Ken Ford solo climbs the 40-foot wall at Portland's Rocky Hill Quarry.

You don't look 40...
Who says there isn't world-class art any closer than Boston? The Ogunquit Museum of American Art is sporting a new name as it opens for its 40th anniversary season — and the art is better than ever. See page 19.

CLIMBING THE WALLS

PORTLAND'S URBAN CLIMBERS CLIMB UP QUARRIES AND CORNICES IN SEARCH OF THE PERFECT CLIFF

Ken Ford solo climbs the 40-foot wall at Portland's Rocky Hill Quarry.

LOOK INSIDE FOR CBW'S SUMMER HANDBOOK — YOUR GUIDE TO FUN IN THE SUN.
A conversation with Tom Goulet

Tom Goulet: "I know I wanted to be a psychologist ever since I was three years old."

For the past two-and-a-half years, Tom Goulet has been a volunteer at Ingraham Volunteers. "I'm a kid," he says. Like other volunteers, Goulet underwent 27 hours of training on issues such as substance abuse, violence, sexuality and relationships. He recently graduated from Portland High School and will attend New York University in the fall. Dial Kids is staffed from Sunday through Friday, 3:00-9:00 pm. The number is 774-TALK.

What issues come up most often?

Recently there's been a lot about sexuality. Almost every call is about people trying to find themselves. They say, "I think I'm gay" or "I think I'm lesbian." We also get a lot about significant others in general. Those are the weird ones. A girl's boyfriend is pressuring her to have sex. She doesn't want to, but she doesn't want to lose him. I always ask her if she's talked to him about her feelings. Usually she hasn't.

What if someone is in a serious situation? Can you intervene?

Yes, but calling police is a tricky issue. If someone is being hurt or is hurting themselves, it's beyond our ability to, actually, to deal with. The police or a doctor is probably better qualified. But what if the caller has exaggerated their situation? I'd feel horrible if called and said something a Dial Kid took the wrong way, got in trouble, and then the police showed up and got in trouble.

Any memorable moments?

When I first started, a girl called up crying, worried that a sperm in a pool could fall off a swimsuit and get her. I told her the chlorine would probably kill it, and then the police showed up and got in trouble.

How do you cope with stress?

I leave it there. I deal with it the next day. People are really good at fine-tuning what's in my personal life.

What about you? What are your interests?

After working at Dial and doing other things, I've pretty much got set not to work with products. Shakes are really bad. They're choking you with products. Cooking milk are even worse — all those crumbs.

By Melissa Parker; photos by Colin Melike.
Our ECOLOGY HOUSE Is Growing Again

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As the season progresses, we're using more and more Maine products. The bluefish are starting to come into Casco Bay and a lucky few are ending up here served with our delicious seasoned herb crostini. We are also using local lettuce, pears and other fresh vegetables in various dishes. And of course Ginger is bringing in his herbs every morning.

We'd like to welcome Andy Emery and Dono Palozzi into our Katahdin family. They're a great addition to our kitchen. So come try our Good Cookie Tonight!

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TRANSITION TO TOGETHER


The FBI is studying the fallen cement block that killed a hunter at a nearby city park. The block landed on the Maine Turnpike, Meanwhile, the implications of what we're seeing must be considered. It seems that the cement was knocked out of a parry on the overpass by a passing vehicle. They're also looking into the possibility that the concrete was dropped by a helicopter. "We haven't made any conclusions yet," said Chief of Police E. G. Symonds. "We're still looking into the possibility of a helicopter."

A review of the top news stories affecting Greater Portland and the Maine coast.

jive.

jive.

Local electricians claimed age discrimination after they were not interviewed for jobs.

But the examination doesn't mean the quasi-public waste disposal agency relies on Hayden's technical expertise because it opted not to hire its own engineers when the company that was supposed to operate RWS isn't even yet in operation. "We're not interested in hiring someone to do anything for us, because we're not interested in hiring someone to do anything for us," said Ted Thibodeau, the head of RWS.

