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TAKE BACK YOUR RIVER

The once-fouled Presumpscot River is on its way back. The next battle, activists now say, is to keep pollution out and the river's strikingly wild character intact.

By Paul Karr

The Presumpscot is Portland's great backyard river — flowing almost 25 miles, draining 600 square miles of real estate upon which perhaps 65,000 people live, driving the region's largest mill — yet few think much about its presence. Only when things become truly dire (as they did in the 1970s, when its waters resembled a root beer float, and squadrons of helicopters dumped lime pellets onto the river to quell the stink) do people pay attention to little rivers like these.

Two groups of riverside watchdogs want to change all that. One has just published a new guide to the history, ecology and recreational opportunities of the Presumpscot. The other is cast­ing a wary eye on development along the river's banks.

After reading through the new guide, I decided there was only one way to get to know this hidden natural asset. Sooner or later, I would have to get my feet wet.

continued on page 8
A conversation with Rick and Song

Rick and Song are aspiring members of the "True Kingdom of God." Eighteen years ago, both discovered that their bodies had been implanted with a chip that gave them the capability to step beyond this primitive planet to a higher level. Just like cars here, UFOs are their mode of transportation.

Rick: I guess to start out we need to really qualify that this is not a discussion of UFOs, space aliens and such. We get into that information, but the meat of what we talk about is that there is a physical level of existence that is above the human level. You've got plant level, you've got animal level, you've got human level. Then there's a level of life that's above the human level, that's more intelligent, more everything. It's equivalent to what a human is to a dog.

Song: But we think there has been an upsurge in interest in angels because there are a large number of individuals from that higher evolutionary level on this planet right now.

Are you two spearheading the search for them?

Song: No, we're simply spokes. There's a group of eight of us here. There's less than 50 total.

Do you have many young people in your group?

Rick: Lucifer is very good at programming the population to worship sex above everything else, to feel that's the ultimate pleasure—which it is for the vehicle. But if you want to get to another kingdom level, then you've got to realize that sex is a drug and in order to leave the planet and go to the next evolutionary level, you literally have to abandon all of those behaviors.

Song: Absolutely not.

What other kinds of behavior are out?

Rick: Irritability, frustration, anger ...

Song: Well, because you should love God with all your heart, all your soul and all your mind. That's what we're trying to do—become single-minded. But we still have a sense of humor.

Rick: Yeah, we can giggle.

By Amanda Onion; photo by Amanda Jones
Why is everyone talking about Ruski’s & Rosie’s?

"Undoubtedly One of Portland's Finest Eateries"

A 2000 Vision of the top news stories affecting Portland State College and the surrounding area.

Federal court report tops $12 million easily. The bill for removing the Edward T. Giguere federal courthouse in Portland has grown since court records indicate their new temporary digs and work on the courthouse started Aug. 1. The renovation project itself is almost done and is sitting on a $12 million debt that is covered by a $17 million bond issue for the work. On top of the work orders, the government will pay $7.72 per square foot to lease space on the City Center Tower to local judges, court staff and support staff while the court is being renovated. That lease — which includes parking, utilities, cleaning and the cost of providing additional security — is covered by a $2.5 million bond issue. The government will also pay over $50,000 per year for for the City Center Tower, which was secured out of the Giguere courthouse by the renovation plan. The bankruptcy court's lease runs for 35 years. The rent will be adjusted over the years for inflation.

The renovation project was spurred by the need to build a second large courtroom in the building. The new courtroom will include colored glass windows and granite wall tile in lieu of wood paneling. The key challenge was to create an entirely new courtroom — equal in quality and presence to the notable existing district courtroom, one of the most admired in New England — while providing for an efficient and comfortable facility for the federal judicial system.

The renovation project is expected to be completed within the two-year time period set by the court.

The project has been a boon for the local construction industry, as it has provided work for a variety of contractors and subcontractors.

The project is also expected to boost the local economy, as it is likely to attract visitors to the courthouse area, which is a popular tourist destination.

A new courtroom is expected to be completed by the end of the year, allowing the original courtroom to be cleared for other use.

The new courtroom is expected to have more capacity than the original courtroom, allowing for larger and more efficient court proceedings.

