter affiliation. Dues are \$40 per year for an individual, \$65 for a family. Write to AMC, 5 Joy St., Boston, MA 02108, tel. (617) 523-0636.

**Waterfalls of the White Mountains** Guidebook describing 30 trips to 100 waterfalls in the White Mountain area. Hikes described by authors Bruce and Doreen Bolnick range in difficulty from easy to strenuous. Also includes some roadside visits. Available at many local book stores or by mail (\$17.95 including postage) from Backcountry Publications, P.O. Box 175, Woodstock, VT 05091.

## FRESHWATER FISHING

**Fishing licenses** are required if you plan to do any fishing in Maine or New Hampshire. Maine residents may obtain licenses from

## GETTING STARTED:



Photo by Christopher Ayres

## Whitewater canoeing

On a sunny summer's day, head up to Errol, N.H., and the headwaters of the Androscoggin River. There's a nice stretch of white water beneath the Route 26 bridge, offering standing waves and an inviting rock garden. Paddling through here without filling up or flipping over is a rite of passage among intermediate canoeists.

The bridge also offers a good, dry vantage point to learn a bit about technique. When the first canoes round the upstream bend (they always seem to travel in groups), keep an eye on the paddlers. If they stop paddling and grab onto the sides of the canoe when the conditions get a bit squirrely, that means they're beginners and out of their element. Most likely, they'll capsize before they reach the bridge, provoking considerable mirth from the peanut gallery.

If the canoeists lean into their paddles with confidence when the waves start to lap at the gunwales, it means they've done this kind of thing before. They'll probably get through with no problem.

Paddling white water requires you to go against your better instincts. You need to trust the paddle more than the boat, and to lean *downstream* when pulling into a current. (Your gut will tell you to lean upstream. Overrule it.) Easy to talk about. Difficult in practice.

As long as you're in Errol, sign up for the Saco Bound/Northern Waters two-day beginner's class in whitewater canoeing. You'll start with some dry-land instruction, then move down to Bragg's Bay, where the river widens below the rapids. The next two days are spent playing in and around rapids well downstream of the bridge, learning the fundamentals of white water. At the end of the class, you might even have confidence and ability enough to make a run under the bridge, braving two-foot waves, sizable boulders, and the taunts and jeers of spectators overhead.

Classes cost \$150, including all equipment, instruction and a campsite along the river. Dates: June 22-23, July 20-21 and August 24-25. Write: Saco Bound/Northern Waters Whitewater School, Box 119, Center Conway, NH 03813, tel. (603) 447-2177.

their town offices; non-residents can obtain licenses at many sporting goods shops throughout the state, including L.L. Bean and the Kittery Trading Post. Licenses are \$6 per day (residents and non-residents alike); three, seven and 15-day licenses are also available. Season licenses cost \$16 for residents, \$43 for non-residents. A brochure details all state fishing regulations. Write to Department of Inland Fisheries and Wildlife, State House Station 41, Augusta, ME 04333, tel. (207) 289-5201.

In New Hampshire, one and three-day licenses are available. For residents: all-species season license is \$23.25, warm-water fish \$17.25 (warm water fishing licenses are not valid for the taking of all species of trout, all species of salmon, and American shad). Non-residents: all-species (all season) fishing license \$35.50, warm water (all season) license \$29.50, 15-day license is \$27.50, seven-day \$23.50, three-day \$18.50, junior (all season) fishing license (ages 12-15) is \$5. For more information, write NH Fish and Game Department, 2 Hazen Drive, Concord, NH 03301, tel. (603) 271-3421.

**AMC Guide to Freshwater Fishing in New England** provides an overview of what you need to know to get started as an angler. The guide, by Brian R. Kolodge, features sections on conservation, natural history of each specimen, and observations from notable anglers. The price is \$14.95 (\$13.95 for AMC members), plus \$2.50 postage. To order, call or write AMC Books, P.O. Box 298, Gorham, NH 03581, tel. (603) 466-2721.

**Chesuncook Lake House** is accessible only by seaplane or boat. Located in an 1864 farmhouse on Chesuncook Lake — Maine's third largest — on a site visited by Thoreau in the mid-19th century. River and lake fishing available. Canoe and motorboat rentals. Rates: \$74/day includes meals. Two cottages for rent, summer and winter, \$22/day per person. Contact Bert and Maggie McBurnie, Route 76, Box 655, Greenville, ME 04441, tel. (207) 745-5330.

