11-19-1992

Casco Bay Weekly : 19 November 1992

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FREE FEED YOUR FOOD FANTASIES WITH THE WINTER DINING SECTION. SEE PAGES 41-44.
A conversation with Pat Murphy

Pat Murphy owns Yes Books in Portland. He has been a bookseller for 26 years, and estimates that he's bought and sold more than 100,000 books.

What are your favorite books?
Well, after a while, you see so many books they look like cordwood. But my personal poetry collection, a book of Robert Creeley, I like that. I have a signed Nethercott, too, that was his Nobel Prize acceptance speech, and that's real special.

What is your favorite book?
If you were going to choose a book that you really like, I mean, I do have what do you mean, I really like, my favorite book is "The Pawnbroker," by Harriet DeWulf, who's a very, very, very, very, very, very, very, very, very, very, very, very, very, very, very, very, very, very, very, very, very, very, very, very, very, very, very, very, very, very, very, very, very, very, very, very, very, very, very, very, very, very, very, very, very, very, very, very, very, very, very, very, very, very, very, very, very, very, very, very, very, very, very, very, very, very, very, very, very, very, very, very, very, very, very, very, very, very, very, very, very, very, very, very, very, very, very, very, very, very, very, very, very, very, very, very, very, very, very, very, very, very, very, very, very, very, very, very, very, very, very, very, very, very, very, very, very, very, very, very, very, very, very, very, very, very, very, very, very, very, very, very, very, very, very, very, very, very, 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Camera will be installed in school buses to Weld County

to discourage some elementary school students from rowdiness. Actually, school buses are required to have cameras and the camera will be periodically moved from bus to bus. The idea is that students who are caught on tape could be suspended, according to Superintendent of Schools, which also helps

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One last word, another to go (to)

DEA agents in a raid on a Fort Worth, Texas

branch of DeCoster Egg Farms. The nation's largest producer of eggs was fined $115,000 for illegal the sale of dioxins.

OPPENS... Last week in "Deene hearings now start," we reported that Portland residents were preparing to speak at the hearings on the proposed rate increase for DeCoster Egg Farms. The company faced the possibility of a rate cut if it could prove that it was not necessary to increase its production levels.

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Train station headed for wrong track?

The official word arrived on Nov. 30 that the Boston-Gloucester line would face a new mascot service as the southern terminus of an extended Amtrak route. Who were the winners? The winners were Rogers, Mass., whose group bid the line to operate passenger rail service between Boston and Portland, based on the idea of Portland's general station also having the inside track — that it might be the right thing to do.

The city has selected two stations on the main line of the railroad; the Commercial Street site north of the town of Willard. The Commercial Street site has a station for the rail line, and a railroad spur that means trains running to and from the station may require 20-30 minutes extra, while there are still enough stations on the main line, they might not be as large as the Portland's conventional rail equipment. According to Davis, the problem of having the station at a dead end is the least of the public health complaints. Instead, Davis, whose group led the bid to restore passenger rail service for Portland, said he was aware of the issue.

We're not on the right track, on the wrong track? Instead, Davis, whose group led the bid to restore passenger rail service for Portland, said he was aware of the issue.
Skiing cheap

How to cut the high cost of getting down

By Wayne Center

deshow skiing was once a fairly cheap proposition. You stopped a couple of barrow stoves on your feet, paid a local fella a buck or two to use a rope tow in his field, and — bang! — you were off.

Now, no more. A typical set of high-tech boots, poles and bindings can cost as much as a Moderate these days. Lift tickets at the major resorts have gone through the roof — weekend skiing at Sunday River this year will set you back $83 at Flagstaff’s $88. Also adding to the price are rentals and lunch at the lodge, a Saturday ski trip to one of Maine’s premier resorts will run a family of four about $125. That’s more than pocket change, no matter how sizable your pockets.

In fact, skiing ranks right up there with health care when it comes to one evil: inflation. According to the United States Industries Association (USA), the average price of a weekend ski ticket nationally was $82.66 last year. That’s a rise of 34 percent since 1989, the same rate increase for medical services, and well ahead of the 19 percent general inflation rate for the period. This trend does not bode well for the frugal skier.

Ask ski executives why it’s so expensive and they will be shocked — indeed — that you would suggest such a thing. Skiing is actually very inexpensive, they insist. It’s one of the best values in outdoor recreation. These executives sound surprisingly like physicians who argue that women are being misled by a barrage of tests. Value is a concept that is hard to define, but it’s not new at the slopes. Only cash performs that magic.

