7-19-2001

Casco Bay Weekly : 19 July 2001

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Who says you can’t go camping in Portland?

How to get back to nature (safe) off — without ever leaving the city limits.

Chris Barstow's story starts on page 10

INSIDE:

Mike Saxt's next move page 5   Sex radio in Scarborough page 7
Portland's secret swimming hole page 30
LYNDA BOND

A CONVERSATION WITH

"This cat was just a tiger, which some cats can become, and — long story short — I used the acupuncture and the cat calmed right down."

A doctor at the Veterinary Centre of Cape Elizabeth, Lynda Bond is a 1995 graduate of the International Veterinary Acupuncture Society and routinely performs needle work on her four-legged patients.

When do you use acupuncture?

Pretty much with any problem, you can use acupuncture; any disease process, you can use acupuncture. There are certain animals that seem to respond extremely well and are quite predictable in their response. One is arthritic animals. There are some of the neurological problems that can do very well. And skin problems, kidney disease.

Is there a duck in here because I thought I just heard a quack?

What's interesting is animals are either going to get better or not. They're not paying for the procedure to be done, they're not psyching themselves into thinking they're going to feel better. The other really rewarding thing is, these animals, when they come back consistently to see me, they truly like me. They come in happy, they want to be here, because I make them feel better.

Interview by Allen Dammann; photo by Rachel Sieben

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STATE THEATRE

NOTHING CAN DISORDER VISION OF Friday, July 20th dog fashion disco 7:30PM

BLUES TRAVELER

Thursday, July 26th 8:00PM

Bruce Hornsby

with special guests The Samples

Fri., July 27 8:00PM

OUR LADY PEACE

with Jay Drop

Sat., July 28 8:00PM

Galactic

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Thu., Aug. 9

Fri., Aug. 10

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REGENCY BY THE BAY

Sundays: Rockin' Vibez Live weekly on or at the bay

Saturday, July 28th, 2001

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State Theatre

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-reggae on the bay

third world

9:00pm Rockin Vibez

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Maine has some of the most beautiful, natural scenery in the world - sunsets, mountains, forests, lakes, rivers, the ocean and much more. Snap a photo of your favorite spot or of someone enjoying Maine's great outdoors and enter to WIN HUGE PRIZES!

**FIRST PRIZE PACKAGE:**
- One winner receives an overnight weekend outing trip for two from Three Rivers Whitewater and a camera package from Hunt's. This photo will also appear as one of the covers of CRW's Summer Guide 2002!

**3 RUNNERS UP PRIZE PACKAGES:**
- Each winner receives a whitewater rafting trip for two from Three Rivers Whitewater and a camera package from Hunt's.

**CONTEST RULES:**
- Winners may be photos taken in Maine only.
- Three winners will be selected from all entries.
- Entries must be postmarked by July 30, 2001.

**ADDITIONAL INFORMATION:**
- Any costs beyond the scope of the above described contest are the responsibility of the participants.
- All expenses including transportation, lodging, etc., that exceed the stated value will be the responsibility of the participants.
- The winner's name and photo will be published in a future issue of Maine Outdoor Living or the CRW's Summer Guide 2002.

**ENTRY FORM TO BACK OF EACH PHOTO:**
- Name: ____________________________
- Address: ____________________________
- City: ____________________________
- State: ____________________________
- Zip: ____________________________
- Phone: ____________________________
- Photo Location/Title: ____________________________

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Sex in Scarborough

The city, a bustling hub of the national scene. Adam Levine, the Vermont-based artist, captivated an audience with a New York author and former model at Gia Claibone on Wednesday night. A Web-based radio station dedicated to the foreplay phenomenon, "Libidino," is in the throes of a national explosion.

"This is a huge opportunity," said Levine. "People think it's OK to use sex to take one's mind off things, but it's OK OK for one to be true throughout the night."

Janet Walker, a Vermont-based artist, shared her experiences and insights on the foreplay phenomenon in this post-

New England Authors
Come To Longfellow Books!

Sat. July 21st
11 am to 1 pm
Camden Maine Author
Kelly Paul Briggs
reads her latest book
Lighthouse Lullaby
Join us for
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and a wonderful talk

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161 Ocean Street, South Portland
Bring in your kids as they can paint while you shop or Mill Creek

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- Tuesdays-
  Dollar Store Day!
  Studio Fee only $1 per person per hour
- Wednesdays-
  Adventure and junior paint for half of the studio fee and kids paint for free!
  Late Night $3 for the whole evening
- Thursdays-
  10% off all pottery pieces!
- Fridays-
  Kids Paint for free Happy Hour - Paint two hours for the price of one!
- Saturdays-
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  Family Day! $5 per hour for free
  if you bring a 3 canned goods for a charity!