**Grant's Kennebago Camps** offers lake and stream fishing, fly fishing school, group and private guides, and 18 cabins at \$80 per night per person (includes three meals

a day). Established in 1905, the lodge also offers activities for the family such as sailboats, windsurfers and hikes (including the "moose run"). Season runs May 17-Oct. 14. In the summer, write Box 786, Rangeley, ME 04970, tel. (207) 864-3608. In winter, 21 Edgewater Lane, Saco, ME 04072, tel. (207) 282-5264.

**Introductory Fly Fishing School** L.L. Bean holds this three-day class on the skills, techniques and joys of fly fishing bass and trout, basic fly casting, knot tying, fishing apparel, fly presentation, fly tying, safety and conservation. Small classes designed for beginners include "hands-on" casting sessions. Class is held at the Fog Farm in Freeport, ME, every Fri. through Sun., May-August 18. School is \$375 and includes equipment and instruction. Nearby lodging is available. Contact Brock Apfel, head of the school, at 1-800-341-4341, ext. 2666, Mon.-Fri., 8-4:30.

**Maine Guide Fly Shop and Guide Service** Five guides offer trolling on Moosehead Lake as well as pond and stream fishing. The cost for one or two people is \$125/day on pond or stream, \$150/day on Moosehead Lake. Canoe rentals also available at \$15/day. Located on South Maine St., Greenville, at the south end of Moosehead Lake. Call (207) 695-2266.

**Outdoor Guide to Maine** lists eight pages of fishing and hunting guides available for hire along with their specialties. The list is published by the Department of Inland Fisheries and Wildlife and may be obtained free of charge. Write to Dept. of Inland Fisheries and Wildlife, Information and Education Div., State House Station 41, Augusta, ME 04333, tel. (207) 289-3371.

**Peregrine Outfitters** is the largest fly fishing store in Maine, specializing in fly fishing equipment and accessories (including antique reels & rods), and has an inventory including a full line of imported flies, locally tied flies by Maine's best tiers, a wide variety of spinning tackle, lures, terminal tackle, gaffs, clothing and waders and more. Statewide fishing conditions board updated every day, as well as another board for Atlantic salmon for Canada East. Open Mon.-Thurs., 8-6; Fri. & Sat., 8-9; Sun., 10-5. 274 U.S. Route 1, Freeport, tel. (207) 865-1455 or 1-800-331-5162.

## ROCK CLIMBING

**Eastern Mountain Sports Climbing School** offers climbing for all levels, seven days a week, single day to four-day courses. Three-to-one ratio of students to guides. Costs: single person, single day \$100, including instruction and all gear; two people for a day, \$90; three, \$80. Four-day basic program for a beginner, \$365; three-day intermediate course \$280. Ten or 12 cliffs in the area, but majority of climbing is done at Cathedral Ledge or Whitehorse Ledge in N. Conway. Specialized programs, group programs and mobile programs, including Acadia. Main St., North Conway, NH 03860, tel. (603) 356-5433.

**International Mountain Climbing School** Summer and winter courses for all ability levels. Three-to-one student guide ratio. Rock climbing: four-day course costs \$365 per person; for two, cost is \$345 for two; for three, \$310. Three-day advanced course: \$275 for one, \$260 for two, \$230 for three. All gear included in climbs. Daily classes: \$100. Also offers self-rescue and big-wall courses (practice for Yosemite-type

climbing). No set schedule, but a week's notice is preferred; weekdays are less crowded. Rock climbing season is mid-April through end of Oct. Main St., North Conway, NH 03860, tel. (603) 356-7064.

**Mountain Guides Alliance** offers courses year-round, seven days a week, for all abilities. Basic two-day introductory course is \$90 per day for one, \$80 each for a group of two or three. Intermediate climbing for any number of days is \$120 per day for one, \$80 for two or three per day. Also offers guided climbs; fees depend on difficulty of climb, but start at \$120 per day. School also offers international climbing trips. All equipment, including shoes, included. Four instructors; small client-to-guide ratio, generally one-to-one, unless you come with your friends. Located at Ragged Mountain Equipment, Route 16, North Conway, NH, tel. (603) 356-5310.

