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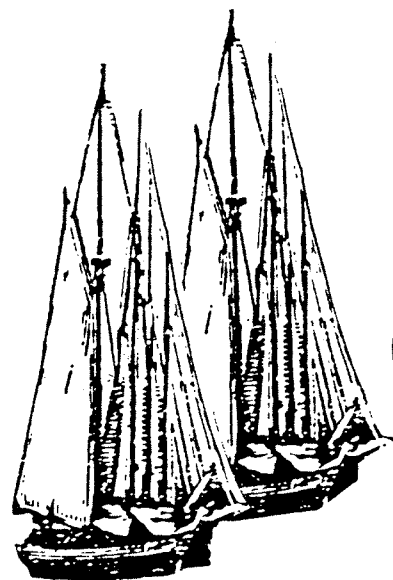
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# University of Southern Maine CURRENTS

Volume 2, Number 18

July 30, 1984

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## What's Inside

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A Unit of the University of Maine

## Trustees Set Stage for Lewiston Vote

The fate of the Lewiston College of the University of Southern Maine now hinges on whatever action Lewiston citizens take in the voting booth this fall.

The University of Maine Board of Trustees met Monday, July 9, and approved a proposal to construct a building on a nine-acre tract of city-owned land near Lewiston High School. The Trustees' action set the stage for the people of Lewiston to approve or reject a \$3.1 million bond issue in early November. Work on the project will not proceed without voter approval of the bond issue.

According to a report submitted to Trustees, the proposal for a new building on the nine-acre site was made, "following an extensive review of available existing buildings and undeveloped land." The site itself, the neighborhood in which it is located and the proposed new building will best serve the educational needs of the area, Trustees were told.

The recommended site, located in Franklin Pastures just off East Avenue, is accessible to commuters, will provide ample parking as well as room for any future expansion. The report also cited the availability of neighborhood private housing for students who need it and nearby recreational facilities, a community multi-purpose center, the high school and a proposed civic center.

The location will allow design of a building to house traditional classrooms and labs in addition to interactive television studios, computer science labs, conference rooms and public areas.

"In summary," noted the report, "the Franklin Pastures proposed location for the College in Lewiston not only meets the site requirements established by the Board of Trustees but offers curricular opportunities and contiguous site advantages that will make possible the College becoming a showplace for integrated study." A University committee compiled the report with assistance from city officials.

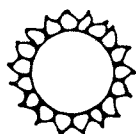
Trustees rejected an original proposal to establish an eighth campus in Lewiston. Instead, they requested that the Chancellor's Office and officials at USM, UMF and UMA develop a means of delivering more University services to the people of Lewiston-

Auburn. The plan now calls for a Lewiston campus under the administration of USM. The Lewiston College, our sixth college, would offer six baccalaureate degrees in management and organizational studies; industry and technology; human and health services; arts and humanities; natural and applied sciences; and social and behavioral sciences.

The planned site and building, notes the report, will meet the requirements of a curriculum that is a balance between liberal arts and professional study. Attempts will be made to blend the academic programs with the emerging problems and issues of the area and of the New England region.

Costs for establishing the Lewiston College are estimated at \$5.1 million. The state has earmarked \$2 million for the project, contingent upon Lewiston approval of the \$3.1 bond issue. Auburn city officials are also discussing the possibility of contributing \$1 million to the project.

Public hearings on the proposal are tentatively scheduled for late summer and early fall in Lewiston. Currents will bring you full coverage of any scheduled hearings.



## Fulbright Scholar Award Deadline Nears

Fulbright Scholar Awards for 1985-86 are available in some 100 foreign countries in a variety of academic or consultative settings.

Some 275 of the nearly 750 awards are for postdoctoral research with the remainder available for teaching or consulting positions with government agencies, hospitals, orchestras, theatres, museums, cultural centers or within the area of news media.

Interested faculty may apply for positions in Africa, Asia (except India), Europe and the Middle East by September 15, 1985.

