Junk food; junk world

PERSONAL ECOLOGY, PART SEVEN: FOOD

By Andy Nutter

When you tear open a bag of Doritos, you know you're not eating health food. The list of 44 ingredients reads like the glossary of your high school chemistry textbook. Still, you munch away, sensing that you're doing something self-destructive - but doing it nonetheless.

But the destruction is not limited to your body. The production and distribution of America's best-selling snack food consumes obscene amounts of oil, water and topsoil while polluting the air, water and the chips themselves.

And Doritos are not unique. Supermarkets and convenience stores are stuffed with highly-refined, preserved and overpackaged food. Americans ingest an average of six pounds of synthetic material each year.

And that junk food doesn't just junk them - it junks the whole world.

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PORTLAND 774-1322

NewsBriefs

WCHS loses fight to keep outtakes

The Maine Supreme Court voted Wednesday that a Portland TV station must hand over tapes of a reporter's interview with a witness in a lawsuit brought by the York County district attorney. The decision gives local authorities a foothold in the growing competition between the media and law enforcement agencies to access evidence in criminal trials.

City attorney resigns, beats critics to punch

The Portland City Council has voted unanimously to go before the Portland City Council on July 23, 1990, to present Lourie's resignation. The council had been weighing the merits of accepting Lourie's resignation for several weeks, and the vote came after a meeting with Lourie to discuss his future in the city attorney's office.

Life without Lourie

Portland city attorney David Lourie resigned July 25, just hours before a downtown businesswoman planned to go before the Portland City Council to present his resignation. Lourie, who has served as City Attorney for Portland for 10 years, had been named to the position in 2003. Lourie sought the resignation on June 28, and the position would have been held by him as an interim district attorney.

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Stay cool... watch in living color


OUTRAGEOUS NEW EPISODE! Sunday 8:30p

We help you pack more fun into your time outdoors.

OUTRAGEOUS NEW EPISODE! Sunday 8:30p

We help you pack more fun into your time outdoors.
Tape this to your fridge and plan your escape.

Every day, Casco Bay Lines can take you to beautiful island scenery, cool ocean breezes, sunsets, and sea—away from your mainland cares. Escape to Casco Bay this summer.

City manager tidies city

In an effort to make downtown Portland more exciting to visitors, City Manager Robert Geryty recently hired two "street sweepers" to keep the city tidy. The stewards, who are unarmed depot employees, will be on the run in teams of two, clad in blue uniforms and carrying a kit of soap, shampoo, and vacuum cleaner. They will be responsible for removing trash, graffiti, and other roadway hazards.

Union Station Fitness Depot

337 Forest Ave.

Grass and turf

Expert

Pavement freedom and stretch-room.

Westbrook, Portland

rT'IOili order nationwide,

TRY

Another of

FOR

delai~

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Saco and Kennebunk schools.

Casco Bay Lines

is now legal to paint over

cost $25

Berkleystock

walkabout

Po~nt Portland. Offers Portland, Maine 207-713-6561

Rogers the Portland Press Herald's "Best Sports Special"

Billy Gibson of Tarsmouth polishes| home with the prize bear he won at the Tarsmouth Class Fl;\y. Alb\w 280,800 people turned out for this year's Class Fl;\y, according to Tarsmouth Police.

Overshadowed by the annual lobster plate

Cafe

...er's youth wing they
told members of the
party, told members of the
party's youth wing they
wanted to

a .

in Maine:

30

45 min

14.

$4.00

17.75

$5.00

14.00

17.50

$10.00

$9.00

$10.00

$22 million project planned at RWS

Regional Waste Systems (RWS) will allow $22 million in new development and eight years of preliminary operations to its waste-to-energy incinerator in Portland. The bond issue for this two-to-three-year project was approved July 17 by the RWS Board of Directors after developing the recycling effort.

Casco Bay Lines

While the full deal has not yet been completed, the company plans to sell Portland, Maine 207-713-6561

Huge's Portland Bistro.

15 TANS $25

Union Station Fitness Depot

The Portland Press Herald's "Best Sports Special"

Adubion bugg"d by pesticides

Maine Audubon Society is launching a campaign to change the way pesticides are sold.