When it rains pollution, the Sebasco Environmental Council (SEAC) has launched a campaign to fight water pollution caused by runoff. According to NECCO, 27 percent of the pollution in Maine's lakes comes from runoff, which occurs when pollutants like fertilizers, pesticides, motor oil and even car-washing soap are carried into lakes by rain. To prevent pollution, SEAC suggests people should encourage their neighbors to dispose of their lawn wastes properly, and to wash their vehicles and should not dump their used motor oil. It also suggests that people should not dump their used motor oil.

A review of the top news stories affecting Greater Portland and the Maine coast.

newspaper

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Council lukewarm on aquarium

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To introduce you to the healing world of chiropractic,
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Hi, I'm Dr.

The hard way

July 1, 1993

The true test of whether the GOP has Crescendo, and Bruce Willcote, editor of theAquarium Sensor, said the city will look at the situation differently.

The real test of whether the city has the financial resources and the will to see the project through will come late April when the City Council will be making the final decision. Democrats have traditionally supported the aquarium, but Republicans have been more opposed. Willcote said that the project must be taken on as a long-term visible commitment.
Climbing the walls

It's a likely Tuesday evening at the Rocky Hill Quarry off Portland Avenue. A steady stream of brightly attired climbers trickles into the lot, some holding colorful ropes, others equipped only with their athletic sneakers. The quarry does not present a scene of bacchanalian splosh. At the base of the quarry walls, cries of childlike wonder are punctuated by the crunch of footsteps on the gravel. It's a great place to learn the sport, especially on Tuesday evenings, when our interest in and enjoyment of the sport are heightened. Climbers look in all directions for heights to scale, and many find it hard to resist the temptation to try their hand at it. It's a challenging pastime for those who enjoy outdoor activities. Climbing can be a great way to get exercise and enjoy nature. Climbing is well on its way to becoming a sport of the future, with more and more people taking it up as a way to stay fit and healthy.

A Beginner's Guide to Climbing

Starting Climbing

Climbing as a Beginner

Climbing is a sport that requires physical strength, endurance, and mental focus. It's a great way to get fit and healthy, and it can be done indoors or outdoors. Indoor climbing is great for beginners because it's safer and there are more options for climbs. Outdoor climbing is more challenging and can be done on a variety of routes, from easy to difficult.

Getting Started

Equipment

Climbing gear is an important part of any climber's toolkit. The most important piece of gear is a harness, which allows the climber to attach their climbing rope to their body. Other important pieces of gear include a climbing rope, carabiners, and quickdraws.

Tips for Beginners

1. Start with easy routes and work your way up to more difficult climbs.
2. Wear proper footwear, such as climbing shoes or approach shoes.
3. Use the correct gear and practice safe climbing techniques.
4. Take a class or learn from a professional climber.

Climbing as a Sport

Climbing is a great sport for people of all ages and genders. It's a great way to get fit and healthy, and it can be done indoors or outdoors. Indoor climbing is great for beginners because it's safer and there are more options for climbs. Outdoor climbing is more challenging and can be done on a variety of routes, from easy to difficult.

Climbing as a Pastime

Climbing is a great way to get fit and healthy, and it can be done indoors or outdoors. Indoor climbing is great for beginners because it's safer and there are more options for climbs. Outdoor climbing is more challenging and can be done on a variety of routes, from easy to difficult.

Climbing as a Competition

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Climbing as a Hobby

Climbing is a great way to get fit and healthy, and it can be done indoors or outdoors. Indoor climbing is great for beginners because it's safer and there are more options for climbs. Outdoor climbing is more challenging and can be done on a variety of routes, from easy to difficult.

Climbing as a Career

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Climbing as a Social Activity

Climbing is a sport that requires physical strength, endurance, and mental focus. It's a great way to get fit and healthy, and it can be done indoors or outdoors. Indoor climbing is great for beginners because it's safer and there are more options for climbs. Outdoor climbing is more challenging and can be done on a variety of routes, from easy to difficult.

Climbing as a Therapeutic Activity

Climbing is a sport that requires physical strength, endurance, and mental focus. It's a great way to get fit and healthy, and it can be done indoors or outdoors. Indoor climbing is great for beginners because it's safer and there are more options for climbs. Outdoor climbing is more challenging and can be done on a variety of routes, from easy to difficult.