For more information, contact the Office of Graduate Affairs, 780-4386.



The American Heart Association, Maine Affiliate, has donated \$1,100 to a scholarship fund for the clients of the University of Southern Maine Heartline program. Heartline is now offering exercise and counseling services to some 150 people recovering from heart diseases. Pictured from the left are, Len P. Jordan of Cumberland, coordinator of Heartline, and Dr. Jeremy R. Morton of Portland, president of the American Heart Association, Maine Affiliate. The donation was announced at the recent Northeast Cardiac/Pulmonary Rehabilitation Conference, sponsored by USM Lifeline and the American Heart Association, Maine Affiliate. (See related story on p. 3)

(Caswell photo)

## Law Garners Awards for USM

At a time when most people put their feet up to enjoy a well-earned retirement, a member of the USM community is volunteering her finely tuned professional skills and winning national and regional awards for it.

Eleanor W. Law, volunteer special assistant to the executive director for employee relations at the University of Southern Maine, has won an award from a national organization for her "creative and innovative ideas" in the field of human resource management.

The College and University Personnel Association (CUPA) presented the Fred C. Ford Award to Law for her efforts as director of an employee outreach service and a university volunteer program. In announcing the award, CUPA noted that Law is one of only three people so honored in its largest (Maine to Virginia) and most populous district.

And through her work, USM won a national award for the employee outreach service and a national honorable mention for the professional volunteer program. The National Association of College and University Business Offices (NACUBO) presented these two awards to USM.

The employee outreach program—known as the Employee Consultation and Outreach Services, or E.C.O.S.—aids and supports USM employees who have personal or work-related concerns. In the past year, Law has implemented an E.C.O.S. project which helps employees with occupational injuries and those receiving unemployment compensation to return to work earlier.

Within days after an injury, Law visits the employees, assuring them of University support and concern for their well-being. She informs them of their benefits and works to see that they begin receiving the benefits as soon as possible. Law also meets with attending physicians to assure them of University cooperation for a return to the job.

Often she arranges for an employee to be transferred to another University position or sees that the current job is modified to accommodate the injury. These types of support aid in the physical recovery as well as the employee's social and emotional adjustment to the injury or disability.

"Eleanor's work with our injured

(Cont. on p. 4)

# USM Whale Watch: Or It's Not Easy Being Green

The July 1 morning rose gray and thick with fog. The pewter-smooth sea wore a canopy of pearl mist. Visibility was a mile or less as I and 30 other members of the USM community headed from Newburyport, Massachusetts, into the North Atlantic in search of whales.

Excited anticipation slowly gave way to that sinking feeling that in spite of every precaution and prophylactic, I was going to be seasick. Calm seas have always been my nemesis. My face must have seemed a shade of green as Nancy Viehmann, program specialist who coordinated the watch for Community Programs and Employee Health and Recreation, asked, "Karen, is there anything I can get you?" "No thanks, I'm fine," I lied.

Sensing that I was going to need mothering, I looked around. There were few familiar faces nearby, but several folks from Employee Relations were on the other side of "Cetacea," the 70-foot, double-decked vessel owned by New England Whale Watch, Inc. I immediately aligned myself with Beth I. Warren, executive director, Eleanor W. Law, volunteer special assistant, and Judith Critchley, benefits specialist. It later proved to be a propitious move.

"Mom, are you O.K.?" asked Kathy, my 14-year-old daughter. "Sure, hon, why do you ask?" I was getting good at lying. "I heard some woman say, 'Have you seen Karen Kievitt lately? She looks awful.'"

I tried to reassure her and her older brother Joe, who also made a quick query, that I was fine, just a momentary queasiness that would pass. How glad I was that I'd brought an old terry sailing hat. I hid under its narrow brim.

"There's one now," someone shouted.

Clearly visible just under the surface only a few yards from the boat was a huge sea creature, subject of myths and legends for centuries. A fully grown, mid-life humpback whale named Colt swam alongside.