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Because your pets are worth it!
They're already running

Prominent Portland pols are looking to move up in 2002.

F. ALLEN DAMANN

One is a well-known attorney with a history of standing up for the little guy. The other is a well-known politician with a history of standing up for the little guy. And the third is a well-known journalist with a history of standing up for the little guy.

Moreover, candidates are also gearing up to succeed Abrahamson, whose district includes the downtown area of Portland, Falmouth and Long Island. For the Democrats, Michael Portrait of Portland, a former state representative, and Peter Dufsay and Kurt Adams, both of Falmouth, have all said they will be running for the seat in the Legislature. State Rep. Gerald Davis, also of Falmouth, is the lone GOP candidate.

"I'm running for the best interests of the people of Falmouth," Davis said. "I'm running for the best interests of the people of Maine, because that's what I believe in. And I believe in the people of Falmouth."

Also considering a bid for the open seat is Ken Dwyer, a former Democrat. "I think it's important that we have a Democrat in this seat," he said. "It's important that we have a Democrat in this seat."
Who says you can't go camping in Portland? How to get back to nature without ever leaving the city limits.

I CHRISS BARR

To hell with Acadia National Park. Meem Keshanski and Payson Ford. The best place to camp is in Vacationland in Portland.

My friend Ginger and I spent four days in early July exploring the city and Casco Bay on foot and aboard our canoe, the Walter Bagnall. We packed our two small, cardboard boxes of camp gear, including two viei""""n seats, a small canoe, a picnic table, a small stove, a little box of matches, some food, and other necessary supplies. We turned our car over to friends, buying food and getting our hands lugged it three blocks to her West End apartment. We and make it a

weeks, we neglected to begin actually preparing for it until two days before we undertook the voyage .

time on the city's peninsula. But it's been a tough year for our canoe, the Walter Bagnall. It turned out to be the best vacation either of us ever had.

Casco

Although Ginger and I talked about the trip for

CHRIS

BARRY

Walter Bagnall.

Vacationland is

15-foot, low-budget gear.

out earlier. The tide was coming in, and we

We had some rope, but Ginger and I couldn't

descended with wildflowers and interacted with

together. We planed for tidal water, and
dropping in from the Portland waterfront and the

The second day was far more beautiful than

Our

Our

Ginger awoke first and went for a walk.

The sun went down and the moon rose, nearly full. We

didn't work the row boat at that point, so we

the sunniest day of the entire year, and we

Marine Terminal and the industrial section of the river.

we were impressed by the spectacular flora and fauna.

The sanctuary, which borders the

Tidal

It was time for bed. Both Ginger and I was

When

We spotted orioles and several

Walter

The river is less than

the Creek, we landed northeastward toward the

We listened to the songs of cardinals and the calls of

ruined couches, rotten appliances and more

unabashed island. It turned out to be the best vacation either of us ever had.

Portland wouldn't normally be my first choice for a vacation site, but there was no time on the city's peninsula. But it's been a tough year for our canoe, the Walter Bagnall. It turned out to be the best vacation either of us ever had.

and paddled madly toward deeper water for

We considered buying a paddle, but our budget did

This was a working vacation. Sure, I needed to relax, but I also wanted to manage a few unexpected areas of Portland. In planning the course of our adventure, the first spot we planned to visit was the 30-acre stretch of tidal waterfront between the Fore River and 1-295, and John Stevens owned by Guilford Transportation Industries. Mercy Hospital is the property owner, so we were inspired to give the site a generic name-organized group of her own to do the same. We

the site was in honor of our friend Walter Bagnall.

After three years of pitting against all theール

of every 1 feet we paddled. We worked our way past cranes, industrial

the Granite and pushed the boat away from the

We considered buying a paddle, but our budget did

out to be the best vacation either of us ever had.

Portland wouldn't normally be my first choice for a vacation site, but there was no time on the city's peninsula. But it's been a tough year for our canoe, the Walter Bagnall. It turned out to be the best vacation either of us ever had.

The tide was with us, but a head wind made

we were inspired by the spectacular flora and fauna.

the forest of speeding traffic to check out the other side of the road.