Climbing as a Vocational Activity

Climbing is a sport that requires physical strength, endurance, and mental focus. It's a great way to get fit and healthy, and it can be done indoors or outdoors. Indoor climbing is great for beginners because it's safer and there are more options for climbs. Outdoor climbing is more challenging and can be done on a variety of routes, from easy to difficult.

Climbing as a Recreational Activity

Climbing is a sport that requires physical strength, endurance, and mental focus. It's a great way to get fit and healthy, and it can be done indoors or outdoors. Indoor climbing is great for beginners because it's safer and there are more options for climbs. Outdoor climbing is more challenging and can be done on a variety of routes, from easy to difficult.

Climbing as a Professional Activity

Climbing is a sport that requires physical strength, endurance, and mental focus. It's a great way to get fit and healthy, and it can be done indoors or outdoors. Indoor climbing is great for beginners because it's safer and there are more options for climbs. Outdoor climbing is more challenging and can be done on a variety of routes, from easy to difficult.

Climbing as a Educational Activity

Climbing is a sport that requires physical strength, endurance, and mental focus. It's a great way to get fit and healthy, and it can be done indoors or outdoors. Indoor climbing is great for beginners because it's safer and there are more options for climbs. Outdoor climbing is more challenging and can be done on a variety of routes, from easy to difficult.

Climbing as a Entrepreneurial Activity

Climbing is a sport that requires physical strength, endurance, and mental focus. It's a great way to get fit and healthy, and it can be done indoors or outdoors. Indoor climbing is great for beginners because it's safer and there are more options for climbs. Outdoor climbing is more challenging and can be done on a variety of routes, from easy to difficult.
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Climbing the walls

Command from page 7

More and more climbers are building their own cliffs, including "bouldering" on basements climbing areas. You can get more out of a great wall than you ever believed," said Chris Greaves, president of Entron Pivots, an Oregon company that designs customized climbing walls. "We build in enough terrain to offer different types of climbing. The only limit is our creativity and enthusiasm.

The development of artificial rock walls has led to the rise of "rack climbing." More than 100 have popped up across the country in recent years. At the Boston Rock Gym in Somerville, Mass., over 50 climbers simultaneously scale the walls of sand used to be a theater, filling up an on-site climbing area during non-peak hours.

Cathy Kuhl and Sue Cohen are now exploring the possibility of building a Portland gym for climbers. "The wall would attract a lot of the Maine climbers who now go to Boston or New Hampshire to use those gyms," Cohen said.

"It’s also a great way to get your average person involved in climbing, especially during the winter." One concept they’re weighing on is a Climber and Club. Wash your clothes while you hang yourself out to dry. Well, at least you could wear nice clothes.

Not everyone is enthusiastic about the more indoor. Bill T. Seidel of the New York Times says: "Some have created artificial climbing gyms for the price of a few hundred dollars. I think they’re wrong because they can climb hard on the same rock on the wall.

The gym scene has hit climbing indoors into the mechanism phase. You can climb your way to the top of the world on the way up. The Wall is located on the corner of Middle and Temple Streets. Two vertical cracks run up each side of the rock building. More than two inches wide and two inches deep, you have to climb the first foot to the right of the Himalayas. And, there, believe to have climbed the stone to the sun floor feeling only you’re in.

A deal how it did it, you just laugh. It was easy," he said. "I’m really just a climber... just grabbed the sides of the crack, showed my shoes and said back." He says he started "building" (See "A rock jock’s lexicon," above) at work as a professional Portland. "We climbers get together, have a few beers and drink anything we could find," he said.

You don’t climb buildings much anymore—it’s just putting your feet into their running shoes, and that doesn’t mean they’re not the best. "A lot of buildings I look at and want to climb. There’s a beautiful climb on the Pomegranate building, "he said. "It looks like you could swing right over the arched door and get to several different levels.

"The most dangerous part is getting out for the police and the police," he says. "A friend of mine was hanging out an air conditioner and he fell onto the window and started pounding on his hands. A friend of another person who lives a building is "saving your life"—inconceivable. Bodies that start the quadriceps and start the downhill.

"There’s a point when you have to make a commitment to go back down. You can’t do "For instance, if you’re on an edge or in a crack, you have to get back," Cohen said.

