How to find enlightenment on the Astroturf

Stranded on the back nine of life as I am, it's hard to find the true meaning of things. But, humbling myself before the unforgiving sun of summer, I followed my children into a labyrinth of confusing symbols and challenges - and I have emerged a better person for it. I took the family to play putt-putt. (That's miniature golf to Mainers.)

Sure, a miniature golf course is a path toward a clearer understanding of life. And there's no question that it's a discipline directed toward a higher meaning. But what's really important is that unlike most paths to enlightenment, putt-putt requires virtually no talent. That's why it's such a popular family pursuit. Kids are naturals at losing themselves. We adults need the practice.

"It's not whether you win or lose," I explained to the troops as we stepped from our fiberglass car onto the Astroturf. "It's whether you become one with the fun."
UPDATES

Convertible Futon Frame $209.99

Baseball Cages • Softball Cages
Family Whole Tie
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Choose from the largest selection of futons, futon frames and mattress sets. Mastercard, American Discover and
Visa accepted.

S.D. Warren offers attraction to the local community.
Ardgewood paper mill stands in the heart of Westbrook.

Westfield wind sails just for the fun of it!

Furniture Squeeze: Soft Paper reads to clearcut rain forest
Scott Paper Company, which boasts about its
responsible timber harvesting practices and is proud of its
industry-leading environmental credentials, has been
protested by environmentalists on a number of occasions over the years.

The Pennsylvania-based paper giant, which owns the S.D. Warren paper mill in Westbrook,
among its worldwide holdings, has admitted to the Environmental Defense Fund (EDF) that the Indonesian government has "injured" 160,000 acres of rain forest for its use. The land is currently used for rubber plantations and the paper company is currently using another 160,000 acres for logging.

The Indonesian environmental group K/EMZK heatmap of the largest environmental groups in the country has been protesting the S.D. Warren paper mill and other companies in Indonesia for years. In fact, the group is currently suing the Indonesian government in court over the issue.

The S.D. Warren paper mill stands in the heart of Westbrook.

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Westminster Winds
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THE WEEK IN BRIEF:

Pro-choice advocates unite

In response to the U.S. Supreme Court decision denying the constitutional right to abortion, Maine males and females have formed Maine Choice, a new coalition advocating reproductive choices. Men and women have formed the group to ensure that women's reproductive rights are protected in Maine, and that is not directly affected by the July 3 decision. Maine Choice organizer Sally Sutton said, "Maine women have lost at the national level." Sutton was interested in more information about Maine Choice and the group's efforts to form the largest of any of the groups, American Association University Women, Family Planning Association of Maine, League of Women Voters, Maine Citizens League, Maine Commission for Women, Maine Home Economics Association, Maine Women's League, Maine National Organization for Women, National Council of Jewish Women in Maine and the National Lawyers Guild of Maine.

Portland West pressed for cash

The Maine State Housing Authority (MSHA) is pushing the Portland West Neighborhood Planning Council for repayment of more than $89,000 in "overdrawn" loans, which were given to Portland's largest neighborhood association as mortgage-bearing to immediately build three buildings into low-income housing. Portland West officials have said they want to meet with MSHA director Elizab C. Mitchell during the first week of July to discuss the repayment of the loans that were made with the MSHA money remained unclaimed and uninvested.

Homeless survey released

More than 1,000 homeless people were surveyed in Portland during the survey to determine the needs of Portland's estimated 10,000 homeless people. The city of Portland and the United Way released the preliminary results June 30. Survey results showed Portland is not a large number of people who had informally classified themselves as homeless. In fact, Portland is the only city in the state to have participated in the survey of homeless people.

Census loses height fight

The Census Bureau has dropped its fight to measure the height of two buildings in downtown Portland.

The Census Bureau's fight to measure the height of the two buildings is over. The bureau has given up on its efforts to measure the height of the two buildings, which are located near the Casco Bay Bridge.

Census officials have said that the buildings are "too close together" to be measured accurately. The buildings are only a few feet apart and are located on the same block.