The tide ebbed quickly this time for the cascadia Bay. I was a little
turned on to the current droning traffic along Interstate 295, for

With a 1/2 feet up the creek, we passed a

Sanctuary. We considered buying a paddle, but our budget did

We had a makeshift shelter on the granite and

It was time for bed. Both Ginger and I was

We considered buying a paddle, but our budget did

No Mercy, please

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With a 1/2 feet up the creek, we passed a
Cape Town
Spring evenings into winter. Warmth with Piëlemore simply coating everything.
This is the most peaceful of climates. Let's make sure that you'll enjoy your 24-hour
stay here. The weather is fantastic, explaining your sense of well-being. But for those
without an umbrella — possibly — you'd have a hard time walking in the rain.

by completion, I looked up and saw a middle-aged man walking a dog across the footbridge. He was walking
me with a look of distaste on his face.
My first impulse was to rush him for breaking the
pressure's rule, but then I realized my own actions
were probably just as inappropriate. "Sorry, sir," I
shouted to him. He scurried away.

We set up our outdoor kitchen about a half-mile
from the preserve along a maintenance road leading to
an Avery's-developed development. Making a fire in
the bottom of a hill. Ginger and I discarded a second
gear make (the one apparently didn't care for pets).
We shared the style of one pet out of every trip and
homemade instrument, a tool of bond and another
feel of red wine. We were having such a great time, we
walked back through the preserve to see tons.

Gorges. And it tide with the rising tide. Another word of advice:
be careful. One of the inlets we were stuck around.
I learned the hard way and
were forced to back-paddle out of the sanctuary.

At 7:30 p.m., we heard a crash and
ran into the fort to alert the
among other things. Fort Gorges is an amazing place, old and
mysterious, carved with dark alleyways. There are
windows blowing in the sea breeze. It made me cringe.

Fort Gorges, the Civil Warrens island located on a small
island off Portland's East End; Commissioned in 1854
by then-Secretary of War Jefferson Davis — the same
sage who saw as the biggest president of the Confederacy.

But once we had to go there. We waded with
the receding tide back down the Fore River and under the
Gusse Bay Bridge. Pulling along with a rickety canoe
tipped up in the Scitca Prince's berth, we wanted to
the crew and passengers, then paddled past fishing
watches and aside for pleasure craft at Dillmore's.

During the next day or two, we noticed a
upward drift of driftwood on the
tideline. The others camped and carried on inside, but
I'd had big plans to celebrate Independence Day.
Our plan was to follow the shore around to
Fort Gorges along a construction road leading to
the Casco Bay Lines ferry terminal to
storage locker at the Casco Bay Lines ferry terminal to
first time.

The channel there is so
room to turn around. We learned this the hard way and
never in a canoe. Traveling so close to the water
makes you appreciate "no water" cars. It's unfortu-
nate many power-boaters don't understand this con-
cept and the fact human-powered boats have just
enough power to keep the waterways in diesel-driven ones.

The lunch picked up and the water grew choppy
so we approached the area where the river met the
sea. Stationing the public landing into the Maine
State Park, we viewed some unnecessary cargo (the
non-working stove, a pan and some extra clothes) in a
strange looked at the Casco Bay Lines ferry terminal to
lighten the load, then chased after our jackets for the first time.
Our plan was to follow the shore around to
Fort Prince's Portland's East End, then dart out across
three-quarters of a mile of Casco Bay to the fort while
trying to avoid other boats and the stepping stones as
much as possible.

Around 8:30 p.m., we heard a crash and
ran into the fort to alert the
crew and passengers, then ran
beer and other drinks

Gingers and

A Gorges Fourth
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Our plan was to follow the shore around to
Fort Gorges along a construction road leading to
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storage locker at the Casco Bay Lines ferry terminal to
first time.

The channel there is so

...
1) CASCO

14) ashore at a beach to explore on foot. For camping, provided the off-shore breeze isn't too strong, we got back in the front side offers great views of Portland, Falmouth and Casco Bay. Its back side overlooks Long Island and the fog lifted as we made our way around the shore.

When we stopped on a sandy beach for lunch - the bay was flat-ass calm and the fog thickening as we were tired and had to get up early the next morning.

Dinner consisted of the last of our potatoes and era. (Thankfully, he only made off with the last of several rolls of film I shot during the trip.)

The fog had cleared and we made our way around the shore.

We'd made our way toward Little Diamond Island, and observed a great party. The day after, all these beautiful girls our vessel goodbye. "But she's a good boat." During the night, fog engulfed the island. During the night, Ginger and I lit a blaze fire. Dinner consisted of the last of our potatoes and era. (Thankfully, he only made off with the last of several rolls of film I shot during the trip.)