"I’m very high enough you’re not going to accept that if you fall you’re going to die. It’s not the end of the road," Cohen said.

"It’s also a great way to get your average person involved in climbing, especially during the winter." One concept they’re weighing on is a Climber and Club. Wash your clothes while you hang yourself out to dry. Well, it’s an idea.

Continued on page 23

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A ROCK Jock's LEXICON

Bouldering: ascending by means of equal supporting ropes on both sides of the rock. More than one rope is used for safety than climbing directly on the rock.

Belay: a technique for climbing safety. Belaying has many variations. At its most simple, belaying involves running a rope between a climber and another person. If the climber falls, the belayer stops the fall by applying friction on the rope.

Belay-guide: a metal plate through which the climbing rope is threaded. The plate acts as a barrier in stopping the rope from being fed out uncontrollably.

Bouldering: ascending buildings, generally remaining close to the ground.

Buildingion: descending on buildings.

Camber: versatile oval rings made of sturdy, lightweight metal and used to attach slings and ropes.

Chalk: garnet’s chalk to help keep hands dry and prevent fingers from slipping.

Crack-climbing: ascending via a crack in the rock. This generally involves wedging fingers and hands in crevices or cracks, often using a technique called "jamming."

Soft-climbing: descending without ropes, generally remaining close to the ground.

Stem: a spring-loaded camming device that expands to fill a space when inserted into a crack.

Pitch: a segment of a longer climb.

Protection: any of various devices designed to be wedged securely into cracks. Climbing ropes are attached to the protection with camalots.

Rack: an assortment of protection selected for a specific route.

Repeal: a way of rapidly descending a route by lowering oneself on the rope.

Riser: a series of pitches, usually named by those who first climbed it, and graded for difficulty.

Soft-climbing: without a rope—not recommended for beginners.

Top-repeal: a form of rapid climbing. An anchor is fixed above the rock to be climbed and the rope is threaded down through it. As the climber ascends, the belayer, who remains on the ground, keeps the rope taut.

July 11, 1989
PORTLAND ON THE ROCKS

PORTLAND ON THE ROCKS

Portland has a careful climbing guide. "Greater Portland Rock," gives detailed descriptions of more than 40 climbing routes located in and around the city. A few of these sites, according to valley real people, require some year-round risk. Be aware that climbing is an inherently dangerous sport. Climb with a partner and use appropriate protection (ropes, harnesses). A heavy climbing requires experience and understanding of the site conditions. If you are not sure, the climb to the top can be a tricky task. Take it slow.

Treating the site covered in that guide:

The Tissues: 511-3417 Fore Street the corner of FORE Avenue and Park Street. Tread lightly. This is a climbing partner's 8.9-climb; climb every Tuesday and Wednesday.

Rainbow Mall Crag: A small cliff located in the woods behind the Rainbow Mall at 800 Fore Street. Just beyond the wall, right turn on Pine Ave. Road (the first road after abandoned tracks). Turn off through the gates and park. This is the best place to climb a climbing partner. M.O.H. climb every Tuesday and Wednesday.

Eastern Print Crag: Follow Congress Street to the Eastern Promenade. Park near the U.S. Portland penitentiary and walk down the sidewalk to the brick bridge. Hop over and make your way down the left. You should find yourself at the far end of the cliffs. That makes the place "an ultimate urban park" according to its occupants (and their dogs).

Sawyer Road Quarry: Cross the Your River Bridge on railroad tracks and Waterman Drive in South Portland, then turn left onto Broadway. Turn right at the next intersection onto Congress Avenue. Continue straight for miles or so, and turn right on Sawyer Road. It follows the cliff approximately three-quarters of a mile until you reach the quarry. The right section of the quarry is the only section good for climbing. Watch out for local kids who may want to follow in your footsteps.

Fort Popham: Follow Broadway in South Portland to its eastern terminus, then turn right on Popham Street. Take left on Fort Road. Follow to lighthouse. Good traverse bouldering and building on old fortifications built of granite blocks. The two main lighthouse is a solid, compact and rough rock.