Golf • Golf

St. Andrews
10-7 12-5

Westminster Winds
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A conversation with Elaine and Francis McGillicuddy

Elaine and Francis McGillicuddy recently received the Maine Peace Action Center of America's 1989 Peacemaker of the Year Award for their work on the Casco Bay Nine Minute Sunset Cruise. They've been working for peace since the 60s, and for the past seven years they have withheld a portion of their federal taxes to protest defense spending.

Do you withhold the same percentage of taxes that we spend on defense? Elaine: No, it's much more complicated than that. It's a conscience decision. Everything we do corresponds to payment for nuclear weapons. The idea is to keep our taxes as low as possible so we can't pay for them.

Why does Casco Bay Nine Minute Sunset Cruise mean so much to you? Elaine: It's a way to see the way to the best way to see Casco Bay. It's cooler on the water, too.

You say your efforts are "heroic." Elaine: People think they are. It's really a grassroots movement. It's the public statement of conscience. We spiritually disagree strongly with 75% of our tax money being used. We're a public statement of conscience.

How did you first get involved with the peace movement? Elaine: We met in 1968 around the time of the Vietnam Moratorium. At Colby College I was involved in a group called Clergy and People for Peace. We were involved in a group called Clergy and Peace Movement. Joseph Campbell says, "Follow your bliss." My hope now is practicing yoga and teaching yoga. We both love yoga and have discovered that it can inspire us to create a better world.

You say your efforts are "innovative." Elaine: People think they are. It's really a grassroots movement. It's the public statement of conscience. We spiritually disagree strongly with 75% of our tax money being used. We're a public statement of conscience.

How do peacekeepers deal with the war economy? Elaine: They've been working for peace since the 60s, and for the past seven years they have withheld a portion of their federal taxes to protest defense spending.

You say your efforts are "innovative." Elaine: People think they are. It's really a grassroots movement. It's the public statement of conscience. We spiritually disagree strongly with 75% of our tax money being used. We're a public statement of conscience.

How do you face the worst scenario, and are you able to stay positive? Elaine: You face the worst scenario, and you figure out. But you face the worst scenario, and you figure out. But you face the worst scenario, and you figure out. But you face the worst scenario, and you figure out. But you face the worst scenario, and you figure out.

Do you do anything special to help with the war economy? Elaine: They've been working for peace since the 60s, and for the past seven years they have withheld a portion of their federal taxes to protest defense spending.

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Are you a peacemaker? Elaine: We're much more aligned with the way the world is going than we were 5 years ago.

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Benefits and bills

I never read the book where you have added more history than history-bunk. I have the New Hampshire history that I read when I had a bookcase and they in garbage cans, when they fell down the garbage chute. These were the books I had. I have them in New Hampshire. I have a new book in New Hampshire.

THEIRs:

Bikes and Baxter

This is in response to the lovely article on Baxter by Mike Quine. It was written by a 9-month-old, a two-year-old, and a three-year-old. It was written in 1800. It was written in 1800. It was written in 1800.

The walking path should be kept for pedestrians and visitors only. The walking path was a great idea but it is gone in the days.

PAUL BICK
Portland

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Nicky, who never saw a new putting move before his birth, had the steadiest of eyes and made the smallest of the small, square golfers. Nicky simplified the method: "Try to hit it like he hits it in the hole and keep hitting it in the hole. It goes in with one shot, but that's true. It goes in with one shot." It's really easy.

Nicky, by his own admission, believed that no matter how perfect a putter a golfer could make, his tiny eyes kept him from winning. Hence, his advice to others: "Always be humble, and always be winning." 

Becoming one with the hole

Before it was one, there were four improvements that Nicky made in the game of miniature golf. Take Kevin's advice: eye, ping pong, professional. Kevin's advice is to be a pioneer, to show others how miniature golf can be improved. When Nicky started to believe that his eyes were the only secrets to winning, he started to believe that he was the only player who could improve the game.

Nicky practices the ancient art of happy scorekeeping.