## SAILING

**Chance Along Community Sailing Center** offers private and group sailing lessons from beginner to coastal cruising. Community-oriented program. Ten-lesson course for \$250 or single lessons available. Single lesson in a class is \$30; private lesson is \$55. Private ten-lesson courses also available for \$450. Boat rentals: Zumas and Sunfish to 22' sloop. Prices range from \$35 for a half-day to \$100 for a full day. Memorial Day-Labor Day. 140 High St., Belfast, ME 04915, tel. 338-1833.

**The Chart Room at Chase, Leavitt & Co.** in Portland carries a wide variety of gear and equipment for sailors. Charts and navigational equipment available, as is a broad selection of marine hardware. Also offers waterfront engine service. 10 Dana St., Portland, ME 04112, tel. (207) 772-3751.

**Hurricane Island Outward Bound** offers six and 11-day expeditioning courses for novice and experience sailors. Focus is on leadership skills and effective risk-taking in adapting to change. Price is \$800 for six days; \$1200 for 11 days. Other sailing courses also offered. Write for information to Hurricane Island Outward Bound School, P.O. Box 906, Rockland, ME 04841, tel. (207) 594-5548 (in Maine) or (800) 341-1744.

**Maine Sailing School** Sailing on two J-24s and an S2; junior sailing for under kids under 16; two-week sessions for basic and advanced, three days a week; average cost is \$215. Private adult lessons: introductory to ocean cruise courses, range from \$145 a person for three hours (\$165 a couple) on a J-24, to \$235 for introductory two 2 1/2 hour sessions in introductory sailing. Ocean sailing cruise course is \$395 for 10 hours on a J-24. Rates lower for couples. Daily sailboat rides of 1 1/2 hours are \$25 per person. Also offers sunset sails, fishing and coastal tours in speedboats and yacht charter sailing service. \$265 per half-day, \$345 for full day. Mid-May through Oct. Ocean Ave., Kennebunkport, ME 04046, tel. 967-5043.

**Narrad Sailing School** offers beginner through coastal cruising courses, bareboat and navigation courses. Two beginning courses: one for small boat lake sailors,

continued on page 22

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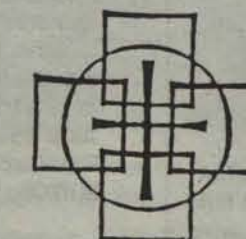


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NORTHERN EXPOSURE page 22

## INSIGHT

continued from page 21

five half-days, \$295; one for large boat  
cruising, five half-days, \$355. You can also  
take the ASA (American Sailing Association)  
test for \$35. Coastal cruising, five  
half-days, \$355. Bareboat charter course,  
four full days, \$495. Vacation-style school  
on Christmas Cove in South Bristol, with  
accommodations available at Coveside  
Inn. First week in June-early Sept. Call  
(207) 549-7855.

**Ocean Star**, a new 88-foot training schoo-  
ner, was launched earlier this year and  
makes it summer port in Portland. One-  
week classes in beginning and advanced  
navigation include techniques for celestial,  
radar and coastal navigation. Trip costs  
average \$1500 per week. For more infor-  
mation, contact Greg Walsh, Ocean Naviga-  
tor Magazine, 18 Danforth St., Portland,  
ME 04101, tel. (207) 772-2466.

**Port Sports** Sailboard rentals: \$35 half  
day, \$50 per day, \$85 for two, \$20 each  
additional day. Lessons are \$60 each, and  
range from 3-4 hours, depending on num-  
ber of people. Limited number of car racks  
available. 127 Marginal Way, Portland  
04101, tel. 775-6080.

**Sawyer's Sailing School** offers a three-day  
course on a 28-foot sloop sailing out of  
Mere Point, Brunswick. Course is \$360,  
and runs Fri.-Sun. or Mon.-Wed. Boat also  
available for chartering Thursdays for  
\$100; Bob Sawyer accompanies students  
on these practice jaunts. Sawyer is Coast  
Guard licensed and ASA certified. Private  
lessons and chartering lessons also  
available on private boats for a minimum  
of two people, minimum 25-foot boat,  
\$150 a day. Mid-June through Labor Day.  
Call a few weeks ahead: 783-6882.