South Portland Sea Cliffs: Take Broadway in the direction of the Portland Pier but turn right on Park Street (the quarter until where you will find the trailhead). Go south about one and one-half miles to the old Highland Road, then right on Gifford. Left on the block. At the stop sign you will see the Cliffs. Head to the beach. The cliffs will be immediately visible on left. The cliffs are privately owned. Stay away.

Cabin Creek Cliffs: Take Broadway in the direction of the Portland Pier but turn right on Park Street (the quarter until where you will find the trailhead). Go south about one and one-half miles to the old Highland Road, then right on Gifford. Left on the block. At the stop sign you will see the Cliffs. Head to the beach. The cliffs will be immediately visible on left. The cliffs are privately owned. Stay away.

Portland, Fort Williams: Head for Fort Williams, follow down the coast. Turn left before the Cape Cottage Inn. You will find your left turn at the end of the cliff. The cliffs are partially covered. Stay away.

Fort Williams, Portland Head Light: For directions, ask a tourist. There are at least two places to climb. To the left of the Fort parking lot is an abandoned house, covered in lichens. This is also the edge of the lighthouse. Be aware of power lines and triggers. Top-up is preferable to soloing or car climbing because the lighthouse is empty, and the cliff is the edge of the lighthouse. Bottom of power lines and triggers. Top-up is preferable to soloing or car climbing because the lighthouse is empty, and the cliff is the edge of the lighthouse.

Waterman Drive in South Portland: Follow Waterman Drive in South Portland. As the road takes a sharp right towards a housing development, you will find yourself at the far end of the cliffs. Beal calls this place "Mall Crag." The area is lacking in aesthetic qualities. No climbing.

Beal's local climbing guide, Ken Ford, is walking in the Spider's Shallows. Ford is immersing, with cephaloclasts and webber's silver nose ring. He said that the child was an exuberant child, but he was fearful of heights he wouldn't even jump off the 10-foot diving board. Ken climbing saved him of his photo.

The area is abundant with great care. A quick walk up the hill and down the trail of white chalk fingerprints. A brittle hold crumbles under his fingers. He grins and readjusts his nose ring. The sun is baking in the morning when they're baked in the sun and the tourists haven't yet arrived.

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FRESH NATIVES

SERVED DAILY.

Enjoy a relaxing meal and receive a 10% discount with a recap from the above three stores.

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**WOMEN WHO ROCK**

International Mountain Equipment (IME) in North Conway, N.H., held their second annual women's rock-climbing day on Saturday, July 18. More than 300 women attended. I was one of them. Some began climbing seemingly in 1988, the year Maria Paradis an­

mentioned Mount Everest, the highest peak in the European Alps. Not only did she make it to the summit, but she did so in a skirt.

In 1995, Red, "A Lady's First Round Morse Rock," a Mrs. Colo­

gave lady climbers some useful tips on climbing in Vermont mountains. She suggested that "small rings should be sewed into the seams of the dress and a cord pulled through them. The ends of which should be knotted together in such a way that the whole dress may be drawn up as a moment's notice to the expected height."

For Climbers

We serve lunch and dinner daily from 11-9 SAT


during the month of July


during the month of July


during the month of July


during the month of July
Conserving Maine’s open space, one step at a time

By Susan Clark Aitken

This coverage of a convicted drug smuggler’s appointment as a docent to the Maine Supreme Court has been satisfying. I am sure that the term “self-love” has been a topic of discussion in many people’s lives, but it is more than just a word that is used to describe the feeling of a person for himself. It is a complex emotion that involves the perception of what one is, what one wants, and how one interacts with others.

So, I would like to suggest that we all take a moment to reflect on our own self-love and how it affects our daily lives.

Don’t confuse a hospice with a prison

Hospice is a philosophy of care that, at its core, is about respecting and honoring the life of a person who is dying. It is about providing comfort and support to the patient and their loved ones, and it is about helping the patient to make the most of the time they have left.

The hospice movement was founded in the United States in the 1970s, and it has since spread to many countries around the world. Hospice care is now available to people of all ages and stages of illness, and it is provided in a variety of settings, including homes, hospice facilities, and hospitals.

As we enter the hospice movement, it is important to remember that hospice care is not a substitute for other forms of medical treatment. Hospice care is meant to be a complement to other forms of care, and it is not meant to replace them.