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More proof there's just one political party: We're in during announcements from U.S. Senate candidates Olympia Snowe and Tom Andrews that each was attractively supporting the rival state's political party. Snowe reported Aug. 15 that nearly 100 Democrats backed her campaign and joined the Democrat for Senate coalition. The coalition will be headed by former key Sen. Scott Milne. Snowe's campaign finance coordinator in his 1990 congressional campaign. Former Portland mayor and Democratic lawyer Allan Berman will join Milne on the coalition steering committee.

Andrews accompanied by saying that his Republicans for Andrews' 94 group would include his brother-in-law, Rep. Paul Valentine, and several 1994 group members. Valentine, a member of the 1994 group, is now running on the Independent candidate's political party.

One of the biggest stories in Maine this year is the pension reform fight. The state's largest retirement system, the Maine State Teachers Retirement System, is forcing a showdown with the Legislature over the pension plan's funding.

On Aug. 10, the Legislature passed a bill that would increase the pension's solvency and reduce the contribution rate. The bill was a major victory for the state's largest retirement system, which had been seeking changes for years.

The bill will increase the pension's solvency by nearly $1 billion and reduce the contribution rate by nearly 2 percent. The Legislature also passed a bill that would increase the pension's solvency by nearly $1 million and reduce the contribution rate by nearly 1 percent.

The pension reform fight has been a major issue for the state's largest retirement system, which has been seeking changes for years. The pension system has been facing increasing financial pressures, and the Legislature has been slow to act.

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UNUM and Portland: so happy together

The Portland City Council could hardly wait to grant UNUM $1.6 billion on June 28th, when councilors loaded the company and its deal, which will help UNUM build a new office campus on a vacant Congress Street. Councilors did so at the end of a couple hours of public comment before they could vote. Although at least 3 by-pro-UNUM speakers, opponents of the deal voiced some strong objections, but it was for naught.

Only Councilor John Feeley was concerned about how to vote. "I do like having a positive position. It just won't suit me," Feeley said, indicating his reluctance to vote for the deal, which would give UNUM $1.6 billion over 15 years. Feeley's colleagues had maintained, however, that it was better to get it done now. And they claimed that without this use or UNUM would construct a new building, and the city would get no money.

Under the terms of the deal, UNUM will receive $2.0 million in city and state tax breaks. The company had claimed that it would move to a new location if a deal was not struck.

Potato chip rule

The council chamber was filled with condo owners who were upset about UNUM's executives and board members who were supposed to be present. However, the only witnesses who came were from company officials who said they would move to a new location if a deal was not struck.

Politics & other mistakes

Fallout

There's no way the Republican Party will be able to turn its losses in the November election into a big win in 1996. Democrats will be able to pull off a couple of surprise victories, but any big map flip will be hard to come by. The GOP will be able to keep its gains in a few key states, but the party will probably fall just below center on key issues.

District 1: Republican state Representative Michael has a great chance at re-election. He should win the seat he wants, but was supported by an Independent Democratic state Senator Julia Paradis of Farmingdale, and if the district was to overwhelmingly Democratic. The GOP is pressing money into this contest. What they really need is to win this election.

District 2: Republican Willard has a great chance at re-election. He should win the seat he wants, but was supported by an Independent Democratic state Senator Craig Turunen of Farmingdale, and if the district was to overwhelmingly Democratic. The GOP is pressing money into this contest. What they really need is to win this election.

District 3: Republican veteran Hunts the former mayor of Calais, almost never votes on the seat in 1992, but was supported by an Independent Democratic state Senator Kathy O'Connell of Farmingdale, and if the district was to overwhelmingly Democratic. The GOP is pressing money into this contest. What they really need is to win this election.

District 4: Republican veteran Hunts the former mayor of Calais, almost never votes on the seat in 1992, but was supported by an Independent Democratic state Senator Kathy O'Connell of Farmingdale, and if the district was to overwhelmingly Democratic. The GOP is pressing money into this contest. What they really need is to win this election.

District 5: Republican Willard has a great chance at re-election. He should win the seat he wants, but was supported by an Independent Democratic state Senator Craig Turunen of Farmingdale, and if the district was to overwhelmingly Democratic. The GOP is pressing money into this contest. What they really need is to win this election.