**Spring Point Sailing School** offers basic  
sailing classes (20 hours, \$275); refresher  
courses (eight hours, \$100); private  
lessons (\$25 an hour). Classes available  
weekdays or nights, or weekends, morn-  
ings or afternoons. June 1-end of August.  
Through Southern Maine Technical College  
in South Portland. Call (207) 799-7303,  
ext. 244.

**Sun Yacht Charters** offers bareboat char-  
ters for a minimum of three days to  
weeklong or longer jaunts. Rents every-  
thing from cruisers to racers to a captain  
and crew for half-days, full days, weeks or  
months. Rhodes 19 for day sailors is \$100  
a day; weekly rates for bigger boats range  
from \$1,500-\$3,000 per week. Season:  
June 15-end of Sept. 36 Elm St. (Route 1),  
P.O. Box 737, Camden, ME 04843, tel.  
236-9611.

**Woodenboat School** offers 75 different  
five-day seamanship courses for different  
skill levels, in small and large boats, as  
well as classes in boatbuilding and related  
crafts. Beginning of June-end of Oct. One  
and two-week courses. Dining and dorms  
for students. Tuition ranges from \$390-  
\$420 per week. School is a division of  
*Woodenboat* magazine and is located in  
Brooklin. Call (207) 359-4651.

### SEA KAYAKING

**Acadia Bike** offers guided canoe and  
kayak trips, from half-day to five-days, in

### GETTING STARTED:



Photo by Tonee Harbert

### Sea kayaking

Learning the basic techniques of sea kayaking takes about a day. You sit in the  
boat, seal the spray skirt, grab hold of the double-ended paddle, and set off. But  
learning to read the weather, navigate in fog, and manage unmanageable conditions? Well,  
that takes the better part of a lifetime.

To start out, rent one of the wide, stable kayaks available in several shops along  
the Maine Coast (see listings), then drop it in a well-protected cove or on a small  
lake. Hop in. Flip it over once or twice to make sure you're comfortable sliding out  
underwater, then go for a short spin, hugging the shoreline. Lean a bit from side to  
side, supporting yourself by placing your paddle like an outrigger and leaning on it.  
There. You've mastered the essentials.

Ready for the open seas? Whoa, there. Take it easy. You're best off heading out  
your first few times with someone experienced. If you don't know any kayakers, try  
the new H2Outfitters Sea Kayak Touring Center, located near the Cobwork Bridge  
between Orr's and Bailey islands in northern Casco Bay. They offer two-hour week-  
end clinics on coastal kayaking all summer long. Morning classes focus on the pad-  
dling basics; afternoon sessions are more advanced, with instruction on navigating  
tides, currents and winds. Each session costs \$25, including all equipment. Call (207)  
833-5257.

**Bar Harbor.** Half-day trip in May, June or  
Sept. is \$37; \$42 in July or August. Full-  
day trips May, June & Sept. \$55, July &  
August \$65. Two-day trips \$179; three-day  
trips May, June & Sept. \$329; July and  
August \$375. Five-day trips \$525 in May,  
June & Sept., \$625 in July & August. Tours  
are all over Mt. Desert Island, from  
Penobscot Bay up through Frenchman's  
Bay, 48 Cottage St., Bar Harbor, ME, tel.  
(207) 288-5483.

**Caribou Kayaks** sells the Caribou,  
handcrafted from 4mm okoume plywood,  
epoxy resin, 9-oz. fiberglass tape and 6-oz.  
boat cloth. The kayak's V-sectioned hull  
shape provides excellent tracking and high  
initial stability. Flat sides and a sweeping  
chine give high secondary stability and  
easy turning capabilities. A crowned  
foredeck makes the Caribou an easy boat  
to eskimo roll. 17'10" in length and 21-3/  
4" wide, the Caribou weighs approximately  
42 lbs. Also sells kayak accessories.  
Contact Caribou Kayaks, P.O. Box 362,  
Bass Harbor, ME 04653, tel. (207) 244-  
5703.

**Explorers at Sea** offers adventures, guide  
services and expedition planning May-Sept.  
Visit or mail order items from EASea's  
Store, which carries Dirigo and P&H fiber-  
glass sea kayaks, Kokatat and Extrasport  
expedition wear, and more. For a free  
brochure, contact EASea, Inc. at P.O. Box  
51, Maine St., Stonington, ME 04681, tel.  
(207) 367-2356.