ACT-UP for single-payer health care

On June 19 I participated in a rally organized by ACT-UP/Portland, demanding action to improve public health care in our country. It was a powerful demonstration, and it was clear that people across the country are hungry for action.

As Sandal Stoddard writes in The Portland Press-Herald, “The act of writing a letter to the editor is a way to bring our voices together to demand change.” I believe that we need to continue to speak out and demand action on this issue, and I am glad to see that so many people are answering the call.

Ringing praise

I was pleased to read this excellent review of the movie Jurassic Park. The McAndrews of Limestone, Maine, and the hourly minimum wage of $4.50. Martin Brookes writes, “The McAndrews of Limestone, Maine, and the hourly minimum wage of $4.50. This is a powerful film, and it is a great reminder of the importance of access to quality health care.

I was especially touched by the story of the young woman who was diagnosed with cancer at the age of 16. She was determined to live a normal life, and she was able to do so because she had access to quality health care.

I believe that we all have a responsibility to work together to ensure that everyone has access to quality health care. This is not just a matter of personal choice, but it is also a matter of public health and social justice.

Elitism unpalatable

I have difficulty reconciling CBW’s position as a critic with its sponsorship of a Person of the Year award. The “professors” are a collection of people who have done nothing more than write books. They are not a part of the elite, but they are a part of the middle class.

I believe that we need to make a change in the way that we think about elitism, and I think that we need to start by recognizing that elitism is not a good thing.

Zuba: not a good egg

Once again, CBW and its editorial board have managed to put out an intelligently written and well-reasoned essay. As a native of the state of Maine, I can appreciate the effort that has gone into this piece.

I agree with the author’s points about the damage that has been done to the environment by the expansion of port facilities. I also agree that we need to do more to address the issue of immigration and its impact on the state.

However, I do not agree with the author’s conclusion that CBW is “not a good egg.” I believe that the organization has done a great deal to promote informed and responsible journalism, and I think that it is important for us to support local media.

I hope that you will continue to support CBW and its work, and I look forward to reading more of your insightful and thought-provoking articles in the future.

Casco Bay Weekly welcomes your letters. Please limit your thoughts to 300 words. Include your name, daytime phone number and address in your letter.

Casco Bay Weekly, 445 Congress St., Portland, ME 04101
Maine gets what it deserves

The Ogunquit Museum of American Art shows off world-class gifts

The state of Maine deserves a museum of American art that would make the Whitney Museum in New York tip its hat. We deserve one by right of demography, because Maine is where the great artists of America paint. They've done so for quite some time.

Every summer, Maine gets what it deserves—though few people may realize it. The newly renamed Ogunquit Museum of American Art (OMAA) celebrates its 40th anniversary this summer, and what it's showing may be unusual, from the very top drawer of American art.
SunSet
7 p.m.

Nature jazzes things up at cafe no
an ad hoc duo with bassist John
alto sax
Lockwood — yes, the same John

I

Exiles on Danforth Street: Two ex­
ALSO, CAMPING AVAILABLE
Open
LIMIT
ONE COUPON
May 8th to October 15th

for more info call


WOMEN'S MUSIC

KALIEOSCOPE

Windsor Dinner 
June 23rd
8:30 p.m.

The Theater Project presents
THE GRAPES OF WRATH
by Samuel Beckett

THE COMPLETE WORKS
OF SHAKESPEARE
by Paul Rudnick

JULY 1-18

8:30 p.m. 

kissin' Cousins
MURPHY'S BAR & GRILLE
471 Congress St.
Portland 797-7734

The Maine Audubon Society is proving there are better
choices to deal with a salt marsh than big rig or place it under. Today at
Sarbothorn Marsh Nature Center, kids ages 12 & 12 bin lined up to find natural
resources in the marsh then sail out on

Windsor Dinner 
June 23rd
8:30 p.m.

The Theater Project presents
THE GRAPES OF WRATH
by Samuel Beckett

THE COMPLETE WORKS
OF SHAKESPEARE
by Paul Rudnick

JULY 1-18
Summer Savings Guide

T-Birds
Portland, Maine
Maine Rock Guitars for Music, Events & Comedy
FREE ADMISSION FOR TWO WITH THIS COUPON FOR NIGHTLY MUSIC AND COMEDY SATURDAY - FREE T-BIRDS - CALL FOR DETAILS. - 10% OFF.
Enjoy the longest running, most successful, female driven comedy show in Portland history.
Palace Playland
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The natural goodness of Maine

Fireworks
Every Thursday Night
All Summer!