The Tao of Par

Once familiar with the basics of ball-whacking, we advanced to the spiritual journey of "par." I explained "par" to Nicky, who understood the job of optimal score by default. He probably read more than he needed to know: "Par in miniature golf is always a predetermined score, one, two, or three strokes, based on what a player actually needed to know." Nicky asserted: "If I needed to know that, I would be looking for my ball in different directions (the kids off the river or pond by anyone in the entire links gamut)."

When everyone spoke at once and whacked for par, the grandmaster finished the course. Barber was pleased and over Nicky's par in the game of miniature golf. Take Kevin's advice: eye, ping pong, professional. Kevin's advice is to be a pioneer, to show others how miniature golf can be improved. When Nicky started to believe that his eyes were the only secrets to winning, he started to believe that he was the only player who could improve the game.

Kevin demonstrates the "ball, ball, hole" technique he has perfected.
Maine’s Finest Gallery
Maine’s Finest Artists
19th and 20th Century and Contemporary

Regina Kelley’s “life” work

Using art to heal

By Barbara Hill

“Art is the healing technique,” according to the Native American woman who would be instrumental in Regina Kelley’s healing process. “We have the power to transform things in the world” in her newly published autobiography, “All About Regina.” The artist who created Emily Ritter and newcomer Rosemarie Brunswick in her latest prints to end your struggle with ovarian cancer.

There will always be pain and stress and CAT scan and uncertainty. The goal is to live a full productive life with all that uncertainty. No matter what happens, whether the cancer comes back again or whether it’s just your life you’re fighting for, you’ll know that you’ve done your best. It’s a hard journey.”

For our bodies, just minimal illness. For our experiences in 5 years, that’s the reason for the side-effects in this country. We need to preserve life without regard for the quality of life. Fortunately, now, Feng Shui offers a changing.

Family members went to a touch stone for the Portland Visual Artists. The matriarch was “Art and Healing,” the co-president was Regina Kelley, a sculptor and author of the Portland School of Art. She showed slides and talked about what she had learned and how she used her work in each phase of her work.

Kelley’s range. Her work includes carvings, large-scale figures, intricate small personal instrumental works, “trains” she cut into a field of high grass. I was also impressed by her collection of mazes with the city’s map on one section, for instance, a maze, with a child and his pet dog, that was the design of a maze path both by hand-drawn and by a chart.

Three years ago, one of Kelley’s friends died of ovarian cancer. Kelley helped her friend’s family and friends through her illness.

She showed slides of the drawings she made in the hospital and spoke about the creative process between the artist and the patient.

The death of her friend was a “major turning point” in Kelley’s own life. She realized the importance of art in healing and decided to focus her efforts on it.

She began taking the visualization techniques she had learned to a whole new level. When she started working with the patients, she realized that they needed something more than just the visualization. They needed to experience the healing in their own way.

Kelley worked with one woman who had cancer. The woman said, “When I saw my friend, I knew that I had to do something very special for her.” Kelley helped the woman create a new visualization, which she used to help the woman through her treatment.

The experience of creating new visualization was so powerful for the woman that she decided to become a professional visualization artist.

Kelley said, “As I continued to work with the patients, I realized that art can be a powerful tool in healing. It can help people to express their emotions and to connect with their own inner strength.”

Currently, Kelley has work on display at the Harrington Gallery on Church Street in Cambridge, Mass.

Regina Kelley in a letter and artist site is in Portland. One of her latest projects was a wall piece for the Oregon Zoo.

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Portland's architecture which covers a variety of architectural styles – Victorian, Gothic and Colonial Revival. Shingle style and Queen Anne. The tour leaves from the Bushnell Street entrance to the Maine Medical Center. The cost is $8 for members and $10 for the rest of us.

Call 774-0465 to register.

The Cornish waltz is its annual level tonight for a benefit for the Maine People's Alliance. Local politicians take the stage to raise money for the Alliance. Dace Reiner, Ken Grimes, & Erica Russell. Matt Foster, Brian Hyrde, Marc Simm and The Flying Fishers play a variety of music from old to new to link to the blues. All it costs is $8. For more information, call 761-6000.}

The whole deal will cost $35 and the boxed dinner begins at the ferry terminal Friday at 12:30 p.m. Saturday at 7:30 p.m., Sunday at 1:45 p.m. For reservations, call 799-8400.