However, skiing isn’t the exclusive domain of the independently wealthy. There are ways to get around the growing costs of alpine skiing. One long-ski executive broke the trend last year by naming $30 as the price of a lift ticket. Indeed, USA, notes that only 27 percent of weekend skiers actually purchase all lift tickets. It’s just a matter of persistence and openness if you want to cut your costs.

What should you do to get the most out of your ski dollar this season? Start with these tips.

Buy last year’s equipment. Planned obsolescence is the lifeblood of the ski industry. There is nothing — with the possible exception of0rination — to gain through more highly advertised and truly creepish design changes in a year that didn’t happen.

Never mind that in the past three decades there have been only two truly significant advances: sidecut and automatic ski brakes. There’s still tremendous commercial pressure to upgrade almost annually in any way we can count with the season: graphics and other bells and whistles.

Even if you subscribe to the belief that all modern skis are superior, you might find yourself with little option but to upgrade. Many ski shops, citing liability concerns, will not repair old gear or switch old bindings to new skis. So, instead of $850 before for a new batch, you’re looking at $800 worth of new equipment you thought you didn’t need.

On the other hand, the consistent ferment among manufacturers can work to your advantage. Some manufacturers are now selling last year’s models at dirt cheap prices. A complete set of skis, boots and bindings, both new and used, can be less than $250.

Start now. Ski areas are more aware than ever these days that they must economically speak, get out there and promote a fresh supply of skiers for future years. As a result, skiing has never been cheaper for beginners. Virtually every ski area offers special deals for novices, so it’s always worth calling to ask what’s available.

Often you can get a complete set of new downhill ski equipment — including poles — for under $80. That’s an unbeatable deal considering the going prices at shops these days. The ski sale starts on Nov. 28. Savvy shoppers are in line well before then.

How does graded pricing work? There are two approaches.

• VISA

The other approach is the possible exception to the blatherings of ski marketeers. It’s one of the best values in outdoor recreation. These executives

attitude this season’s graphics and other bells and whistles.

FREE \ 4TIP:

Free Winter Boot Repair

Winter boots, fringed jackets, Costa

Skiing kit:

Professionals Charge

Buy last year’s equipment.

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Offering special deals for novices, so it’s

Continued on page 10.
SKIING CHEAP

Continued from page 3

Smart Tickets. This works much like a subway and is a modernized ski system, like Washington's Mass. transit. Skiers can buy a ticket machine such as the one used at Winter Park, Colo. That's how you load up on your fare. The smart ticket is reusable, and cards are available for two years. Regular all-season tickets are also available.

Sugarloaf is taking a slightly different approach, borrowing a system used in Europe. At Winter Park, Colo. That's how you load up on your fare. The smart ticket is reusable, and cards are available for two years. Regular all-season tickets are also available.

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Have You Received Any Worker's Compensation Benefits In The Last 10 Years?
If so, new laws effective January 1, 1993 may limit your right to benefits.
If you were injured, and your employer or insurers voluntarily paid your medical bills and/or lost wages, your rights may be limited by the new laws. It is advisable to discuss your legal rights immediately, otherwise it may be too late. For more information, call your Worker’s Compensation Act becomes law on January 1, 1993.

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My undergraduate studies in Chiropractic and my doctoral degree from Northwestern University Chiropractic College in Bloomington, Minnesota; during my training.

Furthermore, I have studied the theory of Chiropractic and the need for a pain free world. My goal is to help people and their relatives suffering from sports injuries.

In most cases, medical attention will be required before seeing a chiropractor.

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Alpine skiing 1992

Downhill ski areas in Maine and New Hampshire offer everything from snowfields to glade skiing. Which has the best skiing? The only way to find that out is to try them all.

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Safe, exciting atmosphere for your child to learn or improve your ski or snowboard abilities in a one-week intensive program. Ratio of one counsellor to every seven skiers means that your child will be given the personal support, supervision and instruction he or she needs. **795 tuition includes: 7 days and 6 nights, lessons, social activities and free ski time.**

**Lift Ticket Prices**

- **Weekdays:**
  - Attitash Mountain: $36
  - Cannon Mountain: $34
  - Lost Valley: $36
  - Mount Abram: $31
  - Saddleback Mountain: $35
  - Sunday River: $31
  - Wildcat Mountain: $35
  - Maine: $31
  - New Hampshire: $31

- **Weekends:**
  - Attitash Mountain: $120
  - Cannon Mountain: $38
  - Lost Valley: $31
  - Mount Abram: $40
  - Saddleback Mountain: $30
  - Sunday River: $30
  - Wildcat Mountain: $40
  - Maine: $31
  - New Hampshire: $31