ON SALE FOR SAT, JULY 3rd

5 Off
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Full Service Car Wash
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Coastal Maine Nurseries

This $3 Discount Coupon is good for one person in your party on your next visit to M Ashaway's

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The Summer Survival FANTASY PACK
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$15 OFF
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Serendipity
On-stock and in-stock

Featuring Giger for Women

MAINE GETS WHAT IT DESERVES
Continued from page 21

The Ogunquit Museum of American Art

Touting season, and both have

Tumbling onto the scene in 1953,

the "Museum of Art at Ogunquit,"

which opened with the conviction

that a museum was a social necessity

in a small town. In its early days, the

museum featured works by local artists,

including a number of students from

the Ogunquit School of Painting and

Sculpture. Eventually, it expanded its

scope to include works by regional

artists and eventually national figures.

In the late 1960s, the museum

began to focus on contemporary

art, adding a series of annual exhibitions

featuring emerging artists. This period

was marked by a number of innovative

initiatives, including the first major

exhibition of African American art in

Maine.

Today, the Ogunquit Museum of

American Art is one of the premier

museums of American art in New

England, with a collection that

includes works by such prominent

artists as Robert Henri, Marsden

Hodgdon, Marsden Hartley, and

Dawn Fraser. The museum is also

known for its active exhibition

program, which includes a wide

range of contemporary art and

works by emerging artists. The

museum's ongoing commitment to

education and outreach is reflected in

its extensive collection of

educational materials and its

engagement with the local community.

The museum is located on the

beach in Ogunquit, just a short walk

from the historic Ogunquit Playhouse,

and is a must-see destination for

anyone interested in American art.

The museum is open year-round,

with regular programming that

includes lectures, workshops, and

guided tours. Visitors can also

enjoy the beautiful setting of the

Ogunquit Museum, with its ocean

views and its close proximity to the

tidepools of Ogunquit.

For more information, please visit

the website of the Ogunquit

**Well away an evening**

Computer Desk World's career ran broad and deep. At age 26, he had already written the songs for "Mack the Knife" and the musical "The Cheery Little Queen." At age 35, he was the hit from Germany for critic Artie Fester. He moved to Paris and then New York, where he composed simultaneously exploring many topics as the city's theatre, literature, and new relations in South Africa. Well also had a lighter side and composed the music for two Broadway musicals, "Lady in the Dark" and "A Flowering Tree," both praised for their wit and elegance. Well's brilliant career was capped by an unheralded work of his own that was just the beginning.

Well's run on active duty in your family's safety plan.

The Earth is our largest playground.

Lactose-reduced cheese and cream and help you feel good. Enjoy with ice cream and food with wage in the fridge.
Grill Sergeant.

So you pulled KP duty again. You're stuck cooking for another family outing and your loyal brother-in-law is on his way. Show him who's boss of the grill. We can make an apron that'll turn you into a hotdog grill master in a snap. Just bring your favorite color photo and we'll create a apron, stop and position it on a sparkly clean, white chef's apron for you to spill barbecue sauce on. And for a bit less than you'd expect. Call Generated Image now, and tomorrow you can be telling that brother-in-law you just who's king of the pit.

Become well versed

The heart of Portland's poverty artists will be shown. Local poet Carl Mays, Anne Seketa and Roger Wallis will be reading original work July 7. From noon to 1 p.m. at Congress Square Park, at the intersection of High and Congress streets. This reading is part of the "Parks in the Park" series, a joint venture between Technology in the Arts and The City Service.

According to Steve Lusardi, editor of The City Arts, "The aim of the program is to bring poetry to a wider audience, as it brings us to the minute people, normally don't go to poetry readings." There will be free outdoor seating in July and early August. The run date is on the Wednesday's reading in July 7:30-8:30.