When we made our way toward Great Diamond, we were drunk. embarked at low tide, the breeze disappeared. I suggested turning toward Portland, but Jimmy told us he'd built the site, but he didn't mind us using it. He introduced the younger man as his son, but Jimmy the Liar said it didn't ring true. In fact, nothing Jimmy the Liar said sounded true. Plans for a big breakfast.

During the night, Ginger and I lit a blaze fire. Ginger and I lit a blaze fire. We made our way toward Little Diamond Island, and Jimmy told us he'd built the site, but he didn't mind us using it. He introduced the younger man as his son, but Jimmy the Liar said it didn't ring true. In fact, nothing Jimmy the Liar said sounded true. Plans for a big breakfast.

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I'd neglected to bring a whistle or a horn, so Ginger played a tune as I paddled effortlessly through the still waters. "Hello," she said, and walked away.

I asked about the view, and walked away.

15) Jimmy the Liar

Our breakfast the next morning consisted of an apple and a glass of water. We were running out of supplies and had burned all the wood, which made packing quick work.

With the Walter Island, we paddled away from the trees and into the beautiful scudding fog.

The fog lifted as we made our way around the shore of Great Diamond Island, where we were struck by the number of expensive, new homes under construction. Circling around the north end of Great Diamond, we entered another fog bank, but could see another island looming in the distance. As I'dneglected to bring a chart, this piece of land was a mystery to us.

When we made our way around one hill, we saw another hill rising in front of us. This was the last of our potatoes and era. (Thankfully, he only made off with the last of several rolls of film I shot during the trip.)

No extra boats in sight. The white rasta wasn't on screen. Ginger and I lit a blaze fire. We were tired and had to get up early the next morning.

Dinner consisted of the last of our potatoes and era. (Thankfully, he only made off with the last of several rolls of film I shot during the trip.)

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**COMMENT**

**So noted**

**Conflicted**

A Portland police sergeant is charged with inappropriate conduct for his work with a towing company, as well as his personal association with the company's owner. The sergeant, Michael Crow, was accused of using his position to influence the company's practices, and he has been ordered to stop his involvement. He has also been investigated for his role in a towing business that has received city business.

Clara Thomas, Portland's director of human resources, said that the issue was not the focus of her department's review. The city's Human Resources Department has approved the sergeant's use of city equipment and vehicles for his work with the company.

The sergeant's current policy prohibits him from doing work for a company receiving city business (S&J Towing), even though it would be legal to do so under city policy.

**Lend me your eyeball**

We're working on something to help you see more. If you can, please come to the Portland Police Department on the 10th floor of City Hall to discuss the issue with us.

**No soap necessary**

We're looking for a new soap to replace the one that's currently in use. The current soap is not effective in removing dirt and grease, and we're considering other options.

**Confused**

I'm not sure what to do. I've been feeling confused and unsure about my next steps.

**Busby for president**

I heard that Busby is running for president. I'm not sure if I should support him or not.

**Busy for president**

I think busy is a good word to use. It means that you're doing something that needs to be done.

**Christ, if you are running for president**

I'm not sure what to say. I don't know what to expect.

**Jackasses internationally, get your acceptance speech ready**

We're preparing for a national event, and we need everyone to get ready to present their acceptance speeches.

**Do your homework**

I don't know what to do. I'm not sure what to study.

**An ugly encounter**

I had an encounter with a man on the street. He was being rude and offensive.

**Letters**

I received a letter from you. It was about something that happened recently.

**Letters**

I received another letter from you. It was about something that happened recently.

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By Marc Rodrigue, Portland City Councilor. To read more about this topic, please visit our website at [PortlandCityCouncil.org](http://PortlandCityCouncil.org).
Friday-Sunday, July 20-22
YARMOUTH CLAM FESTIVAL
After being marooned off the coast, tiny foreshore and plastic bits failed to attract tourists, two bedroom this hall to the right element of a crowd. The first annual Yarmouth Clam Festival features music, square dancing and, of course, clams, salads, rolls, and "Bayou Babes." Tickets include festival areas and munch on the beach. Everyone enjoys fried clams and seafood on the menu. Friday night, the event kicks off at 7 p.m. Saturday, activities run from 10 a.m. to 7 p.m. Sunday, from 10 a.m. to 6 p.m. Proceeds from the festival go to the Clam Festival Committee. Kids under 12 admitted free. Friday night, admission is $5. Saturday and Sunday, admission is $10.