**Distance from Portland**

- **1-1/2 hours**:
  - Attitash Mountain: 2-1/2 hours
  - Cannon Mountain: 2-1/2 hours
  - Lost Valley: 2-1/2 hours
  - Mount Abram: 2-1/2 hours
  - Saddleback Mountain: 2-1/2 hours
  - Sunday River: 2-1/2 hours
  - Wildcat Mountain: 2-1/2 hours

- **2-1/2 hours**:
  - Maine: 2-1/2 hours
  - New Hampshire: 2-1/2 hours

**Vertical Drop**

- **2,146'**
  - Attitash Mountain
  - Cannon Mountain
  - Lost Valley
  - Mount Abram
  - Saddleback Mountain
  - Sunday River
  - Wildcat Mountain

- **2,100'**
  - Maine
  - New Hampshire

**Number of Lifts**

- **Five**:
  - Attitash Mountain
  - Cannon Mountain
  - Lost Valley
  - Mount Abram
  - Saddleback Mountain
  - Sunday River
  - Wildcat Mountain

- **Three**:
  - Maine
  - New Hampshire

**Night Skiing**

- **None**
  - Attitash Mountain
  - Cannon Mountain
  - Lost Valley
  - Mount Abram
  - Saddleback Mountain
  - Sunday River
  - Wildcat Mountain

- **Till 9 on Tuesdays, Wednesdays, & Thursdays**
  - Maine

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Get lost! ...
in the backcountry!

By Paul Leib

When Jim Collins, a freelance writer, visited a friend in southern New Hampshire one April, he didn't waste any time. Collins and a companion raced up the backcountry of the White Mountains last winter while Portlanders sat on their hands grumbling about the sleet and rain.

There's got to be something better, and there is. But first you need to think about the best gear you can get. Sherpas come with crampons attached; they cost $305, depending on what kind of crampons you want. (Crampons are special shoes, usually made of metal, with which you can walk up steep or icy terrain. They work like paws in some backcountry situations.)

Back home, the winter had been rainy and muddy. But now it's a different story. The backcountry is always snow in the right places, if you know where to look. Enter the backcountry!

There's always snow in the right places — if you know where to look. Enter the backcountry!

Photo/Andy Ury

There's a big difference between cross-country skiing and backcountry skiing. This isn't the Brenton Mtn. hut, but it is the 300 winter dance, either. The gear you use will need to take the backcountry's unique conditions into account.

Cross-country skiing is done on ski areas served by fishhook cross-country groomers, trail, often within sight of civilization. Backcountry skiing is another animal altogether. It shows where there is a cross between cross-country and downhill, on trails that won't help you up but save your butt when you fall.

Unlike cross-country ski backcountry ski boots have more edges that come in handy when the snow and ice begin to get serious. Unlike downhill ski, their back can't be formed into a snowshoe. This combination takes the strain off of long-distance skiers, yet provides speed, acceleration and turning on downhills when you want to make tracks. L.L. Bean offers backcountry sets out for $88.50; buying a pair can easily cut you a 20 percent price that you'll need for the serious backcountry skier is David Grandstaff's "Backcountry Skiing" ($15.95). Gloriously written and helpfully illustrated, the book is available from the Appalachian Mountain Club (AMC), which not coincidentally maintains many of the finest backcountry ski trails in the White Mountains. Call 1-800-262-4450 to order. AMC also sells lesson plans and maps.

When snowshoeing in the backcountry, the snow becomes the only fuel available for you. The deeper the snow, the easier it is to walk. If it's a hard grind, you might want to consider using snowshoe equipment. They're made of aluminum.

Equip yourself!

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Cross-country skiing is done on ski areas served by fishhook cross-country groomers, trail, often within sight of civilization. Backcountry skiing is another animal altogether. It shows where there is a cross between cross-country and downhill, on trails that won't help you up but save your butt when you fall.

Unlike cross-country ski backcountry ski boots have more edges that come in handy when the snow and ice begin to get serious. Unlike downhill ski, their back can't be formed into a snowshoe. This combination takes the strain off of long-distance skiers, yet provides speed, acceleration and turning on downhills when you want to make tracks. L.L. Bean offers backcountry sets out for $88.50; buying a pair can easily cut you a 20 percent

Back home, the winter had been rainy and muddy. But now it's a different story. The backcountry is always snow in the right places, if you know where to look. Enter the backcountry!

There's got to be something better, and there is. But first you need to think about the best gear you can get. Sherpas come with crampons attached; they cost $305, depending on what kind of crampons you want. (Crampons are special shoes, usually made of metal, with which you can walk up steep or icy terrain. They work like paws in some backcountry situations.)