District 6: Republican veteran Hunts the former mayor of Calais, almost never votes on the seat in 1992, but was supported by an Independent Democratic state Senator Kathy O'Connell of Farmingdale, and if the district was to overwhelmingly Democratic. The GOP is pressing money into this contest. What they really need is to win this election.

Health care bills

Newspapers and other media outlets report on the latest developments in the political arena. The health care bills are a major issue, and the politicians are working hard to come to an agreement. It is a complex issue, and there are many different viewpoints. However, the goal is to provide affordable healthcare to all Americans. The battle is ongoing, and it is important to stay informed about the latest developments.
Tarzan yelled and careened out over the river wet. Whoever owned it would forgive it.

Enormous mudslides liberated a dam. The Presumpscot River, fed by these soil movements, now gushed through the streets of nearby towns like a wild animal, swelling the river's length back in 1980, "enough to fill a large pool."

Today, the water is unspoiled and wild. It seems very wild indeed. A lot has changed in the 25 years since that canoe trip down the Presumpscot; it's hard to imagine a more unspoiled stretch. It's one of the last remaining stretches of wild water in Maine.

People and town-maps show how the river has changed over time. The river used to be a natural watercourse, but now it's a series of man-made structures and highways. The river's wild nature has been tamed by human development.

The Presumpscot is also rich in history. Every river has a story to tell, and the Presumpscot is no exception. It has been the site of a canal scheme, a mill, and a dam. It has also been the scene of a battle against pollution.

The river is inhabited by many species of fish, including salmon, trout, and bass. It's also home to a variety of birds, such as ospreys and herons. The river is a vital part of the ecosystem, providing habitat for many species of wildlife.

The river is also a symbol of hope. Despite the challenges it has faced, the Presumpscot has survived. It is a testament to the power of human ingenuity and the importance of protecting our natural resources.
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**Remarks**

Friends of the Presumpscot’s Dan Faucher passes near Obie’s second bridge to Sentinel Rock: “Nobody does anything for them. They’re just mowing grass.”

As a group of so many people, maybe we could affect some policy.

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**Comments**

...on a page that links for such a small river,” says Faucher. "The school has a large allowance, 15,000 gallons per day. It’s scary to think what they might do. A new school on the same site could add an enormous amount of people. Believe that there are alternatives to this, and the DEP believes there are alternatives, too. We would really like to see that land taken out of the Presumpscot.”

The town had initially decided adding to the school’s capacity by tackling a modular and junior high addition outside the building. The S.D. Warren Paper Company’s Portland paper mill has been creating headaches almost since the moment the Warren bought into and began expanding operations. That was back in 1950, but even today ask anyone how to get to Westbrook and they’ll tell you to follow your nose. Much more serious than the paper mill’s stench, however, are the tons of dioxin released into the river during its bleaching operations and the amount of oxygen used up by decomposing, contaminated, riverine sediments.

Check is a highly toxic byproduct of paper manufacturing. Even incredibly tiny amounts can cause cancer in lab animals, result in birth defects or cause spontaneous abortion. Measuring the substance is difficult, but easily visible. A recent study, for example, determined the river’s high levels of dioxin, the name for the still today, Warren’s Warren, are in fact, believed to result in high fish production.”

For instance, early European industries claimed the river to be a “fine deep place,” for instance. Early European industries claimed the river to be a “fine deep place,” for instance. Early European industries claimed the river to be a “fine deep place,” for instance. Early European industries claimed the river to be a “fine deep place,” for instance. Early European industries claimed the river to be a “fine deep place,” for instance. Early European industries claimed the river to be a “fine deep place,” for instance. Early European industries claimed the river to be a “fine deep place,” for instance. Early European industries claimed the river to be a “fine deep place,” for instance. Early European industries claimed the river to be a “fine deep place,” for instance. Early European industries claimed the river to be a “fine deep place,” for instance. Early European industries claimed the river to be a “fine deep place,” for instance. 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Pedestrians deserve better
Fix the bridge
At first glance, the new Portland-South Portland bridge design looks like a good deal for walkers, bikers, and the handicapped. The bridge will have 4 ½ wide bike lanes running in both directions, and an 8-foot-wide sidewalk for pedestrians along the harbor side. The whole bridge will be far more friendly to the curious tourists than the current bridge. Pretty cozy, right?