Saturday, July 21
FORT GORGES FORT
After tours of Tommys Park, Paul and Lily's Frenchtown Tavern and the glass-walled hill leading up to the Western Promenade failed to attract interest, Fort Gorges has become the place to "hang out" on the last Saturday of the month. The fort offers views of the harbor and the islands beyond. The fort has been the site of concerts and special events for many years. Forts are open late on Saturday nights. Admission is $5 for adults and $3 for children 12 and under. For more information, call 794-6161.

Sunday, July 22
PARRFEST 2001
Greenport, the same site where and people laughed when they tried to perform modern dance, resistances and traditions of and around Fort and Spring streets in Portland just celebrated their two neighborhood music and arts festivals featuring performances by the hundreds of hip dancers, choirs, and the city's finest Rothfus Dance Company. The Portland Dance Company and the City of Portland Performing Arts present "Farrfest 2001," a festival of dance and community. The festival is free and open to the public. For more information, call 464-6050.
short

Get mythical

R"iggen fans and those who appreciate a dance band set in Maine. It's not hard to understand the music's appeal. In addition to its infectious groove, riggen's shows promise a Bruce Springsteen in the audience, one who probably would have always win and needing large amounts of pot is a good thing. The latter Simon appears to be the face of early audiences for reggae and jam bands have largely moved into one bald body. This has led many riggen fans to dub the main shows and performances that (Coastal Daily) show success to appeal to the fans of a country music and reggae scene.

impressive. Although some of the songs go on a bit too long, they rarely sound

doesn't disappoint.

big, ambitious, challenging music with plenty of intensity.

middle-class liberals. The Ripley-based quintet Evergreen falls in the latter camp. Evergreen aren't good songwriters. The band plays well and the singing is decent enough to deserve

Evergreen plays Friday and Saturday, July 20 and 21 at the Albanese, 30 Market St., Portland, at 10 p.m. (552-1595). The band also plays at the Albanese every Monday at 10 p.m. for free (552-1300).

LISTINGS

Thursday, July 19

DANCE

TheGNR \\

PERFORMANCE

Ode to the Stars of the Summer Theater, 4025 Summer St., Portland, at 7 p.m. For $5 (22). At the Theater at USM, 200 U.S. 1, South Portland, at 7:30 p.m. For $10 (23). At the Theater at USM, 200 U.S. 1, South Portland, at 7:30 p.m. For $10 (23).

HAPPENINGS

Friday, July 20


Saturday, July 21


Sunday, July 22

VISUAL ARTS

openings and events

Thursday, July 19
Craft Art Festival at Skidompha Library, Bath features Betty & Jana Kowalczyk, Julie Errickson, and others through Sunday, July 21. 36 Water St, Bath, 725-3930.

Friday, July 20

Saturday, July 21
Otherworldly: "Tree Series:" at Mill Stream Gallery, 47 Elm St, Freeport. 526-0526. 11 am - 7 pm.

Sunday, July 22

"A Summer 2007 Art Tour." Freeport Public Library, 22 Central St, Freeport. 774-7010.


"St. Lawrence," a collection of works by artists, includes Dora Strickland, Jane C㐱yle, and others through Saturday, Aug 4. "St. Lawrence," Hildene, The Lincoln Family Home, 221 Main St, Manchester, 861-7400.


MOVIES

NEW RELEASES

"Legally Blonde" directed by Robert Luketic. Based on the popular 2001 novel by漏水出血。Warner Bros. is the leading studio in its genre. The movie stars Reese Witherspoon as Elle Woods, who is a young woman who

WAXING KICKBOX

June 21 - October 21, 2001

American Impressionism

June 21 - October 21, 2001

Theatres from the Smithsonian American Art Museum

Fournier's Olympic Karate Ctr.
1053 Forest Avenue, Portland
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People ask me where I work. I tell them the Kiwanis Pool and they say, "Where?" They have no idea what I'm talking about," said Pulver. Although not within the city limits, the main bathhouse and pool area are showing signs of age. Young people must be at least 16 and tall to get in (they're on a line on a wall to check) and kids and seniors must provide their names and phone numbers. — If not, their parents are called and the offender may be suspended.

"I don't think the pool is going anywhere," said Marie Sweatt, a 26-year veteran lifeguard with the city's swim department. The Kiwanis Pool is best known as a warm-water setting for adults on particularly hot days. Lately, a number of aus babies have been seen swimming in the warm water.

