The breaking point

Deciding to take off vast amounts of weight is just the beginning. Three brave souls enlighten us about the journey downward.

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POLITICAL CRASHCOURSE

ADVICE TO THE NEWBIES
by Robert O'Brien

Now that the Senate primary in District 28 has been won, it is reasonable to examine the candidates on their policy and political plugs. In my opinion, the one who is running a campaign that is truly responsive to the needs of all Portlanders is Philip Ladd. He has a compelling message which is in tune with the needs of the people of this state. He is a strong advocate for the working class, and he has the vision to lead us towards a more just and equitable society. His campaign is built on a strong foundation of community support and he has a genuine commitment to improving the lives of all Portlanders.

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Elites or else

Local teens are left with a bitter taste by the military’s approach to recruiting

BY JEFFREY H. MITCHELL

Uncle Sam seems to have rocked to a new depth lately in his efforts to recruit young soldiers. This has angered Portland teenagers and has made them even more disillusioned about the country.

Some kids say they were verbally abused by recruiters, who called them "hanging trunks" and "whipping kids" when they refused to join up. They say recruiters offered them three-line from school, work on their resume to discuss their future plans and even to get out of enlisting over the phone, but was told he’d have to come to the recruiting office to do so. In fact, he has not been allowed to talk to recruiters since the initial contact.

"They just won’t give up," said a 17-year-old senior at Deering High School. "They keep on pestering me and telling me why I don’t want to be part of the Army, but that wasn’t good enough for them. They wanted to harass me," said Woods. "This is when he said recruiters had him on a white list and had no future without the Army."

Another teen has similar stories. Mike O’Connor, a 20-year-old senior, said recruiters offered him a whole list of benefits and has not been approached by any recruiters.

Lori Woods said she had a similar experience with recruiters. "I don’t want to join the Army," she said. "They keep on pestering me and telling me why I don’t want to be part of the Army, but that wasn’t good enough for them. They wanted to harass me," she said. "This is when he said recruiters had him on a white list and had no future without the Army."

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PORTLAND WEST

 Fired for what?

A program director is soothing his head after getting the boot

Michael Rodrigues’ former bosses at Portland West are less than kind, wonderful and excellent when discussing Rodrigues’ job performance. They also admitted that he was fired.

"I don’t care if it’s raining. I’m going to Disney," he said.

According to Ethan Struever, executive director of Portland West and the executive director of Divest for District 5, Rodrigues’ position was eliminated in order to "consolidate two programs." YouthBuild and Building Alternatives - Portland Build is for high-school dropouts. It teaches them how to do construction work and helps them prepare for their GED’s. Building Alternatives in Portland has identified 13 youth. The executive director of Divest for District 5 said Rodrigues’ position was eliminated in order to "consolidate two programs." YouthBuild and Building Alternatives - Portland Build is for high-school dropouts. It teaches them how to do construction work and helps them prepare for their GED’s. Building Alternatives in Portland has identified 13 youth.

"I told them to wait three days before I joined the program," said Woods. "I told them I was doing my own research and that I didn’t want to invest any money in the military," said Woods. "I told them to wait three days before I joined the program," said Woods. "I told them I was doing my own research and that I didn’t want to invest any money in the military," said Woods.

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Karen Doyle is no longer able to work, or even to leave her home because of the abuse. Koziell said Doyle now has post-traumatic stress disorder, is in medication and requires ongoing psychological counseling since the incident took place. He said she did not need counseling or really treatment.

It is also noted in the affidavit that Vadnais claimed Karen Doyle's arm was clamped behind her in a suggestive manner, grasped her breasts, allowed his hand on her inner thigh and vaginal area, and exposed her pinky.

Vadnais would say to Doyle, "Do you want to see my hand flip it this way?" according to the lawsuit. He also allegedly threatened to "get her up and rape her if she ever told anyone what he had done.

The court document lists eight counts against the RTP and Vadnais. Included are negligence, assault and battery and intentional infliction of emotional distress. "RTP is essentially only charging and would have committed an assault and battery upon Karen Doyle ... " the court document states.

While Doyle was not physically or sexually abused, either directly or otherwise, Koziell said, "It's not an assault or battery and the only reason I can think of is that the law is concerned, assault and battery is a criminal offense.

The only key that he has to enter Karen Doyle's apartment is a key that Karen Doyle herself has had made. Trendel said the key is a code used to pay a parking space.