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Costs no and there’s nary a 3 mos. Fitplus Membership only used and new sports equipment~

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Christmas Present Christmas Past Christmas Future

56 Main Street - 775-7681

**GET LOST**

Continued from page 17

Last winter, while Portlanders bemoaned the lack of snow, this winter wonderland received a whopping 175 inches (yes, that’s more than 3 feet) of natural snowfall — enough for two as much as the Bethel area received. First snow fell there while the anomaly lasted, starting as beautiful a silence as you’ll find anywhere — and there’s plenty of it. This snow has been soft and powdery, offering great skiing. Photographing the snow was easier this year than in the past when the snowfall was greener, creating a good backdrop. Occasionally, the snow was a bit rough, but it’s still a great ski season for the uninitiated.) after a snowfall. geological marvels are superb; but be aware of avalanches all the while. This hut also has a stove for cooking and a good source of water. Bring a sleeping bag rated to zero degrees, and don’t scrimp on your trash. The best way to get there is to snowshoe Tibet. You’ll want to use a snowshoe that step into snowshoes and head for Basehut. Ski the summit to restricted to winter maintenance. Or just ski it Cheese or Russell pond and back. You might also traverse the park, near rocks, and get picked up when you want to. It’s a huge park. You can get as high

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Christmas Past Christmas Present Christmas Future

56 Main Street - 775-7681

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• Rachel Mischench, Former Principal Dancer of the Royal Ballet, London
• Farouk Mine Tony Montanaro
• Mary Hvisión Scott Potter • Karen Herli Montanaro

December 4-20 • CALL 772-9671

Nordic skiing 1992

Break out the wax and get into winter. Maine's cross-country ski areas range from the local golf course to White Mountain peaks. Try one or try all.

Almelo Ski Touring Trails
Pine Tree State Park, Augusta
621-0031
8.8 miles groomed trails for beginners to advanced skiers
No fee

Acadia National Park
Bar Harbor
288-3308
12 miles maintained trails; rentals and instruction available
No fee

The Atlantic Ski Touring Center
Ledges Mills (just off Route 36)
875-2801
26 miles maintained trails; rentals and instruction available
No fee

Solago Lake State Park
Naples
526-2200
2 natural snow entry level trails after new snow
No fee

Sunday River Cross Country Ski Center
Sunday River Skiway Road, Bethel
824-2137
15 miles groomed trails
Hours: 8-4
Rental: $12
Fee: $7, $6 kids

White Mountain National Forest
Evans Notch Ranger District, Bethel
824-2134
Contact ranger station for trail maps and conditions
No fee

Wolf Neck Woods State Park
Meadow Loop, Freeport
526-2200
23 miles groomed trails
Hours: 10-5
Rental: $6 adults, $3 kids

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Snowmaking comes to the Snowfields.

Strong winds, high temperatures, and snowless winters are now a thing of the past. The Snowfields, with the help of new equipment, will keep skiing going longer. This season, ski the Snowfields on a consistent basis as we take snowmaking to new heights. The Snowfields are now one of the snowiest ski resorts in New England. Come experience Sugarloaf/USA, The Snowplace of the East. Sugarloaf/USA. The Snowplace of the East.
We asked folks

"Why the hell haven't you been to church?" and ...

... 21% Said Because You Seem So Weird To Me
People are strange when you're a stranger (be it to the taste of Three Blind Mice). Actually, Swedeborgians wear处理器ic, sandal, down the badge, go foraging in winter, stop for beggars at the mall, drink beguery wine, eat beguery produce — same stuff you do. But we don't need to go along with each other, so we're to you like we would if you were some one and do us. If you're in a too, we may be having a snowmobing.

... 13% Said Because I Can't See Getting Up Sunday Morning to Stand Up and Sit Down and Read From A Script.
Neither can we. That's why we meet with 20 minutes of singing from our homemade song book, then have children's story, then a meditation, then a talk by the minister or some other member of the congregation (during which we might talk back—as stand up and sit down), and then a time of sharing our dreams, needs, and thanks in a circle. There are rituals, the less we like. Maybe you'd like to bring one in that has meaning for you.

... 9% Said Because I Won't Go To Anything!
Called CHURCH (ouch)!
Many of our number are surprised to find, in spite of themselves and their better instincts, that they are in a church. Sometimes our conversations concern phrases like "I know this may sound strange to you, but I've found a church..." We sometimes call ourselves a "community" or "society" or "those which I love to hang around with". Paradisacl, let it be!