The rain location is the Longfellow 8. The bus leaves at 7:30 p.m. from Longfellow Art Center.

The newly formed Southern Exposure will take its second meeting tonight to the Portland Beauty Salon, 235 Main Street (browns) – musicians and non-musicians alike – who want to explore ways to bring the group’s agenda is still in the planning stage, so if you have ideas but no talent. For more information, call the people at WLR’s radio station WMDP, 796-4057.

The Intown Portland Free All Ages Festival sponsored by the Friends of the Kennebunkport Organ and the City of Portland begins tonight at Portland City Hall Auditorium. Tonight’s concert features the music of Shubert, Stolar, Costas, von Suppe, Jorgens and others performed by David Forkula on Portland’s famous Kenner Organ (authentic) after the Portland organist and composer, organ which was the largest concert organ on the East Coast donated to the city by Cyrus H. Curtis in 1858. Tonight’s concert is at 7:45 p.m. and is free to the public although donations are welcome. Organ concerts will be given Tuesday and Thursday evenings through August 17.

Heavenly pursuits are on the menu this summer at the Audubon Society's Scarborough Branch’s Maine’s largest saltwater marsh. The branch is hosting a summer program including Walks on the marsh, $5. For more information, call 760-6407.

Queen Ida, the queen of the Cajun music, folk and acoustic. More details on this larger of music, a blending of African music with the urban blues sounds of Lynden and Western rhythms, which came about with the growth of the townships in South Africa during the last 5 and early 70’s. The singer of the blues was featured in the South African “Howell” and he performs tonight with a female vocal group the Mississippi Revue at the Darien’s St. in Portland.

Across town, the Zulu’s lead singer Larry Bangs will perform a show of afro music and always draw a crowd. If you’re looking to dance.

Sundays:

And if you can’t stay on the waves, then the waves will come to you. The Portland City, another local fish-out-of-water play at the Longfellow Art Center. The bus leaves at 7:30 p.m. from Longfellow Art Center.

The summer series of organ concerts sponsored by the Friends of the Kennebunkport Organ and the City of Portland begins tonight at Portland City Hall Auditorium. Tonight’s concert features the music of Shubert, Stolar, Costas, von Suppe, Jorgens and others performed by David Forkula on Portland’s famous Kenner Organ (authentic) after the Portland organist and composer, organ which was the largest concert organ on the East Coast donated to the city by Cyrus H. Curtis in 1858. Tonight’s concert is at 7:45 p.m. and is free to the public although donations are welcome. Organ concerts will be given Tuesday and Thursday evenings through August 17.

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Sundays:

And if you can’t stay on the waves, then the waves will come to you. The Portland City, another local fish-out-of-water play at the Longfellow Art Center. The bus leaves at 7:30 p.m. from Longfellow Art Center.

The summer series of organ concerts sponsored by the Friends of the Kennebunkport Organ and the City of Portland begins tonight at Portland City Hall Auditorium. Tonight’s concert features the music of Shubert, Stolar, Costas, von Suppe, Jorgens and others performed by David Forkula on Portland’s famous Kenner Organ (authentic) after the Portland organist and composer, organ which was the largest concert organ on the East Coast donated to the city by Cyrus H. Curtis in 1858. Tonight’s concert is at 7:45 p.m. and is free to the public although donations are welcome. Organ concerts will be given Tuesday and Thursday evenings through August 17.

Heavenly pursuits are on the menu this summer at the Audubon Society’s Scarborough Branch’s Maine’s largest saltwater marsh. The branch is hosting a summer program including Walks on the marsh, $5. For more information, call 760-6407.

Queen Ida, the queen of the Cajun music, folk and acoustic. More details on this larger of music, a blending of African music with the urban blues sounds of Lynden and Western rhythms, which came about with the growth of the townships in South Africa during the last 5 and early 70’s. The singer of the blues was featured in the South African “Howell” and he performs tonight with a female vocal group the Mississippi Revue at the Darien’s St. in Portland.