Karen Doyle's maternal uncle is the Portland police chief. Koziell said. "It's not an assault or battery, but it's criminal because she's concerned about any questions about what he had done.

Karen Doyle's mayoral status is that she is a member of the Portland City Council. Koziell said. "Karen Doyle is the most well-known attorney in the state because she's the lawyer for the major law firms, she's the lawyer for the major companies, she's the lawyer for the major businesses and she's the lawyer for the major banks. She is not a member of the Portland police department.

The Portland police spokesperson said that Portland police Chief Michael Brown is not involved in the case. "The chief is a very private person and does not have a personal interest in the case. He has not had any direct contact with Karen Doyle or her family."

Leah McLean, executive director of the RTP, said, "The only thing we know is that the RTP has a membership policy that it's not going to serve as a parking lot for the police department." According to McLean, the RTP has been a volunteer group for over 20 years. "We've been a volunteer group since 1979," the manager of the RTP, who has been a member of the group for over 10 years, said.

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The breaking point

Deciding to take off vast amounts of weight is just the beginning. Three brave souls enlighten us about the journey downward.

By THERESA CLARKETY

Imagine being too heavy that you can’t go fishing because you can’t fit into a canoe. Or scouting out the chairs at a social gathering because none of you fit in it. Wherever you go, it’s always uncomfortable in hot weather. I was uncomfortable in hot weather. I was uncomfortable in hot weather. I was uncomfortable in hot weather. Eating was my drug of choice. While growing up, I had never done anything small,” said Ryan, who said his entire family is large.

| Name: Tom Ryan |
| Age: 22 |
| Height: 5'8 |
| Weight: 325 pounds |
| Current weight: 325 pounds |
| Best weight: 210 pounds |
| Current weight: 325 pounds |

Ron was always a big guy. In high school, around 250 pounds, he said his nose to his armpits measured 26 inches and he was six-foot-two. He was a good athlete, he was a star on the football field, on the wrestling mat and in track and field events that required strength, not speed.

But his weight didn’t really play a role in the lives of most folks.

“I was already at my heaviest. When I was 242 pounds, I just ate what I wanted. There’s a lot of thin, unhappy people,” said Ryan. “I ate] lots of potato chips. [They’re] the greatest. I felt so amazing. I could slip on,” he said. “The older I got, the more it bothered me. Walking a long distance, you're lucky, hauling that heft around just drains you of energy as you walk around on sore feet and aching knees. More likely, you’ll develop heart disease, high blood pressure, Type 2 diabetes - take your pick, there’s a host of weight-related dangers that will significantly impact the quality of your life, and, well, you know the drill. You’ve all heard it before.

It’s a vicious cycle. People eat too much or too little, often eating the wrong things for the wrong reasons. They lose weight and then it all pack on, and then some. What finally brings a person to the point where they face up to their fat? And what happens next?

Sometimes, you’re just too big. said Ryan. “I felt huge. I didn’t know how to move around. people are yanking them out of bed to a breakfast of three or four eggs, a half-pound of bacon and a huge helping of grits. Said Ryan. “I ate] lots of potato chips. [They’re] the greatest. I could slip on,” he said. “The older I got, the more it bothered me. Walking a long distance, you're lucky, hauling that heft around just drains you of energy as you walk around on sore feet and aching knees. More likely, you’ll develop heart disease, high blood pressure, Type 2 diabetes - take your pick, there’s a host of weight-related dangers that will significantly impact the quality of your life, and, well, you know the drill. You’ve all heard it before.

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“Women weren’t threatened by me.”

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There wasn't a lot planned for the first day with a personal trainer. "I knew I needed to join a gym. " In Oct. 2001, she joined the Bay Weekly free, reduced, it's crap. It's chemicals, it's ing.

"I read food labels. If it's light, fat-free, doesn't count calories," she said. "I didn't feel deprived. If anything, she was eating more, but it was the types of food that made the difference."

"If your body cannot see what you put in it, it doesn't work," she said. "It doesn't need a cupcake." She chose to the Restaurant YMCA every day from her home in South Portland, where she was living at the time. She said it wasn't easy, her day had to be planned around it. "The healthy changes didn't all happen at once. As a woman, it wasn't uncommon for her to eat the right with several hours."

"I have four hours. 1,200 calories, go to bed on it," she said. She hadn't completely reformed her eating habits. "I have a bag, full Bad Light white-washing Comme O'Bleen. Even then, I didn't allow myself a little treat like to eat at the beginning."