Cetologists have identified about 400 of the 4,000 humpbacks known to frequent these grounds. They are able to

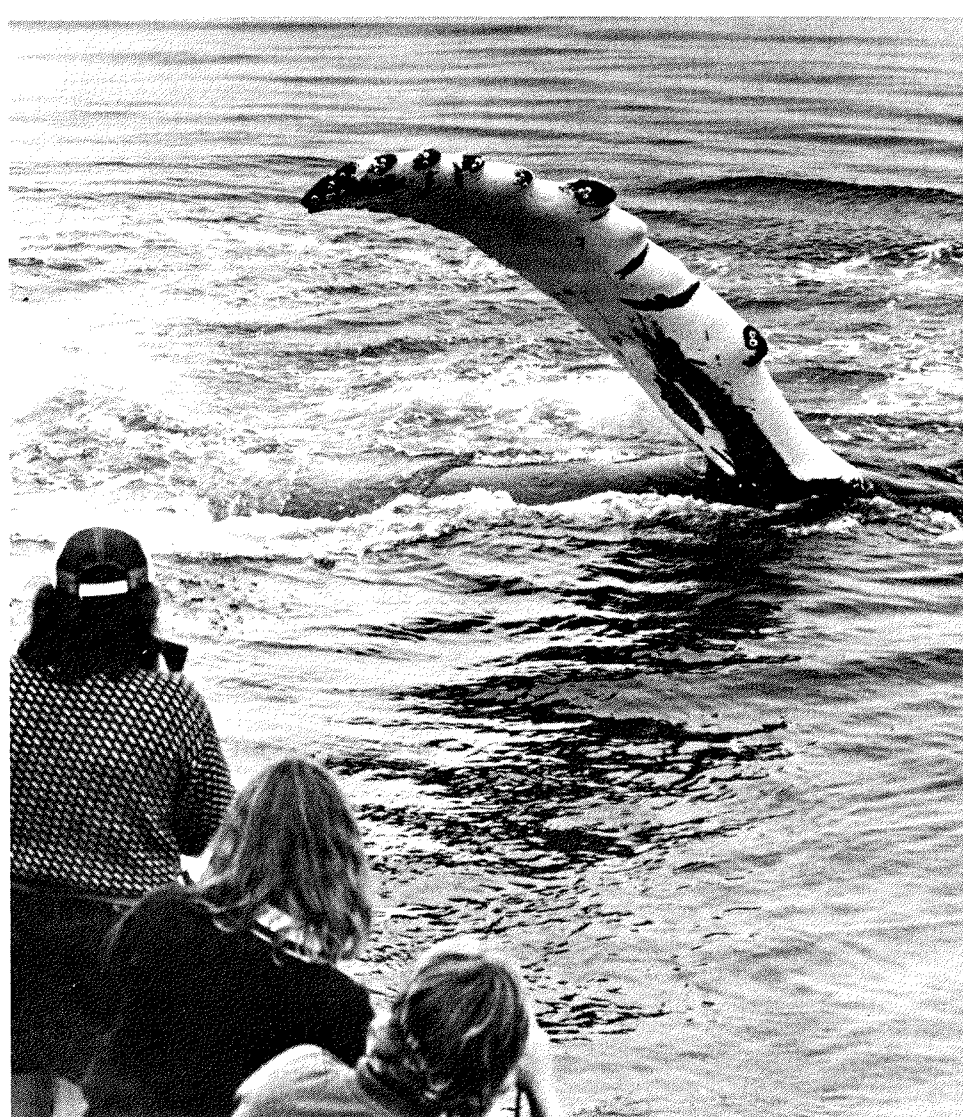
do so because, unlike other whale species, humpbacks have flipper and tail markings as uniquely their own as our fingerprints. The smooth, ridged flesh of the whale's belly was scarred and its face full of sensitive, fist-sized knobs which ancient mariners had termed "stove bolts." (I've used the neuter pronoun throughout because a whale's genitals are concealed within fleshy folds making sex identification difficult for cetologists.)