Across town, the Zulu’s lead singer Larry Bangs will perform a show of afro music and always draw a crowd. If you’re looking to dance.
on earth

as it is in heaven

these full moon candles light again in support of our mother
earth and other aliens.

that all brothers and sisters of the light will gather in these full moons in peace and love in the service of our planet and only those who are of the earth will enter the barrier of love and peace.

Sunday, July 13, 5:30 P.M.

BROOKLYN.
Pickled garlic (the whole heads of garlic are pickled in a spiced marinade. One friend loved it so much she purchased them in bulk and used them for sandwiches. They are still good the next day, even after the marinade has run out. But they're expensive.)

Preserved lemon fruit: We liked these small lemon halves preserved in salt and sugar. They're simple and easy, and they're great with fish or chicken. We made a small batch of preserved lemon fruit and used it to make a simple vinaigrette for a salad.

Preserved garlic: We kept the large, whole heads of garlic in the refrigerator and used them as needed. They are great for making sauces and soups, and they add a wonderful, aromatic flavor to any dish. We also used them to make a garlic confit, which we kept in the refrigerator for a few weeks.

Pickled cucumber: We pickled cucumbers in a spiced vinegar and sugar marinade. They were great as a side dish and also added a nice crunch to our salads. We made a large batch and kept it in the refrigerator for a few weeks.

Preserved lemon: We preserved lemons in a mixture of salt, sugar, and water. They were great for making a tangy, citrusy vinaigrette or simply adding a bit of flavor to a dish. We made a small batch and used it in a few different recipes.

Pickled onion: We pickled onions in a mixture of vinegar, sugar, and spices. They were great as a side dish and also added a nice flavor to our salads. We made a small batch and kept it in the refrigerator for a few weeks.

Preserved tomato: We preserved tomatoes in a mixture of salt, sugar, and water. They were great for making a tangy, tomato-based sauce or simply adding a bit of flavor to a dish. We made a small batch and used it in a few different recipes.

Pickled beet: We pickled beets in a mixture of vinegar, sugar, and spices. They were great as a side dish and also added a nice flavor to our salads. We made a small batch and kept it in the refrigerator for a few weeks.

Preserved kalamata olives: We preserved kalamata olives in a mixture of salt, sugar, and water. They were great for making a tangy, tomato-based sauce or simply adding a bit of flavor to a dish. We made a small batch and used it in a few different recipes.

Pickled bell pepper: We pickled bell peppers in a mixture of vinegar, sugar, and spices. They were great as a side dish and also added a nice flavor to our salads. We made a small batch and kept it in the refrigerator for a few weeks.

Preserved eggplant: We preserved eggplant in a mixture of salt, sugar, and water. They were great for making a tangy, tomato-based sauce or simply adding a bit of flavor to a dish. We made a small batch and used it in a few different recipes.

Pickled artichoke hearts: We pickled artichoke hearts in a mixture of vinegar, sugar, and spices. They were great as a side dish and also added a nice flavor to our salads. We made a small batch and kept it in the refrigerator for a few weeks.

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REAL PUZZLE
Thick as a brick
Each of these questions has a short answer.

1) "What do you get when you turn a water faucet off?"
A. Valve

2) "What has keys but can’t open locks?"
A. Piano

3) "What has a head and a tail, but no body?"
A. Coin

4) "What do you call a small horse?"
A. Pony

5) "What has a birthday every four years?"
A. Leap year

6) "What has a beginning, middle, and end, but never a beginning?"
A. Sentence

7) "What is the longest word in the English language?"
A. Piano

8) "What are the opposite of black and white?"
A. Colorful

9) "What is the opposite of 'hot'?"
A. Cold

10) "What is the capital of France?"
A. Paris

SOLUTION:
1. Valve
2. Piano
3. Coin
4. Pony
5. Leap year
6. Sentence
7. Piano
8. Colorful
9. Cold
10. Paris


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by Linda Barry

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