**H2Outfitters** offers ACA certified kayak and

canoe instruction, private or group, and  
team building workshops. Also offers three-  
hour guided naturalist trips to the islands  
and Bailey Island. Two-hour beginner's  
workshops held every Saturday morning;  
advanced classes in the afternoon. Cost is  
\$25 including all equipment. Longer tours  
and classes in gourmet kayak cookery also  
available. H2Outfitter Paddlesport Base  
located in Yarmouth at the Cannery on the  
Royal River. H2Outfitters Sea Kayak Sea  
Touring Center located near Cobwork  
Bridge on Bailey's Island next to Great  
Impasta Restaurant. For more information  
or summer schedule, write to H2Outfitters,  
P.O. Box 72, Orr's Island, ME 04066, tel.  
(207) 833-5257.

**L.L. Bean** also offers introductory kayak  
lessons June 15-end of August. Two-hour  
lessons held on Sat. morns at 9, 11:30 &  
2 p.m. Lessons are \$15 and include use  
of various kayaks on the Royal River in  
Yarmouth. For more information, call L.L.  
Bean at 865-4761.

**L.L. Bean Sea Kayak Symposium** will be  
held at the Maine Maritime Academy in  
Castine August 2-4. Symposium includes  
use of a variety of demo sea kayaks,  
instruction in paddling in ocean conditions,  
workshops and lectures. Three-day sym-  
posium is \$80 per person. Additional fee to  
stay in dorms at the academy or use of  
tent sites. For more information, call L.L.  
Bean at 865-4761.

**Maine Island Trail Association** maintains a  
325-mile island pathway for small boats

extending from Portland to Machias. Low-  
impact camping is practiced on the nearby  
70 islands in the island trail network.  
About half the 2,500-person membership  
is composed of kayakers; sailors and  
small-motorboat owners comprise the  
remainder. Members receive a guidebook  
showing the location of both state-owned  
and privately owned islands open to camp-  
ing. Dues are \$35 per year. Write to:  
Maine Island Trail Association, 60 Ocean  
St., Rockland, ME 04841, tel. (207) 594-  
9209.

**Maine Sport** in Rockport offers sea kayak  
tours ranging from two hours to five days.  
Two-hour tours of Camden Harbor cost  
\$25; five-day tours, with two nights at bed  
& breakfasts, two on islands, cost \$625.  
P.O. Box 956, Route 1, Rockport, ME  
04856, tel. (800) 244-8799 (in Maine) or  
(800) 722-0826 (out of Maine).

**Poseidon Kayak Imports** Sells high perfor-  
mance kayaks. Unlimited free lessons for  
anyone who buys a boat. Referral service  
for kayak expeditions. Open weekends and  
evenings, weekdays less certain; always a  
good idea to call in advance. Offers year-  
round paddling instruction. For information,  
write to Box 120, Route 129, Walpole, ME  
04573, tel. (207) 644-8329.

**Saco River Outfitters** offers two-hour and  
half-day kayak trips in Casco Bay. Private  
and group instruction: two-hour pool ses-  
sions \$40; price of ocean lesson prices as  
yet undetermined. Rentals from Memorial  
Day-Labor Day: sea kayaks (\$35 for first  
day, \$25 for each additional day); and  
canoes (\$25 initial day, \$15 for each  
additional day). Also rents 4-person tents,  
paddles, life jackets, wet suits. Starting  
after Memorial Day: Wed. evening paddles  
at East End Beach, 5:30. Open year-round.  
Call 773-0910.

**Sea Kayaking Along the New England  
Coast** was published last winter by AMC  
books. The guide, written by Tamsin Venn,  
covers a number of sea kayak tours be-  
tween Maine and Connecticut. General  
information also provided on New England  
sea kayaking conditions and the Maine  
Island Trail. Available at many local stores  
for \$14.95, or directly from the publisher.  
Credit card orders accepted by phone. Call  
(603) 466-2721.

**Sea Touring Kayak Center** rents single  
and double kayaks out of their shop in  
Camden. Singles cost \$35/day, or \$50 for  
three days. Doubles are \$50 per day, or  
\$85 for three days. Three-hour basic  
instruction clinics offered in Camden  
Harbor for \$65. A two-night, three-day  
camping trip (offered out of Camden,  
Stonington, and Bar Harbor) is \$185.  
Brochure available. Write to P.O. Box 691,  
Camden, ME 04843, tel. (207) 236-9569.