According to Scott Mercer, the cetologist on board, Colt and a companion named Puck often greet visitors to these traditional feeding grounds 25 miles off Cape Ann, Massachusetts. But today Colt alone performed a welcoming repertoire which included waving its giant white flippers and rocking the boat accompanied by our "oohs" and "aahs." With uncanny zest, the creature moved to other vessels which had responded to "Cetacea's" report of a sighting, and the distant sounds of delight from those passengers reached us across the still North Atlantic waters.

Swimming back to "Cetacea," the whale thrust its glistening, 2,000-pound flipper into the air just inches from the starboard rail where I was positioned with camera ready. However, when Colt glided under the vessel and began to rock it, my seasickness became terminal. (Thankfully, I was not alone.)

Judy Critchley proffered saltines to settle my stomach which now threatened daylong rebellion. But others around me conspired unwittingly to accelerate the condition. Joe sat down with a malodorous slice of pizza, while others chomped on smelly franks and still others talked blissfully of Limburger cheese.

"May I rest my head on your shoulder?" I asked Beth Warren. (I can hardly imagine myself making such an audacious request on dry land!) I dozed a bit and felt only slightly better. Finally, Eleanor Law suggested peppermint gum, a commodity Beth Warren is rarely without. Diving into a cavernous tote, she handed me a pack with the admonition to chew it all. "It helps to balance the stomach gases,"



(Tim Dietz photo)

Eleanor explained. I, however, needed no explanation. At that point I would have welcomed witchcraft.

By the second stick of gum, my stomach settled, my spirits soared and I was ready for anything the high sea could yield that day. And yield it did.

We sighted, by day's end, a total of six humpbacks, one finback (this fastest member of the whale family cruises at 14 knots with a maximum speed of 20 knots), a harbor seal that didn't know it should be vacationing with Andre, and a rare mola-mola or ocean sunfish, looking like an eight-foot floating pizza. We also had the pleasure of watching a humpback dive

with flukes held high out of the water.

The eight-hour voyage was one of excitement and enchantment, complemented by the satisfying weariness that only a day at sea can bring. As we headed back to Hilton's Dock, "Cetacea's" decks were littered with snoozing modern day whale hunters.

Me?

I wandered about, chatting merrily, extolling the wonders of peppermint gum.

(KAK)

**Editor's note:** There will be another USM-sponsored whale watch on Sunday, September 9. For details, call Community Programs, 780-4045.



(Tim Dietz photo)

## Safe and Restful...

It happens to all of us sooner or later. While the rest of the world floats blissfully through dreamland, you finish a tenth cup of warm milk and curse the illuminated bedroom clock that mercilessly ticks off the early morning hours.

Millions of Americans have occasional trouble falling and staying asleep. Others experience chronic problems. "How To Sleep Better: A Drug-Free Approach" will be the topic of the next Employee Health and Recreation Program workshop.

William F. Gayton, associate professor of psychology here on campus, will lead the workshop from noon to 2:00 p.m., Wednesday, August 15, in the Faculty Dining Room, Gorham. Gayton will examine factors that interfere with sleep patterns and offer

practical ways to deal with sleep problems.

Interested faculty and staff should call the Employee Health and Recreation Program office at 780-4172 to register. You should call not later than Friday, August 3, so that your luncheon arrangements can be made. There is no charge for attending.

### Presidential Breakfast

The annual faculty/professional staff breakfast will take place Wednesday, August 29, from 8:00-10:00 a.m. in the Gorham Dining Center.



## Straight from the Heart

As you're strolling down the street in Any Town, U.S.A., every fifth man you see will suffer a heart attack by the age of 60. And one out of every 17 women you pass on that same street will be a heart attack statistic by her 60th birthday.

Those figures "scare the hell" out of Dr. William P. Castelli, medical director of the Framingham Heart Study. The 34-year ongoing project examines the relationship between lifestyle and heart disease.