Each summer, the pool is host to birthday parties and picnics, and renovations of the changing rooms and bathrooms.

With a 25-meter-long, L-shaped pool, located in the Libbytown neighborhood, it is an un-bordered facility in a city where public facilities and other amenities are often overused to the point of crisis. On a recent weekday afternoon, the pool was filled with swimmers and visitors.

The Kiwanis Pool has been a fixture in the community for more than 70 years, attracting many families who come to enjoy the warm waters and the company of others. However, the pool is facing financial challenges, and the city is looking for ways to improve its facilities and services. The Kiwanis Pool is a valuable asset to the community, and efforts are underway to ensure its continued existence.

The Kiwanis Pool is a great place to get acclimated to the outdoors and enjoy the beauty of the surrounding area. It's a perfect spot for families to spend time together, and for friends to enjoy a day of fun and relaxation. The Kiwanis Pool is a reminder of the importance of preserving and maintaining our public facilities and amenities, so that future generations can continue to enjoy them.

The Kiwanis Pool is a treasure to the Portland community, and efforts are underway to ensure its continued existence. It's a place where families and friends can gather, relax, and enjoy the beauty of the outdoors. The pool is a symbol of the community's determination to maintain its public facilities and amenities, and to provide opportunities for people of all ages to come together and enjoy the outdoors.
FREE WILL ASTROLOGY - WEEK OF JULY 19 © 2001

CANCER Sun, July 22. Since you last entered our horoscope, you've been in a position to see the near future. You suddenly have a stronger sense of your identity and a desire to define yourself. You now have the ability to transcend any situation. A close friend provides assistance. Your values, intuition, and curiosity increase. You are interested in new ideas, and you seek the best possible environment to develop in. You may feel that you are not in control of your life. Others may want to control you.

LEO Sun, July 23. Since your last entry, you may be feeling more confident in your ability to make decisions and take action. You are ready to take control of your life and to pursue your goals. Your ability to communicate with others is strong, and you may have the support of a close friend or partner who can help you make important decisions. You may find that you are more committed to your goals, and you may have a sense of purpose that you want to pursue.

VIRGO Sun, July 24. Since your last entry, you may have been feeling more comfortable in your own skin, and you may feel that you are gaining confidence. You are more likely to be able to handle difficult situations, and you may be feeling more capable of making decisions on your own. You may have a better sense of your own values, and you may be more likely to stick to your own path. You may find that you are more able to control your own destiny, and you may be feeling more powerful.

LIBRA Sun, July 25. Since your last entry, you may have been feeling more united with others, and you may be more likely to be able to work with others. You may have a better sense of your own identity, and you may be feeling more capable of making decisions on your own. You may find that you are more able to control your own destiny, and you may be feeling more powerful.

SCORPIO Sun, July 26. Since your last entry, you may have been feeling more comfortable in your own skin, and you may feel that you are gaining confidence. You are more likely to be able to handle difficult situations, and you may be feeling more capable of making decisions on your own. You may find that you are more able to control your own destiny, and you may be feeling more powerful.

SAGITTARIUS Sun, July 27. Since your last entry, you may have been feeling more united with others, and you may be more likely to be able to work with others. You may have a better sense of your own identity, and you may be feeling more capable of making decisions on your own. You may find that you are more able to control your own destiny, and you may be feeling more powerful.

CAPRICORN Sun, July 28. Since your last entry, you may have been feeling more comfortable in your own skin, and you may feel that you are gaining confidence. You are more likely to be able to handle difficult situations, and you may be feeling more capable of making decisions on your own. You may find that you are more able to control your own destiny, and you may be feeling more powerful.

Aquarius Sun, July 29. Since your last entry, you may have been feeling more united with others, and you may be more likely to be able to work with others. You may have a better sense of your own identity, and you may be feeling more capable of making decisions on your own. You may find that you are more able to control your own destiny, and you may be feeling more powerful.

PISCES Sun, July 30. Since your last entry, you may have been feeling more comfortable in your own skin, and you may feel that you are gaining confidence. You are more likely to be able to handle difficult situations, and you may be feeling more capable of making decisions on your own. You may find that you are more able to control your own destiny, and you may be feeling more powerful.

If you are thinking about self-improvement, try any one of the various health practitioners found in the Casco Bay Weekly Wellness Directory. If keeping your business in your interest, then advertise in the Weekly Wellness Directory. Call 775-1234.
**PERSONALS**

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