Cruise

Red Lobster

Offices: 854-1365 or 854-1365

(Intersection Corner) 887-9114

 flashback


every contour

life's
cost $25

petition

147

Call for information, show tickets, and tickets:

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Top Models at the Treasure Island Casino and Gold Strike.

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During August, open

Huge's Portland Bistro.

Fed up with a crowd.

Fred Cull, of the federal EPA, said that kilogram may have been part of the sale.

Audubion bugged by pesticides

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**East End Beach: ‘Swim at your own risk. Water may contain bacteria...’**

**Surprise: dirty water**

In 1980, marine ecologist Kent Larson was surprised when his survey results showed Casco Bay was polluted. Larson works for the Woods Laboratory at Bowdoin College. He discovered high levels of contamination, primarily hydrocarbons.

"This is when people started taking a harder look at Casco Bay," said Larson. "We were surprised to find how degraded those levels were. They could be compared to much more industrialized areas."

"I should have had one of these anyway," said John Slowey, the director of the Casco Bay Council, a nonprofit organization dedicated to preserving and protecting Casco Bay in cooperation with the U.S. Environmental Protection Agency (EPA). "Ponds are often located right behind beaches."

In 1984, the National Status and Trends Program, sponsored by the National Oceanic and Atmospheric Administration (NOAA), began conducting tests in the bay. According to Larson, Casco Bay was chosen as a control site for the program tests. NOAA is expecting clean water, but found high levels of metals in former iron ore and sewage.

In 1986, Slowey did common sense favor analysis for the DEP. He discovered degrade levels of lead in the Fire Island and mercury in the Penobscot River. In October 1986, the Boston-based Conservation Law Foundation (CLF) and the Backyard-based Island Institute issued a report entitled “Troubled Waters.”

None containing new information, the report gathered previous information and called for a plan of action.

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The report named the bay one of the most polluted harbors in the country and recommended that Portland, South Portland, the SAD 3, Waban Creek, and the Fore River had raw sewage flowing around.

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Frustrated citizens wade in

"What needs to be done is respond to what is already known," said Harold Titus, research director for The Island Institute. "Clearly, some of the money should go toward stop­ing nonpoint source pollution in the bay."

The very existence of The Island Institute, along with the recent spate of other non-profit Citizen Watch groups, is evidence that an increasing number of Casco Bay residents are saturated with the "swim and wait" approach being taken by some states and federal governments. The Island Institute, a nonprofit organization dedicated to preserving and protecting Casco Bay, is a network of citizen groups who are taking the health of the bay into their own hands.

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Junk food, junk world

Continued from front page

People must eat to live. But people can not make food. They can only grow it, depend upon others to transport it, and store the environmental impacts of the environment in which they live.

New technology and distribution of food has become a big business, one that is greased by environmnetal damage and disaster.

And so the production of food, perhaps better than any other environmental issue. However, the inherent conflicts between the laws of economics and the laws of ecology.

American land: European ideas

When the first European settlers transplanted this continent, they brought their ideas about farming wealth with them. Far, dand and harder were considered valuable in Europe, because they had grown scarce there. In America, those goods were more or less free for the taking.

And they were stolen from New England, later from the South and West. During the 1700s, farming replaced hunting and gathering as the dominant livelihood of the colonists. Soon thereafter, a notion of what Thomas Jefferson called "farmer citizen" declared itself free of the European markets so no longer depended upon.

But these farmers were not self-sufficient as European farmers. Value and scarcity.

For the next century, American and European farms grew basically the same crops but did so with very different inputs of land and labor. In Europe, where labor was abundant and food scarce, each acre was worked over carefully for the most efficient production. In America, where labor was scarce and land abundant, farmers raised only what could be grown with a minimum of work.

The advent of the gasoline-driven tractor dramatically increased the efficiency of the labor applied by American farmers. And, as a result, the farmer's ability to keep more land. The same technology that brought tractors to the fields also made way for the roads. Refrigeration and food-processing technologies allowed food to be shipped to great distances with no spoilage. But now, food was moved more, but slower than before. And ships and trains to transport to feed that had just been as fast as electricity.