"But with the right diet and exercise," said Castelli, "we could do a lot for people in this country who have suffered a heart attack, or those who are about to." Castelli was in Portland to address a recent USM conference.

Personality plays a role in determining one's susceptibility to heart disease, especially if a person can be classified as a "Type-A" personality, "those harder driving people under higher stress," said Castelli. Nevertheless, people can substantially reduce their chances of suffering a heart disease with the right diet and exercise program.

Everyone seems to be jogging, playing handball, or attending aerobics classes, yet Castelli believes that most Americans are sporadic exercisers at best. "We exercise when there's a snow storm, so a guy goes out there and keels over from a heart attack." Unfortunately, he said, there is too little

attention paid to regular, conditioning exercise programs.

"This is a wonderful country to live in if you're a machine because you can get your machine on all sorts of wonderful preventive maintenance programs. But where," asked Castelli, "do you go if you're a human?"

Our eating habits are another reason why heart disease is the leading cause of death in this country. "We're a fat country," said Castelli. Americans, he explained, could switch to a safer, fat-controlled, low cholesterol diet with only moderate changes in eating habits. "There's no need," he said, "to pour shot glasses of corn oil down your throat every day."

Castelli recommended cutting back on fatty meats (beef, pork, etc.) in favor of fish, poultry and veal. Low fat milks and dairy products are also healthy additions to anyone's diet. Two or three egg whites per week (minus the high cholesterol yolks) would also be beneficial.

And above all, don't smoke.

People who smoke, don't eat right and don't exercise are taking a chance. And as Castelli said, "I have more than 5,000 people (Framingham case studies) to back it up."

Castelli was a keynote speaker at the Northeast Cardiac/Pulmonary Rehabilitation Conference sponsored by Lifeline and the Maine affiliate of the American Heart Association.

(RSC)

## Dean Visits ROTC Camp



That's not Tarzan swinging among the treetops, but CAS Dean Robert J. Hatala. He was among some 100 college presidents, deans and professors who visited Fort Bragg, N.C. to get acquainted with ROTC Advanced Camp. During the four-day visit he participated in several training activities such as the "slide-for-life" (above) and rappelling. Eleven USM ROTC cadets attended the advanced training camp this summer. In addition, three of our senior nursing students received ROTC training at Walter Reed Army Hospital, Washington, D.C.; Womac Army Hospital, Ft. Bragg; and the army hospital at Newport News, Va.

(U.S. Army photo)

## "Hey, listen!"

Language is intimately bound to who we are, what we know and understand of the world around us and how we feel about ourselves.

Getting children to love language and the literature that grows from it are among the goals of almost every parent, classroom teacher and school librarian. To help educators and parents achieve this goal, Joyce Martin, assistant director of the Professional Development Center, has for the past three years coordinated "In Celebration of Children's Literature," a three-day workshop. This year's edition attracted some 220 people from all parts of the country.

### Award-winning Authors

One reason the conference is so popular is that Martin is also adept at attracting award-winning children's authors and illustrators as presenters. Natalie Babbitt, Chris Van Allsburg, Natalie Babbitt, Chris Van Allsburg, N.M. Bodecker, Carol Hurst and Selma Lanes were the luminaries who shared their experience and expertise with the assembled teachers and librarians.

Natalie Babbitt told conference participants in her keynote address that learning to listen is the key to understanding our language and using it for more effective communication. "We only understand those things and ideas for which we have the words,"



(Thomas Victor photo)

said the author/illustrator, "and that's a scary thought (in an age of international debates and scientific advancements)."

The Ohio native, author of "Kneeknock Rise" and the "Devil's Storybook," among others, said that books fill our heads with sounds. Adults, she explained, need to expose children to the sheer pleasure of sound because the inner ear picks up the rhythm and music of what is being said. Reading aloud with genuine enthusiasm helps to develop clarity in the use of words, she added. What is read is not as important as how it is read.