"I don't even know what size I was. After losing the first 20 pounds, she gets a job that required her to wear a uniform. She weighed 210. "It's my right arm," she said. "I'm that person running past [the Fat lady]."

"Now, I'm the person running past [the others]." She said. She joined the Bay Weekly Tyne Crisis, "That was me, keep it up. How do you feel better, but I was still eating it was the types of food that made the difference."

"I was horrified. I had to go to Fashion Bug and buy size to wear a uniform," she said. At the time, she was "I'd have a big, fat Bud Light while watching Conan [O'Brien]. Even then, I didn't feel deprived."

"I worked and lived in Portland. Her body had to change my entire outlook. I didn't feel deprived."

"I felt better, but I was still eating fruit, broccoli and tuna. She weighed 130. She admits people think she's a little nuts, that her lifestyle is crazy, but she said it wasn't true."

"I've got news for you, men. She said. At the time, she said it wasn't easy, her day had to be planned around it. She weighed 190, which she kept at it, her weight set."

"I had never had to buy fat clothes until I was 25," said Comerre. "I didn't count calories, that her body cannot use what you put in it, don't eat it.

"I was just a big girl, the stur-

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"I think testing your blood sugar and knowing a new are they making progress in their bodies. What part of your brain thinks that's good for you?"

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"I had never had to buy fat clothes until I was 25," said Comerre. "I didn't count calories, that her body cannot use what you put in it, don't eat it.

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"I don't want to test my blood every day. She said. At the time, she didn't feel deprived."

"I was the types of food that made the difference."

"I was horrified. I had to go to Fashion Bug and buy size to wear a uniform," she said. At the time, she was 190, which she kept at it, her weight set.

"I need to educate them - the one with all the diabetic factors in the development of Type 2 diabetes."

"I think testing your blood sugar and knowing a new are they making progress in their bodies. What part of your brain thinks that's good for you?"

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Cumbeland County YMCA Camps are offered at Devin Point Wilderness Day Camp in Southport, Maine. For more information, contact the Casco Bay YMCA SUMMER CAMP SCHOLARSHIPS ACCEPTED: CALL TODAY TO REGISTER.
This is an article about Rita Allison, a woman who struggled with obesity and later succeeded in losing weight. The article mentions her family background, growing up in a large family, and her challenges with food and diet. Despite her weight, she participated in various activities and maintained a positive attitude towards health and fitness. The article highlights her success story and how she managed to achieve her weight loss goals.

The article also discusses Rita's motivation, the support she received from her family, and the changes she made in her lifestyle. It emphasizes the importance of self-confidence and the role of support systems in achieving weight loss goals. The article concludes with a message of encouragement and the importance of perseverance in the journey towards a healthy lifestyle.

The article includes a photograph of Rita Allison, and a section for a contest where readers can enter to win a Whitewater Rafting Trip for Two. The contest is open to people who have experienced weight loss or who are currently working towards a healthier lifestyle. The participants are encouraged to share their stories and experiences.

The article also mentions a political advertisement from Chellie Pingree, a candidate for the U.S. Senate, promoting the Maine Victory Fund and encouraging people to participate in fundraising events. The advertisement includes a photograph of Chellie Pingree and urges people to join the campaign and support her efforts.

Overall, the article provides a compelling narrative of one woman's journey towards weight loss and a healthier lifestyle, highlighting the importance of personal determination, family support, and the role of political involvement in promoting health and wellness.
Sensational coverage unfair

Shabby research

I have been so upset by the article written about my sister that I have had a difficult time gaining my composure enough to reply. How do you expect to see National雀pberoareed oanumatmatiun in it? 

In my capacity as an author, I understand the distinction that the place would not be above the belief of the principal. I was not a part of the committee, but the process was fair and I have been asked to be the interviewee for the story. I have confidence in the author's ability to handle the situation.

Chitwood was exactly the wrong choice to head the Portland Police Department. She is known for her aggressive and controversial approach, which has caused controversy and division. I cannot support the appointment of such an individual to such a position.

Sensationalism? In agreeing to be interviewed, I have been so upset by the article written about my sister that I have had a difficult time gaining my composure enough to reply. How do you expect to see National雀pberoareed oanumatmatiun in it? 

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Art, Entertainment, Weirdness

Disc jockeys

Portland's Ultimate Frisbee league is about fun, camaraderie and injuries

Brett Fish said he's been playing Ultimate since he was 12 years old. In 1997, Fish and some of his friends started a casual game of Ultimate in an empty parking lot. "It started out as a way to stay in shape and get some exercise," Fish said. "But it quickly became a passion, and we started to take it more seriously." Fish now serves as the president of Portland's Ultimate Frisbee league, which has grown from a small group of friends to a competitive team that competes against other teams in the area and across the country.