One of the saddest things about this new food was a new use of sailing. In 1882, the Cheyenne lumber company shipped the first 150,000 barrels of flour by sea. The invention was more that put in place of work. While those ocean waves, rail, other food producers saw similar opportunities.

So, food manufacturers were using all sorts of ways to extend the shelf life of meat. Most of these preservation techniques were used to preserve the aesthetic of "cheese". Innovators came into international conglomerates and expanded the market for their basic food product.

All of this exchanged farmers grew to own more. The environment was a given crop that was defined by the population and could be shipped in. But a large company manufacturing corn flakes or cereal could buy more corn than any farmer could produce.

Suddenly, farming was no longer a family business. Mere and part operations were set up, with more aggressive growers became huge.

And so, farmers became farmers, food processors and food entrepreneurs. The food companies that had lost their fertilely formed a new crop to speculate, developing all their average to one crop. They planned high-yield hybrid plants, which could produce more food per acre under the right conditions.

And they did produce. Using the high-yield technologies developed by U.S. agricultural experts, world grain yield per hectare from 53 percent during the 1950s, 21 percent during the 1970s and 22 percent in the 80s, according to the figures from the Foreign Agricultural Service of the U.S. Department of Agriculture.

By the 1970s, fewer farmers were growing more and more food with less labor than they had ever used.

Food and gas

But the basic European idea that American land was free for the taking persisted. America's interests in farmland were so high exactly because its return to the land was so low. And the land could not accommodate a deficit, it simply grew.

The American Midwest is looming above an inch of fertile topsoil every 15 years, according to Tina Jackson, founder of the

Land Institute in Kansas, Kansas. It took 50 years for that trip to form.

"I watched all of this line of soil and thought of the highly paid experts in our top agricultural colleges who are still proclaiming American agriculture a success story," Jackson said. "It is something that we can all be proud of in terms of learning as long as we realize what is happening around us.

There was another reason to question the "success" of American agriculture. Foods grown on corn crops became a more serious threat because they would go in strength and numbers with fields devoted to their favorite food. While plants, plants and more plants, the production of synthetic pesticides in this country took off after WWII. Farmers were now an obligator of the mass production of pesticide world wide.

"Pesticides come in the form of fungicides, insecticides, and herbicides. The term "pesticide" actually is a euphemism for poison," Pontusson said. "Pesticides are spread over a large area range, insecticides kill insects, and herbicides kill certain weeds without killing the crop. Chemicals eventually became dependent people. Once turned on to chemicals, farms need to ever-increasing "pesticide" to get the same results. Since there was usually a more tolerant variety of pest, farmers could produce more and more applications of the chemicals throughout the farming year.

In this way, modern farms have come to resemble ever-smaller, ever-smaller, ever-smaller, ever-smaller... "pesticide"... and so on until they can't grow anything. But these chemicals are expensive, and once one is made with poison, repeat applications of the same pesticide are needed along with the price of it. If the farmer's the jock, the oil industry is the pusher getting fat on the business. Therefore, farmers are the junkies, the oil industry the pusher, and both the chemical industry and the oil industry get the high prices for the chemicals.

Many of these companies were swept up in the corporate merger frenzy of the 80s, growing larger and growing larger over more and more with their suppliers. They control food from the field to the table, over the entire farm chain along the way to a vertical integration. Food producing became big business. The buying power of food processors enabled them to buy ingredients for their products very cheaply.

Take Southland Corporation, which owns 7-Eleven, the convenience store chain that pays sales of 20 billion yearly. In 1981, Southland acquired oil-thirsty snack manufacturing and advertising company. Cliffs from most of its million stores that sell gas. At the same time, Southland acquired oil-thirsty snack manufacturing and distribution companies.

Bugs, bugs, bugs, bugs, bugs! Chemical use forms make...chemicals...depend on people. Once turned on to chemicals, "pesticides" form an ever-increasing "pesticide"... and so on until they can't grow anything.