Children, she pointed out, can handle big words, but it's the adults who seem to think children find big words formidable. "We make it seem like hard work, like eating spinach," she said.

Taking a somewhat controversial stand, Babbitt called for the separation of the teaching of reading from the enjoyment of fiction. She stressed that books should be fun to read, and warned her audience not be alarmed when children sometimes turn away from reading. "Swallow your panic, pick up Kipling's 'Just So Stories,' and say 'Hey, listen.' And that's the key phrase, 'hey, listen.'"

### Local Luminaries

Area master level teachers and USM faculty joined the authors to present some 30 workshops on subjects rang-



(From: "The Devil's Storybook by Natalie Babbitt)

ing from language development and competing with TV for children's attention to promoting international understanding and children's books on coping.

One such workshop on reader's theatre was led by Portland public school teacher David LaGrafte. He underscored Babbitt's earlier remarks. The best way to share the written word is orally since, said LaGrafte, literature is a human enterprise through which one person communicates an idea or experience with someone else.

Reader's Theatre is a technique which this former member of the Peanut Butter Readers uses with his classes of gifted and talented youngsters. He showed the 20 teachers in the workshop how to choreograph children through mime-like movements while reciting their own or other's poetry or stories.

LaGrafte, slim and wiry, led the participants through exercises in sound and movement, and within two hours had them interpreting poems by playacting in groups.

And apparently it worked. One participant, Ruth R. Horsman, a fourth grade teacher from Auburn, was admittedly resistant at first to getting up and acting in front of strangers. But at the end of the session she said, "it's amazing how close you feel to the group after you share like that."

(Cont. on p. 4)



(Nancy Truworthy photo)

employees has made a marked difference in how they feel about themselves and their ability to continue functioning in their University jobs," says Beth I. Warren, executive director for Employee Relations. "Her efforts have also saved the University many thousands of dollars in the first year of this type of outreach."

Under the Professional Volunteers Program, people of every age with skills ranging from graphic arts to therapeutic recreation have volunteered their time and energy to University departments. As many as 30 volunteers were active on campus last year. The net worth of time donated by this cadre of volunteers was \$121,000. "The University has traditionally provided public services and now we're utilizing the public's services," says Warren. "Eleanor has created a two-way street."

Creative and innovative ideas are nothing new to Eleanor Law. For 27 years she worked as a clinical caseworker for the Massachusetts Department of Social Welfare. While there she helped design an adoption subsidy program which became a national model, and during her career she personally placed "hundreds of children" in adoptive families. In one year alone, her foster care home recruitment efforts resulted in 5000 new homes for the some 13,000 children in state care on any given day.

The Simmons College graduate, who did her graduate work at Boston University's School of Social Work, was one of the first women accepted into the U.S. Army Air Corps at the outbreak of World War II. She served until 1946 and became one of the first four women selected from an initial field of 30 candidates to attend college and graduate school under the G.I. Bill.

In the face of a lifetime of accomplishments, Law remains modest. She insists that she's doing now as a volunteer what she's done all her life—assessing needs, recruiting and placing people where they are needed, or where they need to be. "I recognize human beings' needs," she says, "and I help meet them. I have a concern for people and what happens to them."

(KAK)

## Books Needed for Costa Rican College

The University of Costa Rica is trying to expand its library collection and has sought help from USM.

The Camden Rotary Club is spearheading a drive for book donations on any subject from agriculture to zoology. Stevens Hilyard, university librarian, has designated the Collection Development office at the Gorham library as the drop-off place for donations from members of the USM community.

"We are happy to assist another university and commend the Camden Rotary Club for its efforts," he said.

## Consistent Parking Fee to be Charged

Represented faculty and staff will be charged the same \$5.00 parking fee as students and non-represented faculty and staff beginning academic year 1984-85. Increased revenue will be used to improve and expand parking lots.

New decals will be available later this month from the Police and Safety Office, Gorham. They can also be obtained through the campus mail, according to Coin P. Hauk, P&S director.