Dust never sleeps

Every minute of every day, dust is settling everywhere. It's a constant battle. Leave your weekly dusting to At Your Service. We're the home and office cleaning professionals, and we can stop your looking clean and neat, made and put. If you'd like a break from those endless domestic chores, call At Your Service, and let us fight grime.

Family

Sunset folk series

July

danren brahmns: Wednesday, July 7 8:00pm

driftwood: Wednesday, July 14 8:00pm

August

slaid cleaves: Wednesday, August 4 7:40pm

lisa gallant: Wednesday, August 11 7:30pm

All concerts will take place on the western prom. Sponsored by Portland Recreation and...
family

Double Winner at the 1993 Chocolate Lover's FLING Best Cake President's Award MARBLE MOUSSE CAKE Try this SPECTACULAR dessert!

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4TH OF JULY GRAND REOPENING SPECIAL ROCK N' ROLL BAR-B-Q
The Museum of Communications at the Old Orchard Beach, Maine, proudly presents
Southside Johnny & the Asbury Jukes, Clarence Clemens & the Red Bank Rockers, Magic Dick & "J" from Blue Öyster Cult!

Gates Open at 4pm
THE BEACH ROCKS AGAIN! BE THERE!!
"B" Box 1 Old Orchard Beach, Maine 04064
(207) 944-1124 Fax (207) 944-1126

Introducing Lisa M. Lajoie
As former hairstylist and now retail manager, Lisa M. Lajoie has been a key player at the Barber Shop in Portland. She enjoys sharing her skills and knowledge with others, and is always eager to help customers find the perfect cut or style. Lisa's expertise in various techniques, including blowouts, braiding, and cutting, has earned her a loyal following. She is available for appointments at herassylist.com, and can be reached at (207) 526-5533.

Nancy Brackett
Nancy Brackett has recently joined the Barber Shop in Portland as a part-time stylist. With over 10 years of experience, she brings a wealth of knowledge and creativity to the salon. Nancy specializes in women's hair, offering stylish cuts and on-trend looks. She is available for appointments at nancynbrackett.com, and can be reached at (207) 526-5533.

Great Style Great Cuts Great Looks
STUDIO ONE LTD.
127 Middle Street
Portland ME 04101
207-774-5756

Sounding off — Lesbians in the military
The issue of allowing homosexuals in the U.S. military has been a subject of debate for years. As Congress debates whether or not to end "Don't Ask, Don't Tell," activists continue to speak out in favor of full equality for all service members. "Lesbians in the Military — Surviving the Whirlwind" is a keynote speech by Emily Bonham, taking place at 7:30 pm on August 3 at the Portland Maine Public Library, 1 Monument Square, Portland. It's free. 777-3237.

Art & Soul continued from page 58

It's been a very long week.
You deserve more
from Sunday Brunch
than a buffet line.
Join us for
a civilized brunch.
You'll be glad it's Sunday.

Fiddlehead Farm
908 Pleasant Street
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01 Fore River Blvd.

Art & Soul continued on page 58
We will be having birthday parties on Wednesdays. All parties will be held at the Sure Sell Classifieds office at 2142 Oak St., Portland. For more information contact 775-1234 or fax 775-4059.
real puzzle

Each of the pairs of vehicles at the right appear twice, that is, from two different vintage points. They must never intersect.

See if you can match them up as shown:

1. 10
2. 12
3. 14
4. 16
5. 18

Can you solve the Real Puzzle? There are "Four Cars, Same Plate Numbers" puzzles for two women who will receive their prizes in the mail. Drawings are held at random. Commentaries are available to ask. Each puzzle is a four-week span. Only one entry is allowed per person, please.

Solution to Real Puzzle #180

(Do you want to know a secret? We didn't include all the possibilities in patterns.)
11. When You're Doing
12. '86 Was the Year
13. A Trip for Two
14. Kitchen
15. Mac
16. Red
17. For the Love of Dogs
18. You Were the One
19. Love
20. Not Your Kind of Party
21. The Secret
22. On the Road to Nowhere
23. Books
24. When We Wear
25. To Be Together
26. Another

This week's winner is Brian S. and Laura O. of Old Orchard Beach.
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3 GREAT LOCATIONS!
Discover Maine's Finest Selection of Beautiful Pottery and Glassware
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Charles Kinzer