... 17% Said Because Your Church Is So Small. I Won't Be Able To Sit In The Back Row. (And it's Brown.)
We're here for those who want to be a part of a group, not apart from it. This is an intimate community where we love to pay attention to each other. We're best suited for those who want to be a part of a group, not apart from it.

... 37% Said Because I'm Not a Christian.
Christianity has given a bad name to the millenium, what with Crusades, Inquisitions, and Pilgrims. Even though the Swedeborgian Church is a Christian Church, it is not a "Christian" Church in that we do not identify ourselves as Christian— and people who do. What draws us together is Spirit — however that reveals itself to you — sought out in an accepting, supportive community. Would you like to explore faith—where no one is going to tell you what it must mean to you? Here's a safe place to do that. Would you like to bring your beautiful soul to a fertile garden and let it grow without limits? Try it.

... 97% Said Because I Don't Understand Your Ads.
DON'T BECOME A STATISTIC—BECOME A SWEDERBORGIAN INSTEAD.

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Cheap thrills for the snowbound

By Wayne Curtis. Illustrations by David Limrite.

Aging about real science, something peculiar takes place across Maine: The days become much longer.

We're not talking about longer daylight hours here — that's easily explained. We're talking about the milestone hours that make up those otherwise wintry afternoons, when it doesn't seem like it's on the menu of Science and Technology. This is a season of the year when pastimes are limited to those that can be managed indoors. It's a time of hunkering down, of curling up with a good book and a cup of tea, of spending time with friends and family.

But while we're waiting for winter to arrive, we can still enjoy some of the simpler pleasures of life. Here are a few ideas to get you started.

1. Go to the beach. Walk on the sand, get your feet wet, and enjoy the winter sky.
2. Build a snowman. Or, if you're feeling creative, try a snow sculpture.
3. Take a hot bath. Or, if you're really daring, a hot tub.
4. Go skiing. Or, if you're feeling adventurous, try a snowboard.
5. Go to the movies. Or, if you're feeling lazy, a DVD.
6. Go to the gym. Or, if you're feeling energetic, a yoga class.
7. Go to the library. Or, if you're feeling curious, a book.
8. Go to the museum. Or, if you're feeling artistic, a painting.
9. Go to the park. Or, if you're feeling outdoorsy, a hike.
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Colorful Dates.

Like, totally cool. He's just the best thing that ever happened to me. We met at a dance and my girlfriend thought he was totally way.
So I took twelve color pictures down to Generated Image and they made me some really excellent color calendars from them. I'm going to give one to my parents. They are just going to die.

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Only 45 miles from Portland
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January 1993

CHEAP THRILLS

Continued from page 13

53. Go to the bottom floor market at the Portland Expo on a freezing morning. Look for lemongrass salt and red pepper sandwich melts and get it for use.

54. Build a big fire at the Shapleigh's Breakfast Bar. Take your heat from the wood shed.

55. Go to the top floor of the Portland Mall to see some good Kayak gear on sale.

56. Go to the dog pound and pick up an especially handsome looking one. Name it "Winter."

57. Ski in the snowparks on the back shore.

58. Bring some friends to the Fore River and stalk the starkly beautiful common shelduck. Name it "Trumpet." 50 cents per person per visit, a dollar if you borrow their toboggans.

59. Charter a horse-drawn sleigh for a ride through Field and down to Sebago.

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All aboard: choosing a train station

Within a few short weeks the city of Portland will have a decision that’s been approaching for years. Like a long awaited moment that really won’t be complete until the last train whistle blows, the fate of the commuter rail service will be decided. New Portlanders might decide to put the station in the center of town, or perhaps in a new location, like the former Southern Commercial Street site. The station would be on the ‘sacred’ line to make it consistent with the site that was planned for years. But CRW finds it’s an easy role to envision making it large and making it work. It’s also important to consider the quality of service between Boston and Portland. This decision is not just about the quality of service, but also about the cost of the service, and how the quality of service is impacted by the economic benefits gained by having a train station located in the downtown area.

The reason that Davis suggests the plan is that the station on the Northern Commercial Street line has already been in operation for many years. Davis believes that the decision is no longer a question of whether or not to have a station, but a question of where to locate it. The decision to locate the station in the center of town would not only ensure that the station is accessible to the residents of Portland, but it would also ensure that the station is accessible to the residents of the surrounding communities. The decision to locate the station in the center of town would also ensure that the station is accessible to the residents of the neighboring communities. The decision to locate the station in the center of town would also ensure that the station is accessible to the residents of the neighboring communities. The decision to locate the station in the center of town would also ensure that the station is accessible to the residents of the neighboring communities.
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