## Marquee

### THROUGH SUNDAY, AUGUST 12

THEATER, "Most Happy Fella," by Frank Loesser, musical romance set in California wine country, Russell Square Players, Russell Hall, Gorham campus, Tuesday through Sunday evenings at 8:00, Saturday and Sunday matinees at 2:00. Call 780-5483 for ticket information.

### WEDNESDAY, AUGUST 15

WORKSHOP, "How to Sleep Better: A Drug-Free Approach," William F. Gayton, associate professor of psychology, USM, sponsored by Employee Health and Recreation Program, noon-2:00 p.m., Faculty Dining Room, Gorham campus. Faculty and staff call 780-4172 by Friday, August 3 to register.

### THROUGH AUGUST 16

ART, Exhibit of New England photographs by Paul Strand, circulated by the New England Foundation for the Arts, Art Gallery, Gorham campus, 2:00-8:00 p.m., Sunday through Thursday.

ART, Exhibit of works by USM art students, Center Gallery, Dining Center, Gorham campus, noon - 4:00 p.m., Mondays through Thursdays.

### WEDNESDAY, AUGUST 29

FACULTY/PROFESSIONAL STAFF BREAKFAST, Faculty Dining Room, Gorham campus, 8:00 - 10:00 a.m.

*Currents, a newsletter for faculty and members of the professional and classified staffs, is published every other Monday by the Office of Media Relations, University of Southern Maine, 96 Falmouth Street, Portland, Me. 04103. Material should be submitted to 601 CRAS, Portland, no later than Thursday noon, 11 days prior to the publication date. Robert S. Caswell and Karen A. Kievitt, editors.*

## What We're Doing

LU BAUER, assistant professor of accounting, was one of the speakers at a two-day conference, "The Business of Marketing Crafts," sponsored by the Maine Crafts Association to assist artists in the determination of different avenues for marketing their work. The conference was held in June at the Portland School of Art.

LOREN COLEMAN, project director, Center for Research and Advanced Study, is the author of two chapters of a new scholarly examination entitled, "The Sasquatch and Other Hominoids," Western Publishers, Calgary, 1984. The chapters are "From Atshen to Giants in North America" (with Mark A. Hall) and "The Occurrence of Wild Apes in North America." He also had his book "Mysterious America" reviewed in Info: Science and the Unknown, May 1984, the journal of the International Fortean Organization.

ROBERT J. FRENCH, associate professor of geography, conducted a family program on "Reading the Landscape" for Greater Portland Landmarks Inc. It was part of a June series of "Architectural and Historical Tours of Greater Portland."

JOHN R. HEATH, associate professor of computer science, is co-author of an article which appears in the book "Satellite and Computer Communications," edited by Jean-Louis Grange and published by North-Holland. The paper, entitled "Satellite Connected Hyperchannel Networks," originally appeared in the Proceedings of the IFIP International Symposium on Satellite and Computer Communication.

H. DRAPER HUNT, III, professor of history, attended an historical conference "Lincoln and the American Political Tradition: A Symposium on Lincoln's Role in American Political Culture" at Brown University, co-sponsored by the Lincoln Group of Boston, of which he is a member.

RUTH M. LEINO and CAROL GREENE, specialists, Maine Children's Resource Center, attended a week-long conference on Resource and Referral at Wheelock College, Boston, Mass.

ROBERT LEMELIN, director, Learning Assistance Systems, was invited to give two lectures at Ulster Polytechnic at Newtownabbey in Northern Ireland for graduate students of further education. His topics were USM's Learning Assistance program and American programs in general. Lemelin was on leave in the United Kingdom to study what is done in terms of access to higher education in the United Kingdom.

FRANCES SAYERS, assistant professor of communication, presented a paper entitled, "Interaction Involvement, Gender Role, and Selected Conversational Behaviors," to the 1984 Conference, National Women's Studies Association, held at Douglass College, New Brunswick, New Jersey, in June.