The plans, of course, do not unfold to the traditional Maine Department of Transportation blueprint details, the whole concept of the bridge is flawed. The whole bridge design obviously the length of the bridge the MDOT scrapped to tack on pedestrian and bike amenities to a structure designed for automobiles. It is unlikely that pedestrians or wheelchair users will find it all that useful. (It won't be as much an issue for speedier bikers.)

"At first glance, the new Portland-South Portland bridge design looks like a good deal for walkers, bikers and the handicapped. The bridge will have 8-foot sidewalk..."

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3. GO OUT AND HAVE FUN, BUT FIRST...
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-- Joe Generazzo

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**Casey Bay Weekly**

Written by Richard Curtis ("The Parent Trap", "National Velvet") and some wiseguys who want to straighten out the world, this first attempt to combine action hero and emotional rollercoaster has the unique appeal of a town leader, a country hero, a dwarf, a judge, a Mexican, a Russian, a Chinese, a Native American, a black man, a Jewish man, a white man, and a group of aliens, all working together to save the world from an evil force.

**Dancing on air?**

While the group dance to reflect the joys of dance in Portland, it's also important to remember that this is also a showcase for the artists, activists, and organizations that perform and present dance in the city. The presentation of world premieres works, nationally recognized local efforts, critically acclaimed guest performers, will be offered at a variety of venues on what it is with Portland's dance community.

It may not be as easy this year. Recently, dance organizers called a public relations boycott over Donald Trump's funding of the arts. The true story of a hero who leads a covert unit to infiltrate drug rings in L.A. and gets to the winner, but when he breaks the news to his wife, Penelope Bridge, a city transit cop, who is also his first attempt to carry sex is good, the company itself has the unique appeal of the company itself as an action hero.

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**10-day calendar**

**Get Out & Stay Out**

**Thursday 18**

Palette-tea, "La Bohème" - Those may have romantic notions about starving artists tolling away in decrepit garrets, but the folks at the Portland Downtown District know painters need light and air just like the rest of us. As a result, they've asked eight area artists to take their canvases to the streets for the second annual Palette-tea, "La Bohème" @ Congress Square.

**Friday 19**

Palette teatime: Shake your Maracas at Grumpy Kilman's 25 Market St., as Maritime Themes presents another MERICA AR with Traffic (formerly Tony Sandy & the Plank) — any relation to former Princey's? @ 9:30 p.m.

One of the industry's hottest bands in the East, Traffic is not playing their new release "Neon Love Songs" on November 9th and celebrating the fact they're beginning to receive national attention. Come on out and hear them cut a mean groove before the mob gets too crowdus. Tix: $7.77-4809.

**Saturday 20**

New work, new joy! The Theater Project continues with " Nielsen-56, " a prequel of four original works by New England writers. The evening's pieces are "The Dark Ages" (by Maine's own "Project of Suspense") by Payne Everett, "The Composer's Dream" by Therese Smith, "The Old Sailors" by David March of Portland. Performances are at 8:30 and 11 p.m. @ 5 Main St., Brunswick. $5 and $7.

**Sunday 21**

Squash and burn: Oak Street Productions presents Seattle-based performer R. Charleigh for his one-man show "BEYOND SIDE AND SUEK, THE AUTOBIOGRAPHY OF A COMMUNE" @ 9 p.m. at the Summer Performance Series. Free and open to the public. 777-4828.

**Monday 22**

Me and my men: One does not exactly know what to make of a world where a band like "Bluz" takes the straight and narrow, but these clean and sober '70s kids — rather than getting old and fat — are reeking harder than they ever did. They play at the Bullfight at Old Orchard Beach at 9:30 p.m.

Led by Steven Taylor and Jim McKee (with Slade-like hooks going on), this band has arranged for its best material in the last five years, including their latest release, "Get A City."

**Wednesday 24**

Low cost: One of the more joyful Portland concerts in recent memory was the appearance of 100 LONER during the annual Admission opening weekend last November. The only problem was no dance floor. You've never seen so much chair dancing and crowding when trying to get the end-of-show crowd back in.

**Thursday 25**

Cute reaction: There's going to be a whoop-de-doo for local music lovers at Grumpy Kilman's, 25 Market St., at 9:30. The Portland-based, Brooklyn- old band REYES presents its own unique intelligent off-road rock sounds labeled as "Fog" (lyrims with lounge, but doesn't stick to the roof of your mouth).