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Eating for a better world

"We are on the moons of the world. We have the ability to regulate the use of our resources..." If we make a choice to shape the future we wish to live in, the change we need to make starts within us.

It's time to take a closer look at our food choices and the impact they have on our health, our planet, and our future.

Junk food...

Continued from page 9

We have the largest selection in the area of organically fed, free-range poultry, fresh, whole lamb, and outside-trimmed ham, cold cuts, sausage, and bacon.

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THE NATURAL CHOICE FOR THE MAINE FAMILY

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Experience the power of good health and vitality in harmony with nature with the whole person in mind.

Feel safe. BASICS carries only natural and organic foods, free of toxic additives, pesticides, herbicides and hormones.

Enjoy CAFE ITAL. Our gourmet cafe invites you to delight in naturally prepared foods to take out for your eating pleasure.

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We carry a full line of:

- Organic fruits and vegetables
- Whole grains, like seeds
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- Baby foods
- Maine made specialty foods
- Wheat, rice and gluten free products
- Organic wines
- High quality dog food
- Bread daily from Port Baking House and Saco Bay Bakery
- Vitamins
- Homeopathic remedies
- New Age video rentals
- Personal care products
- Handmade jewelry
- Natural, cruelty free cosmetics (We proudly carry Borlind Skin Care products)
- MUCH PUR slab water purifiers
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Your well-being is our business. Stop by just for the health of it and get back to basics!

Bring in this coupon and receive
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Ten ways to improve your diet, and the planet's

Linger up those expensive herbs. Here are 10 things you can do to have a healthier diet that's better for you, and the planet.

1. Eat local on the food chain

Enough growth is harvested to provide everyone on the planet with roughly 2,000 calories a day. But half of the grain in the US is bought for livestock. A cow requires 16 pounds of feed to yield just one pound of meat. And the amount of water it takes to produce meat is roughly six times that of producing food from plants. Meat is not only costly in terms of the amount of resources it uses, but it is also the single greatest cause of deforestation, ocean pollution, and climate change.

2. Choose organics

Organic food is grown without the use of synthetic pesticides, herbicides, and fertilizers. Organic farmers use a variety of natural methods to control pests, weeds, and diseases such as crop rotation, ankle cover crops, biological pest control, and integrated pest management.

3. Grow your own

Growing your own food is a great way to get fresh, local, and organic produce. You can start with a small garden in your backyard or a community garden. You can also buy fresh produce directly from farmers at local farmers markets or online through local farmers market websites.

4. Go to a farmer's market

When you buy from a local farmer, you are supporting a sustainable food system. In addition, you can get to know the farmers you buy from and learn more about the food you are eating.

5. Make local food policy

Lobby your local supermarket to carry local and organic foods. But when you buy an 'all natural' Pop Tarts clone from your local natural food store, you are supporting a system that produces food and wastes energy. Chances are the ingredients in that Pop Tarts clone were shipped from all over the world to get to your local supermarket and then the store profits to corporate headquarters far away from where you live.

6. Eat whole grains

Whole grains are more nutritious than refined grains. They are also sources of fiber, protein, and B vitamins.

7. Don't be a cardio junk

Carbonated beverages generally are little more than bubbly sugar water with artificial flavoring. They are high in sugar and caffeine and can lead to overeating, weight gain, and a greater reliance on imported food.

8. Read food labels

The labels on foods tell you more than whether products are laden with chemicals. They also tell you where the food comes from and how far you go for the most local choices.

9. Take whole food stores with a grain of salt

Natural food stores are your food link for wholesome, organic foods. But when you buy an "all natural" Pop Tarts clone from your local natural food store, you are supporting a system that produces food and wastes energy. Chances are the ingredients in that Pop Tarts clone were shipped from all over the world to get to the local producer, and were transported far from where you live.

10. Root for poop

Support legislation that limits pesticide and artificial fertilizer use in your community. Contact the National Coalition Against the Misuse of Pesticides (NCAMP), 543-5450.