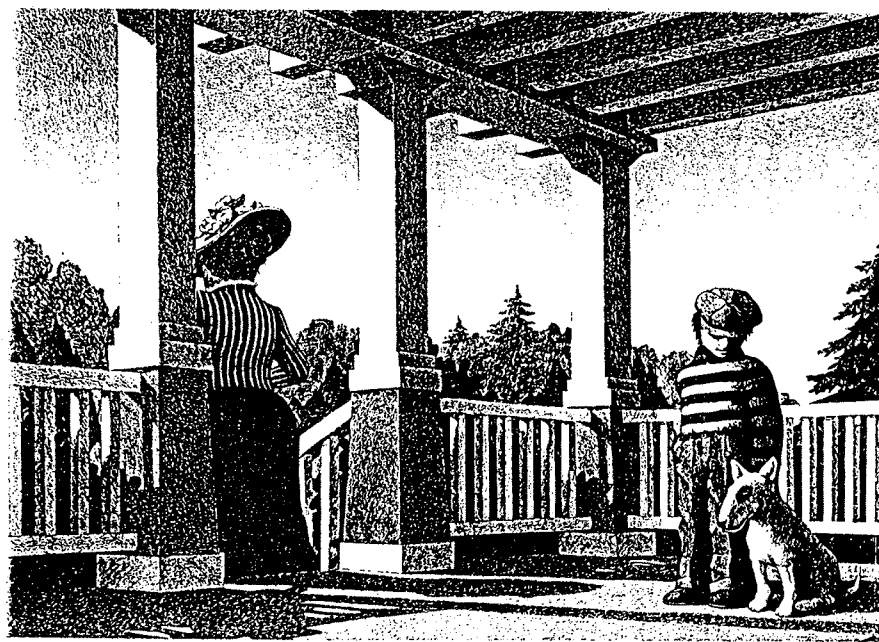
WILLIAM H. SLAVICK, professor of English, figures prominently in Clare Marie Hanrahan's "Looking Things Over Again" (Memphis: Mid-South Peace and Justice Center, 1984) as leader of an interracial discussion group he and Author Helen Caldwell Day began in 1950, which led to establishment of a Catholic Worker House in Memphis in 1952.

RICHARD STEINMAN, professor of social welfare, accompanied a correspondent from the Boston Globe on a tour of Portland for a Globe article entitled "Portland's rebirth brings housing crunch for poor." The article referred to Steinman as one who "has long protested development here that forced low-income people to move, but (who) is proud of the city's vitality."

JAMES V. SULLIVAN, director of health and recreation, wrote an article "Integrating Physical Fitness into the Physical Education Program: Its Time Has Come" which appeared in the Maine Association for Health, Physical Education, Recreation and Dance spring newsletter.

ELAINE V. TSELIKIS, circulation assistant, Gorham library, is one of several photographers whose work was selected for exhibition at The Maine Festival in Brunswick.

## • Hey, listen! (cont. from p. 3)



(From: "The Garden of Abdul Gasazi" by Chris Van Allsburg)

### Far-Ranging Appeal

Educators from across the country stream to this July conference on the Gorham campus. The heaviest concentration is understandably from Maine and New England. But this year Georgia, Iowa, New York, New Jersey and Maryland were also represented. Other participants came from as far away as Utah and California.

Why do they come such distances?

Roberta Friedman, a school librarian from Severna Park, Maryland, says, "I grew up here in Cape Elizabeth and South Portland and am familiar with the area. When I

read about the conference three years ago and applied, it was filled. So this year, I mailed my application in right away."

Another participant with local ties quipped, "My brother lives 10 miles down the road. The last time I was here it was still Gorham Normal School." Hope Jane Myer is a school librarian in Wallingford, Connecticut, and this is her second such conference at USM. After attending others on the East Coast, she said, "This is one of the best conferences on children's literature I've ever attended."

(RSC and KAK)