**Tommy's Hardware** in Portland rents open-  
cockpit Scupperns, closed-cockpit boats &  
double kayaks. Kayak costs \$30/day and  
includes paddle and life vest. Guided trips  
or lessons can be arranged for small  
groups and individuals at \$20/hour.  
Tommy's sponsors a kayak get-together on  
Thurs. eves at East End Beach. Bring your  
boat and go for a paddle. 273 Congress  
St., tel. (207) 772-5357.

### WHITewater RAFTING

**Atlantic Outdoor Adventures** offers  
whitewater paddling on the Kennebec,  
Penobscot, Dead, Swift and Pemigewasset

ivers, and float trips (with no whitewater)  
for families with children on the Kennebec  
and Saco rivers. The company also offers  
campsites or cabins on the pond, and  
breakfast at its restaurant at the Kennebec  
and Dead Base (located just north of West  
Forks, ME, on Parlin Pond). For whitewater  
information, contact the company at P.O.  
Box 383, Topsfield, Mass. 01983, tel.  
(508) 774-9416. For camping reserva-  
tions, contact Red Buck Camps, P.O. Box  
114, Jackman, ME 04945, tel. (207) 668-  
5361.

**Eastern River Expeditions** offers  
whitewater trips on the Kennebec and  
occasionally the Penobscot. Day and  
overnight trips. Price range: Kennebec on  
weekends \$85, \$75 weekdays. Offers  
motel, restaurant, lodge and campground.  
Motel: \$50 night per person, two people in  
a room \$32.10, three people \$25 per  
night. Campground \$6 per person; tents  
only, no motor homes. Fitness center  
complimentary with rooms and camp-  
ground and includes hot tub, sauna, pool,  
Nautilus. Open 8-4, Mon.-Fri. Headquar-  
tered in Greenville. Eastern River Expedi-  
tions, Moosehead Lake, Box 1173,  
Greenville, ME 04441, tel. (207) 695-  
2411, 695-2248 or 1-800-634-7238.

**Maine Whitewater** offers day raft trips on  
the Kennebec, Penobscot and Dead rivers  
through Sept. Prices: \$75 weekdays, \$95  
weekends. Several packages available  
including lodging, camping and meals.  
Also features llama farm with six llamas.  
Other bed and breakfasts and motels in  
area. Gadabout Gaddis Airport, Bingham,  
ME 04920, tel. (207) 672-4814.

**Sugarloaf/USA** offers a chartering service  
for whitewater rafting and paddling trips on  
the Kennebec River, including lodging and  
guided rafting. Memorial Day-Labor Day.  
Prices for two nights of lodging with a  
guided rafting trip, cookout, transportation  
to and from river and video show of the  
trip, two breakfasts and one dinner at  
Sugarloaf's restaurant: mid-week package  
at Sugarloaf Inn \$209 per person; mid-  
week in a condo without meals \$165.  
Weekend packages are \$10 more for the  
Inn and the condos. For information, call 1-  
800-THE-LOAF.

**Unicorn Rafting Expeditions** offers trips on  
Kennebec, Penobscot & Dead rivers. Also  
features kayaking instruction on the  
Kennebec, and a sporting camp in  
Jackman area. Lake Parlin Pond, nine  
cabins, \$75 day, \$395/week for efficiency,  
\$540 for two-bedroom. Offers windsurfing,  
canoeing, kayaking, a rowing skit, hot tub,  
sauna, restaurant. One, two, five and six-  
day trips, ranging from \$59-\$95 a day,  
including instruction. Information: Box T,  
Brunswick, ME 04011, tel. 1-800-UNI-  
CORN.

**Wilderness Rafting Expeditions** offers  
whitewater rafting and canoeing expedi-  
tions from Birches Resort on Moosehead  
Lake. Wide range of packages available.  
Prices vary: weekday raft trip \$75, week-  
ends \$90; weekend getaway package,  
including raft trip, two nights of lodging and  
meals \$149. Weekly cabin rate: \$455-  
\$650. Cabin tents: \$20 per person daily.  
Two campgrounds at Forks near the  
Kennebec, and at edge of Baxter State  
Park, near the Penobscot River. Sites or  
cabin tents, same price: \$8 per person.  
Box 41, Rockwood, ME 04478, tel. (207)  
534-7305, 534-7242 or 1-800-825-WILD.