~---------------~
From Noon – 5 pm
In The Old Port

Sunday, July 29
Schedule of Activities

12:00 - 12:45
Jack Honan
Clarinet

12:30 - 2:00
Mexicali Rose
Original Contemporary Music

2:30 - 4:00
Martin Steingesser
Still Walking

4:00 - 5:00
Jack Honan
Clarinet

UPCOMING ENTERTAINMENT

Sundays Noon – 5 pm in The Old Port

The magical islands of the
Bakke family
new in The Old Port

OPEN NOW
57 Exchange Street
Corner of Exchange &
Old Port
879-2122

Stop "whining," obey laws

I think Larry Kelley has a lot of
hating to do to keep our streets
sweeth to pay the taxes, who are trying
to make the best of a bad situation
in the Old Port of CMB 7/12/90. If Mr. Kelley
is so concerned about the "curing out of Business"
sign, why doesn't he work towards
Center Street parking lot to be
heavily parked instead of helping
us all to get the higher monthly rates.
The second spaces could then be let
for the retailers of their own businesses. If Mr. Kelley
should expect the businesses to obey the laws, he
wouldn't have a problem. I think the
whole city of Portland should start a program to teach
chronic parking problems to the
neighborhood parking problems
of Old Port is a unique place to
drop in and work. It doesn't
need the negative feedback from the
Larry Kelley's of this world.
Lea Mr. Kelley use his
parking lot or go back to
those other cities he thinks are
so much better than Portland.
Mr. Kelley was any kind of
businessmen, he wouldn't be
insisting on the people the
taxpayers have to take care of
the chronic parking problems
of the Old Port.

Use your own lot, have
your "parking lot" in your
yard for your two or three blocks to your
vehicle and you won't have to
insist on the people who have a
large enough piece to do

Alfred C. Brown, Jr.
Portland

MARIJUANA "caught in drug nets"

Everyone knows that most of
our police's money comes from
the public and the government. What does the
public know, however, of that there is a natural
substance that can replace most pain killers.
It is the forest growing freedom in the
plant and grown in the wild.
Marijuana is one of the
natural remedies that can
be used to make medicine, smoking, bio-
degradable plastics, food, clothing stronger than cotton,
and feel. This plant is hemp, also known as canabis or
marijuana.

In 1998, the Department of Agriculture released a study on
hemp paper which reported
that one act of hemp could
produce as much paper as four acres of news. Why
has this been kept so quiet?
Because hemp was made
illegal on an act of Congress.
The hemp paper industry
is being held back by
the hemp paper industry
drop in the hemp paper industry. Later that year, they
introduced rules, a symbolic
that would help no one if not for hemp
prohibitions.

The education of our people without concerning facts or
understanding information is an
act of Congress. On November 27, 1998,
we have learned that Congress is
posing a Drug Free America to
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FRI • AUGUST 10

The Super 80s Night will come alive in the Tabou Night Club, 104 Main St., Portland. This is one of the few remaining places in Maine to experience the dance music of the 1980s. Dress code is retro 1980s attire.

SATURDAY • AUGUST 11

The fried clams and lobster rolls will be at their peak at the L.L. Bean Clambake, 105 US 1, Freeport. The event includes live music, food, and fun. The proceeds will go to the United Way.

SUNDAY • AUGUST 12

The Maine State Museum will host its annual Art in the Garden event, featuring local artists and live music. The event is open to the public and admission is free.

TUE • AUGUST 14

The Portland Symphony Orchestra will present its annual Open Rehearsal, 7 p.m., Portland Symphony Orchestra, 118 Main St., Portland. This is a great opportunity to see the orchestra in action and learn more about the music they will be performing.

WED • AUGUST 15

The Portland Museum of Art will host its annual Outdoor Film Night, 7 p.m., Portland Museum of Art, 163 Congress St., Portland. The film will be projected on a large outdoor screen, and is free to the public.

THURSDAY • AUGUST 16

The Maine State Music Theatre will present its annual Free Outdoor Concert Series, 7 p.m., Maine State Music Theatre, 701 Congress St., Portland. The concert will feature local musicians and is free to the public.

FRI • AUGUST 17

The Portland Sea Dogs will host their annual Fireworks Night, 7 p.m., Hadlock Field, Portland. The game will be followed by a spectacular fireworks display.