Trips has recently released their debut recording, as C. T. titled "The #1 Axe-S. Food." From which, we do doubt, the boys will have a song or so. Alternatives rock band Chamomile opens around the brand new band Cycleline Pace to make its world premiere performance. Tix: $5.70-$22.

**Friday 26**

Bigger music: The Maine Maritime Museum, 243 Washington St., has been a visit from the US SAVAGE of Carlsbad, CA, with seldom heard recording of Long Beach, CA, and the world's only a-lotta chapstick on the board. Tix: $8 ($4 for kids and senior citizens) ($6-10).

**Saturday 27**

Mask man: Hiding from the hills of western Maine, veteran rocker RICK DIGGLES brings his pop-reggae sound to Raoul's, 6 Old Farm Ave., at 9:30 p.m.

Raoul's framed his first band — "The Gladstones" — in 1966 and has rocked steady since. He's opened for NRBQ, Warren Zevon, Marshall Cherry and many others. He and his two play a handy brand of pop-inspired to the point range with the '60s jolts included. Tix: $77-7488.

Subscriptions for Art & Soul must be received in writing on the Thursday prior to publication. Send your Calendar and Listings information to Art & Soul, 200 Congress St., Portland, ME 04101.
ENDOSCOPIC PLASTIC SURGERY

Most people who consider the idea of aging around the eye find that their problems relate to sagging cheeks.

As we age, skin loses elasticity and fat pads begin to gather around the eye. These fat pads pull the skin downward, giving the skin a baggy appearance. The result is a drooping, tired look.

This results in wrinkles, sagging around the upper nose and corners of the eye. People often think that the problem is related to sagging eyelids. In many cases, it is actually the sagging forehead which gives that heavy, tired look.

The forehead lift has been associated with a fairly large incision across the forehead. Weisberg, M.D., F.A.C.S., has performed and further developed this technique, making it possible to avoid the traditional forehead lift incision.

Traditionally, the forehead lift has been associated with a fairly large incision across the forehead. This incision may be extended to include the upper eyelid. The tissue is then lifted and repositioned, and the incision is closed. This technique presents the plastic surgeon with the problem of tension. When skin is lifted, it may be difficult to ensure that the skin is lifted far enough to give the desired result.

While the basic concepts of forehead lift have not really changed, the techniques have. Cross Jewelers has introduced a new technique of endoscopy, which allows us to use more limited incisions and compacting the atoms of gold. After the head and shank sections are assembled, the ring goes through 12 individual die-sailcings. This lets us relate to sagging eyelids. In many cases, it is actually the sagging forehead which gives that heavy, tired look and causes wrinkles around the upper nose and the corners of the eyes. People often think that the problem is related to sagging eyelids. In many cases, it is actually the sagging forehead which gives that heavy, tired look and causes wrinkles around the upper nose and the corners of the eyes. People often think that the problem is related to sagging eyelids. In many cases, it is actually the sagging forehead which gives that heavy, tired look.

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**Rust never sleeps**

Rotors rotors rotators watch band's progress

By Erin Short

"We're the band we need to read the lyrics," John Ed Gaines, Rotors to Rust's guitarist, says. This is obviously an accurate band — Gaines, Justin Jason Green, and drummer Doug Wood — were, fairly well-equipped and relaxed. However, in their debut CD, "All That's Heavy," might think Gaines is on to something. With its mostly lyrics and lyrics about loneliness and frustrated relationships, "All That's Heavy" suggests a progressed and allowed band. "It's not a very guitar heavy," says Gaines. "It's coffee and tea for those songs. It's a meat and heavy approach to music."

Though not by any stretch of the imagination as "pop," recording, "All That's Heavy" is a powerful record of heavy metal. It is a album full of dark and songs that will burst your ears. Some of the most often discussed songs are "Minimum Fat," "Cover Art," and "Minimum." These are the least hopeful. "There are no extremes," says Wood. "It's nothing of instrument provocation — not even in the closing song," indicates "Rottenal Fron." The two main songs are short and to the point. "We don't have anything in this band that's not necessary," says Green. "Everything we do has a purpose. We do our best to keep things simple.

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ART & LOCAL continued from page 27

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