

Fall Getaways

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Maine

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KENNEBUNKPORT

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KENNEBUNKPORT

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KENNEBUNKPORT

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Maine

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SEBAGO LAKE LODGE & COTTAGES: Waterfront Bed & Breakfast and Cottages directly on the shore of Sebago Lake. Free canoe, rowboat and kayak use or bring your own boat, 2 1/2 hours from Boston. Call 207-892-2696 for reservations or brochure, or visit us at: www.sebagolake.com

SEBAGO LAKE

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Massachusetts

BOSTON

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LENOX

EASTOVER RESORT Party Weekend in the Berkshires - End Your Summer With A Bang - At Eastover Resort. Eastover has had it going on since 1947. Come find out what you've been missing. This 600 Acre Recreational Resort is just 2 hours from Boston. Eastover is BYO so no expensive bar tabs at the end of your stay. Pack your bags, fill the cooler, get in your car and go - we'll provide plenty of cups, ice, soda and juices. Live entertainment including bands and/or DJ each afternoon and evening plus special guest on Guitar and Vocals - Charlestown's own Mike Marsden. Indoor & Outdoor Swimming Pools, Golf Driving Range, skeet Shooting, Archery, Sand Volley Ball Tournament, Scavenger Hunt, Dating Game, Beer Olympics. This is a party weekend for singles age 21+. Eastover aims to keep the male; female ratio 50/50. Generally reservations for men book up quickly so guys don't wait - book now and ladies what are you waiting for - Eastover is where the boys are this summer. \$300.00 per person includes 3 nights accommodation, meals, entertainment and use of facilities. For a Good Time Call 800-VACA-FUN or check us out on the web at www.eastover.com.

NANTASKET BEACH

THE CLARION NANTASKET BEACH HOTEL AND CONFERENCE CENTER It's not too late for a summer vacation, take a break before the kids go back to school with our 3, 4 and 5 day summer packages, available Sunday-Thursday. Sparkling water views with every stay, enjoy a boundless ocean scene while you lounge on the sea shell scattered shores. Here along the Clarion shoreline, you can indulge in a soothing whirlpool in your room or a swim in the sun-dappled indoor/outdoor pool. Pure bliss is free with every visit. Located just 21 miles south of Boston, and filled with luxurious amenities like HTD INDR pool, hot tub/full service health club, Balfael's ocean front restaurant and lounge, and rms with trpic balc view and whirlpools. 781-925-4500 www.nantasketbeachhotel.com. Reservations must be made prior to arrival, restrictions do apply call for details.

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Rock in soft place means end of road — for now

Chicago-based Jerry Soverinsky is riding coast-to-coast and documenting his trip weekly in the Herald.

By JERRY SOVERINSKY
SPECIAL TO THE HERALD

A 4-mm pebble has brought a temporary suspension to my cross-country trip. No, I'm not talking about a roadside stone that sent me tumbling over my handlebars (a la my summer of '94). Rather, this stone is lodged precariously somewhere inside my left kidney.

The cycling in Northern Michigan had been some of the most scenic of my trip. Tree-lined roads, rolling hills, scenic bluffs that overlook the Great Lakes, idyllic villages teeming with mom and pop shops peddling homemade ice cream and fudge — not to mention some of the best beef jerky I've ever tasted. After reaching Harbor Springs (45 miles south of the upper peninsula), I spent the Labor Day weekend with my family, who were vacationing in the bustling resort town.

During three very restful days, my peak cardiovascular activity consisted of reaching for the television remote and opening stubborn bags of Doritos. And so, as my family was set to return to suburban Detroit, I was anxious to resume pedaling, if only to work off the six or seven pounds of junk food that were pressing on my gut.

6:30 a.m., Labor Day: I'm lying in bed, in the fetal position, writhing in pain. Something was clearly wrong, I thought, while puking in my dad's car en route to the nearest hospital.

7:35 a.m., Petoskey, Mich., emergency room: The nurse inserts an IV pain killer into my left wrist, after which I endure a battery of tests. An hour later, the doctor appeared with the results of my CAT scan. "See this blah, blah, next to this lateral blah, blah, blah?" he asked. He glanced at me, and my helpless look prompted him to change tack. "You've got a kidney stone."

"Can I have another candy bar, Mr. Wonka?" I responded, the IV pain killer clearly showing its effects.

I accompanied my family home, where I'm anxiously waiting to pass the stone.

In the meantime, I've been catching up on a ton of summer shows on the Cartoon Network. Also, my cycling butt burn has gone away, as has the pain in my wrists, a result of eight hours of daily cycling. All very positive, of course. But I'd gladly trade them all — even the cartoon thing — if I could just pass this stone.