SAT • AUGUST 18

The Portland Summer Festival will host its annual Dip and Flip Cook-Off, 11 a.m., Congress Street, Portland. This is a fun and creative competition where participants compete to make the best fried clams.

SUNDAY • AUGUST 19

The Portland Symphony Orchestra will present its annual Family Concert, 2 p.m., Portland Symphony Orchestra, 118 Main St., Portland. This is a special concert for families and kids, featuring music and stories.

TUE • AUGUST 21

The Portland Museum of Art will host its annual Summer Art Camp, 9 a.m.-12 p.m., Portland Museum of Art, 163 Congress St., Portland. This camp is for kids aged 4-12 and focuses on art and creativity.

WED • AUGUST 22

The Portland Public Library will host its annual Summer Reading Kickoff Party, 4 p.m., Portland Public Library, 514 Congress St., Portland. This is a fun event for kids to meet their new summer reading buddies.

THURSDAY • AUGUST 23

The Portland Symphony Orchestra will present its annual Youth Concert, 7 p.m., Portland Symphony Orchestra, 118 Main St., Portland. This is a special concert for students, featuring music and stories.

FRI • AUGUST 24

The Portland Sea Dogs will host their annual Fireworks Night, 7 p.m., Hadlock Field, Portland. The game will be followed by a spectacular fireworks display.

SAT • AUGUST 25

The Portland Summer Festival will host its annual Dip and Flip Cook-Off, 11 a.m., Congress Street, Portland. This is a fun and creative competition where participants compete to make the best fried clams.

SUNDAY • AUGUST 26

The Portland Symphony Orchestra will present its annual Family Concert, 2 p.m., Portland Symphony Orchestra, 118 Main St., Portland. This is a special concert for families and kids, featuring music and stories.
The movie makes clever use of a 21st-century means to examine a 19th-century fear. It’s a splendidly cast film that’s as much a love story as a suspense tale. And there’s tremendous potential for附注:...
Life after Old Orchard Beach

Do you miss the Maine Pirates? Do you ever wonder what happened to our favorite professional baseball team? Well, now you can visit a home, here's the scoop. The Scranton Red Sox are a professional baseball team that plays in the Eastern Division of Minor League Baseball. They are currently located in Scranton, Pennsylvania, and are the affiliate of the Boston Red Sox. The Scranton Red Sox home games are played at PNC Field and include games with winning records. For more information and details, visit their official website or contact them for ticket information.

July 22

Entertainment Weekly

FOR KIDS

Disney Weekend for Kids South Portland Public Library South Portland 7 PM Friday, July 22, For children of all ages, This Disney Weekend features a special screening of Disney's Aladdin. The event is open to the public and is a great way to spend a Friday evening with family and friends. The library will provide popcorn and other snacks, so come and enjoy this family-friendly event!

Casco Bay Trader

JEWELRY — New and Estate ANTIQUES, PORCELAIN, OIL PAINTINGS Exclusive dealer in Maine for LEHMAN & LEE OF SANTA FE. Hand made jewelry with the rareest stones. SELLING...BUYING...TRADING Gold and Diamonds Electronic Equipment and more

486 Congress Street, Portland 774-8993

I Bet You Didn't Know

Did you know budweiser is the largest supplier of retail beer in the world? In spite of this, the famous "King of Beers" is still made by hand. Just like any other beer, it's made in a traditional way, with care and attention to detail. A TRUE CHAMPION!

A True Champion

By Frank Gabriel

STORTEX

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If you're looking for the best value in oil painting, look no further. STORTEX offers a wide range of high-quality paints at affordable prices. Whether you're a professional artist or just starting out, STORTEX has the supplies you need to create your next masterpiece. Contact us today to learn more about our products and services.

Sports ETC

Think of it as Morning Radio for grownups.

Think of it as Morning Radio for grownups. Jim Crocker and Bruce Campbell bring you today's top stories with a twist. From sports to entertainment, we cover it all with an eye towards the adult audience. Tune in for a fresh perspective on the news you care about.