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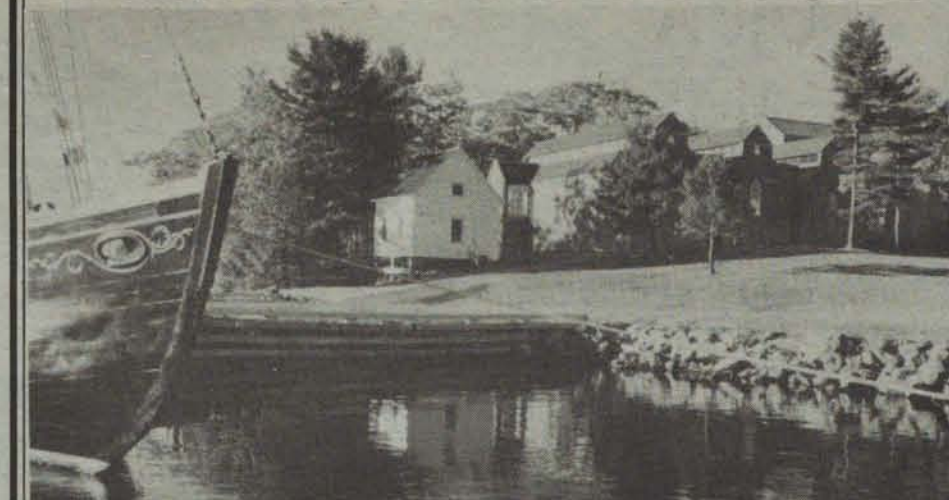


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In Bath, take Business District exit and turn right at light to  
**243 Washington Street, Bath, ME 04530 (207) 443-1316**

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"The Birches," nominated in 1989 by Family Circle Magazine as one of the best family resorts the year!

Virtually unchanged since its construction in 1935, the Birches boasts hand-hewn log cabins, each complete with a fireplace or Franklin stove, and shore frontage directly on Moosehead Lake. Have dinner at the main lodge, then sit on your porch, watch the sunset or relax in the hot tub and sauna.

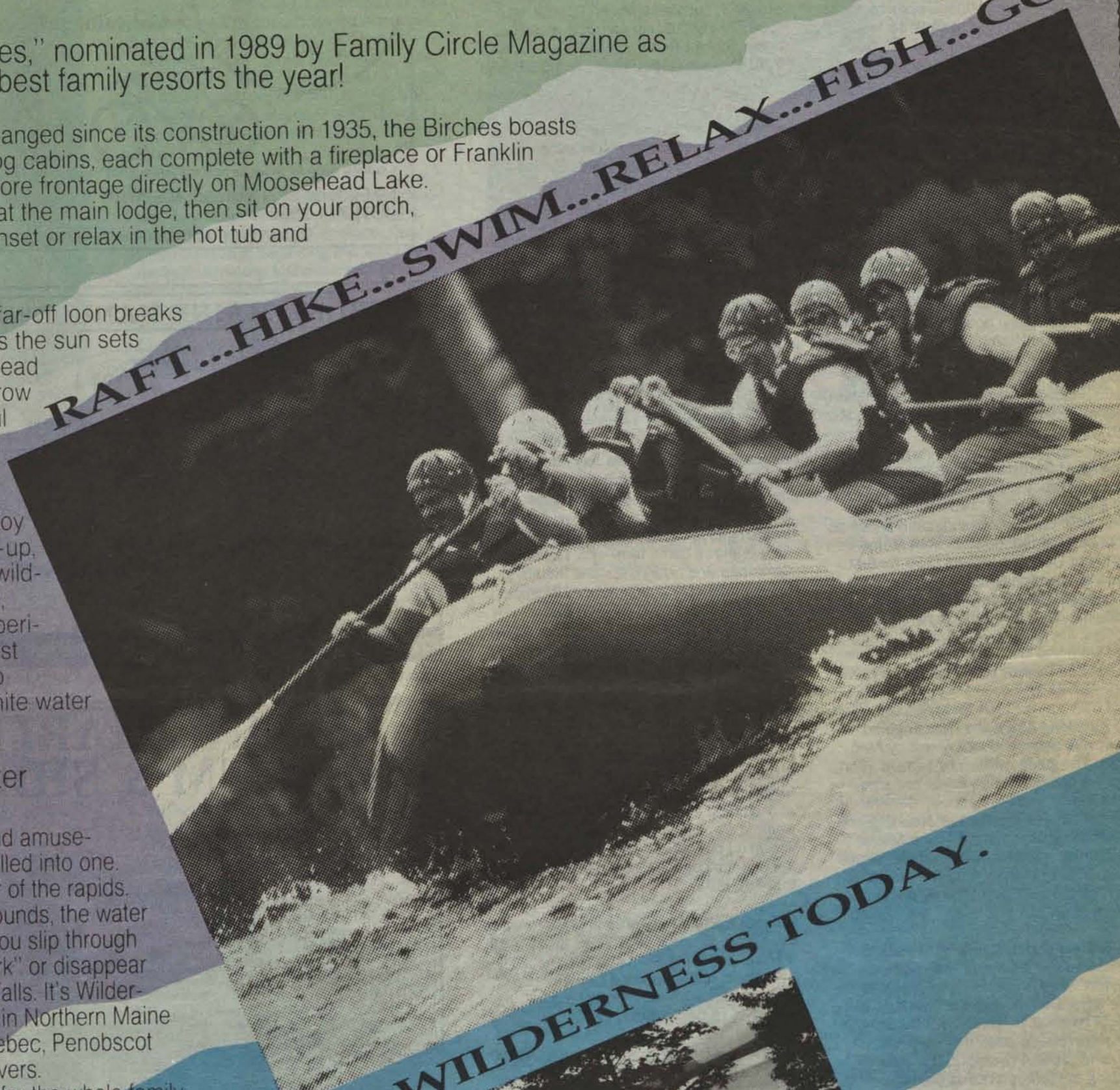
The cry of a far-off loon breaks the silence as the sun sets over Moosehead Lake. Tomorrow can be restful or exciting; explore secluded beaches, enjoy nature close-up, photograph wild-life, fish, hike, canoe or experience the most Maine has to offer...Go White water rafting!!!