Frisbee is a game played with a flying disc, or Frisbee, and two teams of seven players. The objective is to score points by catching the Frisbee in the opposing team's end zone. The game is played on a rectangular field, typically 70 yards long by 40 yards wide, with end zones located at each end of the field. The game is played with a non-handicapped Frisbee, which is typically around 10 inches in diameter and weighs about 170 grams.

Frisbee is a challenging and physically demanding sport that requires a combination of endurance, speed, agility, and strategic thinking. The game is played at a fast pace, and players must constantly move and adjust to the changing dynamics of the game. Frisbee is a social and friendly sport, with players often forming strong bonds and relationships through their shared experiences on the field.

Frisbee is a sport that requires a significant level of skill and athleticism. Players must have good hand-eye coordination, good spatial awareness, and the ability to anticipate and predict the movements of their opponents. Frisbee is also a sport that requires a strong understanding of strategy and teamwork, as players must constantly communicate and coordinate their efforts to create scoring opportunities and defend against their opponents.

Frisbee is a sport that has grown in popularity over the years, with thousands of players and teams across the United States and around the world. Frisbee is a sport that is enjoyed by people of all ages, from young children to older adults, and it is a popular activity for people of all skill levels, from casual players to professional athletes.

The Portland Ultimate Frisbee league is a competitive league that is open to anyone who is interested in playing Frisbee. The league is divided into two divisions: the A division, which is for teams with more experienced players, and the B division, which is for teams with less experienced players. The league is played during the summer months, typically from May to September, and games are played on Saturdays and Sundays.

Frisbee is a sport that is enjoyed by people of all skill levels and ages, and it is a great way to stay active, have fun, and meet new people. If you are interested in playing Frisbee, the Portland Ultimate Frisbee league is a great place to start.
calendar 7.4.02

thursday, july 4

INDEPENDENCE DAY
Celebrate your freedom by following the sound of fireworks at one of Portland’s favorite spots. The fireworks are scheduled at Deering Oaks Park on July 4th at 9:30 p.m. Free admission. (207) 781-0033.

thursday, july 4 and saturday july 6

L.L. BEAN CONCERT SERIES
You won’t have to look far for some fine entertainment at L.L. Bean’s new concert series. This summer’s opening show is by The Forgetful Kind, who will kick off the series Thursday, July 4th at 7:30 p.m. Free admission. (207) 781-0033.

wednesday, july 10

SOUTHERN CULTURE ON THE SKIDS

wednesday, july 10

LYNYRD SKYNYRD
A rock n’ roll band that made it big in the 70s, Lynyrd Skynyrd are still making waves in the music scene. They will be performing at the Portland Expo on July 10th. (207) 774-5400.

quick picks

FRIDAY, JULY 5
“Music in Motion 2002” is an outdoor series of music and dance performances held at Deering Oaks Park. The lineup this year includes a variety of genres and performances are free. (207) 781-0033.

WEDNESDAY, JULY 10
“Bull Moose Music” is an outdoor series of music and dance performances held at Deering Oaks Park. The lineup this year includes a variety of genres and performances are free. (207) 781-0033.

sound bites

• Portland musician and artist Michael “Grease” Brown of Southern Culture on the Skids, has released his newest album, “A Drink of Jukebox Juice,” and will be performing at The State Theater on July 10th.

• Lynyrd Skynyrd, the legendary Southern rock band, will be performing at the Portland Expo on July 10th.

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Support Local Arts

Portland Museum of Art — Neo-Impressionism: Artists on the Edge
On view through October 20, 2002

I In the exhibition, the curator, Dr. William Kurelek, has selected works from the Portland Museum of Art's own collection and from the notable collection of Mr. and Mrs. David C. Driskell. The exhibition includes a diverse range of Neo-Impressionist works, from the early days of the movement to its later developments.

The exhibition is accompanied by a richly illustrated catalogue, which provides detailed information on each work, including its history and provenance. The catalogue also includes essays by leading Neo-Impressionist scholars, providing a comprehensive overview of the movement.

The exhibition is free and open to the public, and is a must-see for anyone interested in the history of art in the 19th and 20th centuries.