PUBLIC NOTICE: CLOSING FOREVER JULY 30TH AT 8 P.M.

The Shed

The Shed will be closing forever on July 30th at 8 P.M. Come enjoy our final days of operation and say goodbye to The Shed. We look forward to seeing you there!

WHERE TO EAT?

The answer is here.

The Shed

Availabe at 50 locations throughout Greater Portland.
Meet someone new and interesting this summer in the Person-to-Person ad. Take advantage of our summer special. For more information, call Melissa Johnson at 775-6601.

Are you responding to a CBW Box #? Clearly mark the CBW box # on the outside corner of the envelope and send your reply to a CBW Box #. Then call 775-6601 for more information.

Finish Bay Weekly's Talking Personal! You can win not only your compliments, but a dinner for two at Olive's, too. To learn more about Talking Personal, call 775-6601 or visit us on the web at www.bayweekly.com. Letter from the editor and Win a dinner for two at Olive's! To enter, send your compliments to Talking Personal at 187 Church St., Portland, ME 04101. All entries must be received by Thursday, July 26, 2001.

**TALKING PERSONAL**

Complete the blanks below, then send this clipping to Talking Personal at 187 Church St., Portland, ME 04101. All entries must be received by Thursday, July 26, 2001.

Message: ____________________________________________________________________________

Name: ___________________________ Address: ___________________________

City: ___________________________ Phone: ___________________________

Email: ___________________________ Extra Words at ___________ a Dollar

CBW Box # ________________________ No Charge

Talking Personal Line: 775-6601

Classified Box #: __________

Multiple words over 25 words at ____________ a Dollar

TOTAL: _________________________ 2 MasterCard

Cash or Money Order enclosed: __________ Memo: _________________________

Date: _________________________ Exp. Date: ____________

You could win a dinner for two at Olive's! With the addition of words to your personal message, you could win a dinner for two at Olive's. All entries must be received by Thursday, July 26, 2001.
**ERNE POKK**

**Welcome**

As the oldest dating service in N.E., we have 26 consultation.

We're sorry, but we cannot provide the service you are looking for. We are committed to providing a safe and healthy environment for our clients. We are not able to accommodate any requests for human interaction.

If you have any questions, please do not hesitate to contact our office.

**Dating Services**

Meet someone new and interesting this summer in the Person-to-Person ads.

For more information, call Melanie Johnson at 775-6681.

**Romemates**

**Real Puzzle**

**Off the wall**

This week's puzzle was handmade by Harry Bane, but our printer was skeptical and we had to find a different printer.

The puzzle is made of cardboard and has a total of 100 pieces. It is very challenging and requires careful attention.

Can you solve the Real Puzzle? There is a $5 gift certificate from The Bard, however, it is not clear if you can get it for this puzzle.

All entries for this week's puzzle must be submitted by Aug. 2. All winners will be announced by Aug. 10. The puzzle must be completed and brought into the store. The puzzle is not available for purchase.

**Wheels**

**Expose Yourself**

To see 45,064 potential customers in the Casco Bay Real Estate Service Directory, Check CBW T-Shirt

$5 OFF ANY ADEL CUT
Includes Shampoo, Neck and Shoulder Massage. $5 off any cut. Expire 9/30.

**Casco Bay Weekly**

**Limited Edition T-Shirt**

**Free but never easy**

Order your own limited edition CBW T-shirt by sending $12 Cash, Check or Money Order to Casco Bay Weekly, 60 Portland, Maine 04102.

**Real Puzzle #29**

The Maine Attraction

Stop by the Casco Bay Weekly booth at the Maine Festival and say "Hi." We'll be located near the center of the Maine Enterprise area, and we'd love to meet you.

Like we did last year, Casco Bay Weekly will be providing a free Message Board for the festival. You can leave notes for friends you're trying to find, post a description of some "stuff" you're trying to sell, or even try looking for that someone special with a free "person-to-person" message.

All messages will be posted free of charge. And you can pick up responses to your message any time during the Maine Festival.

So we'll see you at the Maine Festival, August 3, 4 and 5, at the Cumberland County Fairgrounds.