## White Water Rafting

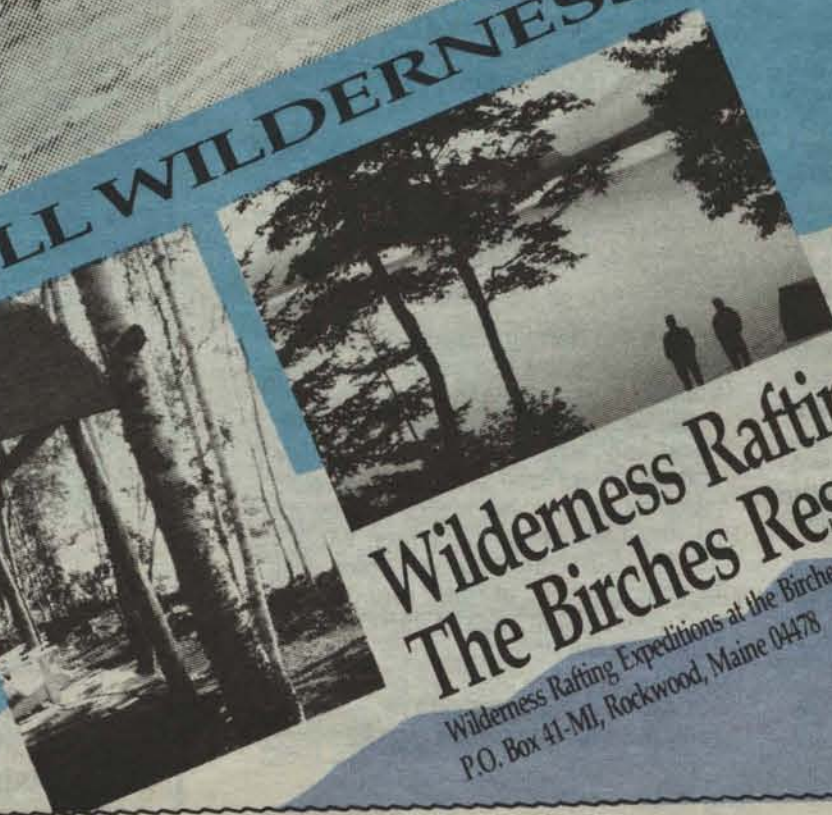
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