First Fridays' ArtWalk
July 5

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Wednesdays

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Mondays

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No cover

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VISUAL ARTS

openings

Tues July 5

Thurs July 8
Atwood House, Port Hope, ME. Opening reception for "Port Hope 2010," an exhibition of works by local artists. Monday, July 5, 5-8 pm. 986-8050.

Fri July 9

Sat July 10

Mon July 12

Thu July 15
The Winslow Art Gallery, Rockland, ME. Opening reception for "Image in the Balloon Aerie," a musical based on the play by Dorothy Fuld Hayman. Monday, July 5, 7 pm. 986-2050.

Sun July 11

Call for art

Atwood House, Port Hope, ME. "Portland's 302nd," an exhibition of works by local artists. Saturday, July 3, 5-8 pm. 986-8050.

EXHIBITIONS


Casa Bacot, Damariscotta, ME. "Old Glory," an exhibition of works by local artists. Monday, July 5, 5-8 pm. 567-6001.


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CHOPPED LIVER
Basil’s has a chopped liver specialty on their menu. It’s a delicious dish made from finely chopped chicken livers, onions, and spices. Be sure to try it if you haven’t already.

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Brewing Beach is located on the historic Exchange Street in Portland, Oregon. They offer a variety of beers and a casual atmosphere. Be sure to try their famous Blue Ribbon beer.

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THURSDAY, JULY 4, 2002

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**LISTINGS**

**MOVIES**


**Mr. Deeds**

Adam Sandler is an odd case. At times he seems like he can just be written off as another Cheesy Cheese master of the bad comedy film made over and over again in films like "Billy Madison." Other times, his charm sneaks up on you, like in "Big Daddy" and now, with mixed results, in "Mr. Deeds.

"Mr. Deeds" is a remake of an old Hollywood film, "Mr. Deeds Goes to Town," which I confess I've never seen. The story is your basic tale of rags to riches. In this new version, Longford Deeds (Sandler), owner of a potato chip plant in New Hampshire, is discovered to be the heir to a corporate mogul uncle who has recently thrown down a million dollars. Deeds is taken under the wing of a corrupt CEO named Chuck Castor (Peter Gallagher), who wants him to take the money and leave the corporation to Castor's son.

And yet, there is enough funny stuff here to make it a dozen ways to invent a foreign summer afternoon. As in all of Sandler's films, there are genuinely funny non sequiturs of slowness, characters who are unapologetically still charming, idiotic, Steve Buscemi has made an art of the demented cameo, and he is wonderful at a gay-named Crazy Eyes who can talk two ways at once. In fact, the cameras are some of the best things in "Mr. Deeds." John McFadden, Rob Schneider and even Robin Williams all make brief and effective appearances.

Sandler is his usual self, that is self-effacing and unfortunately, a little too good-hearted. This is probably the main weakness in everything he's done. His movies tend to lose their edge as they lapse into sentimentality, almost all of it centered around what a good guy he really is. I'm sure he is, it's just that, for cinematic purposes, it's grown a little bit bland and too much a piece of his own, even something that's not necessarily so

The worst thing about "Mr. Deeds" is the casting of Winona Ryder as the reporter and love interest. Always a curious anomaly as an adolescent actress, she has grown into an adult someone who can no longer rely even upon her wavy charm. She has no technique to speak of, and even less range of feeling, opening her lines out like the awkward load in a high school play. Because of this, Sandler has little to play off, and it hurts him in the film. Despite this, "Mr. Deeds" is funny and clever in many ways, full of niche - if small - wrinkles, and bizarrely funny episodes. After all, it is really Sandler's strength: the brief, witty, snarky monologue, the satirically exploited by his newfound fame and his uncle's manager.

There's a bit of a script and a lost one with the movie. The wrap involves stepping editing and writing - scenes that fizzle in and out of the frame as though accidentally left in. There are, as usual in Sandler's films, enormous and dangerous holes of logic in the plot, namely, how his now-never property made the reconquest with his uncle, how "Big Daddy" was all over and one minute, and the next, reared, back in New York, and is still growing over their separation. Clearly, the movie was in a hurry to get this one out as a summer blockbuster.

Meanwhile, "Deeds" encounters a pretty and plotting reporter, Barbie Bennett (Winona Ryder) and a kind and dedicated butler, Eddie (David Gambon). They discover him to be a kind and innocent idealist who is unfairly exploited by his newfound fame and his uncle's manager.

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**LISTINGS CONTINUED ON PAGE 56.**
Happy Fourth of July from all of us at Allagash Brewing Co.