5-9-1996

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Hairdresser.
Dental hygienist.
Office manager.
Women pay good money to learn these trades in search of financial independence. They still don't make as much as men with a comparable education.
Danett Wright spent 12 years dancing before she discovered her skill for reading tarot cards. This transition makes perfect sense to her on a spiritual level. Having lived in Mississippi, New York, Boston and Vermont, Wright came to Portland to be near the ocean.

What got you involved with tarot cards?
I've always been very intrigued by the unknown. I've studied astrology since I moved to New York when I was 12. I'd go get my cards read. Every time, the card reader said to me, "You have this incredible psychic power and you should use it." I was like, "You're bouncy." But someone gave me tarot cards as a present and I started to do them. When friends were over, they would ask me to do their cards for them, then people would come back and tell me they came true. It turned out I had this thing. It was weird. Over the years now, it gets stronger and stronger.

What brought you to Portland?
I burnt out on New York. I lived there for 11 years. When you're a card reader people start to see you as their shrink. Your clients call you all the time. They were really consuming my life. At that time, I didn't really know how to say no. I'd lived in the same place in the Lower East Side for 11 years. I really wanted to be around the ocean and didn't want to be around concrete anymore.

Do you do cards here?
I did it at Mesa Yerdel last summer, but I haven't been able to tap an audience here.

What do people want from the cards?
No one comes to see me just because they're curious about the cards. People come to you with real serious issues. Usually they think it's all going on in their head and the cards tell them what direction they need to go in. It helps them.

What do the cards tell them?
All this does is confirm what you feel, but you think it's all going on in your head until you hear someone else say it. Then it confirms what you feel within yourself, because lots of times we are insecure about what we feel.

Interview by Zoe Miller; photo by Colin Malakie
The main event who will be mayor?

**PORTLAND**

Portland City Councilor John McDougal could not be reached for an interview, but he had the majority locked up. McDougal had gotten commitments from some of his council colleagues to support him for the nomination. But McDougall's name has raised some concerns on the council, and they're working hard to keep the public and thew the number who turn out to vote for mayoral elections.

McDougall's one main supporter in the council was Jack Dawson, who said McDougall was the best choice for mayor. Dawson also worked hard to win the city's council seat for McDougall.

McDougall, who won the May 7 mayoral election, said he would work to keep the public and thew number of mayoral candidates who voted for him in the final election.

**Southern Maine Physical Therapy, P.A.**

pleased to announce

Jacqueline Mann, M.S. Ed., PT.

has received the Master Physical Therapist within our facility at downtown Westbrook. The M. and M. was established 10 years ago and was previously located at 86 Broadway, South Portland. Jacqueline Mann is a physical therapist and is the director of the clinic at the field of early childhood development. She is internationally recognized for her research, teaching, articles on infant development, high-risk infant follow-up, early childhood environments and pediatric physical therapy.

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**OUR WELCOME MAT JUST GOT BIGGER.**

A

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**YOU never know when you need help.**

If you're ever in need of someone to help you...there's always someone who can help. If you or someone you know is struggling with addiction, depression, anxiety, or just needs a shoulder to cry on, please reach out to someone who can help. There are many resources available, including hotlines, support groups, and counseling services. It's never too late to seek help. Please take care of yourself and those around you. The more we talk about mental health, the better we can support each other.

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**Our Mission Statement:**

We are committed to providing exceptional physical therapy services to our patients. Our team of experienced therapists is dedicated to helping our patients achieve their goals and improve their quality of life. We believe in the power of physical therapy to help people of all ages and stages of life, and we are passionate about helping our patients reach their full potential.

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**Contact Us:**

Southern Maine Physical Therapy, P.A.

115 Congress Street, Suite 301
Portland, ME 04101

Phone: (207) 775-1200

Email: info@smptpa.com

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**About Us:**

Southern Maine Physical Therapy, P.A. is a physical therapy clinic located in downtown Portland, Maine. Our mission is to provide exceptional physical therapy services to our patients and to help them reach their full potential. We believe in the power of physical therapy to help people of all ages and stages of life, and we are passionate about helping our patients achieve their goals.

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**Our Team:**

Our team of experienced therapists is dedicated to helping our patients achieve their goals and improve their quality of life. We believe in the power of physical therapy to help people of all ages and stages of life, and we are passionate about helping our patients reach their full potential.

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**Our Services:**

Our services include physical therapy, occupational therapy, and speech therapy. We offer a variety of services to help our patients achieve their goals, including treatment for injuries, rehabilitation after surgery, and treatment for chronic conditions.

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**Get in Touch:**

If you're interested in learning more about our services, or if you would like to schedule an appointment, please contact us. We are available to answer any questions you may have about physical therapy, occupational therapy, or speech therapy.
EAST END TOAST, 334 Cottage atop Highland Dr.

Dr. Sarah Jordan

Monday through Thursday, 11-8

MAY 9, 2007
CASA NOVA

MOTHER’S DAY SPECIAL

ROCKETSHIP PIZZA

- Spider web special
- Mexican platter
- Mexican menu

MOTHER’S DAY SPECIAL

22S Federal St

MOTHER’S DAY SPECIAL

334 Cottage atop Highland Dr.

Monday through Thursday, 11-8

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334 Cottage atop Highland Dr.

Monday through Thursday, 11-8
Wanda Walker is proving that the degree in office management from Andover College, where 70 percent of the students are women, will make her financially independent for the first time in her life. A 30-year-old salary would suit her fine.

"I've thought, 'Adult education is a security blanket,'" she said. "At 18, I thought, 'I need a security blanket.'"

MacNichol said, leveling her chin. "I've looked much the same . . ." She raised her eyebrows gently. A student with long curls put her pen to her lips and bit.

40 years of clinical practice before taking the last name. That time is divided into dis­

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Ten out of a hundred Maine dentists are women, but for dental hygienists that number is 100 out of 100.

The Gospel team is out, after several requests to consider an additional parishioner from an undetermined Said John with a friendly chuckle. I was a hasten in Fort Lauderdale.

"Through in substance and in major, a representative of the University of Maine organized a dental hygiene program some 30 years ago, and it was moved to the University of Maine Medical Center in the late 1970s. The program was developed to meet the needs of the community, and the students are trained to provide quality dental hygiene services. The program is accredited by the Commission on Dental Accreditation, which ensures that the program meets the standards set by the profession. The program offers both an associate degree and a bachelor's degree in dental hygiene. The associate degree is typically completed in two years, while the bachelor's degree requires an additional two years of study.

The program emphasizes the importance of oral health and provides students with the knowledge and skills to provide comprehensive dental hygiene care. Students are exposed to a variety of clinical settings, including private practices, public health clinics, and community health centers. They learn to work collaboratively with dentists and other health professionals to provide comprehensive care for patients of all ages.

The program is designed to prepare students for careers in the dental hygiene profession, where they can make a significant impact on oral health outcomes. After graduation, students are eligible to take the National Board Dental Hygiene Examination and become licensed to practice dental hygiene in Maine and other states. Graduates of the program have gone on to work in private practice, public health, and academic settings.

The program is committed to providing students with a high-quality education and preparing them for successful careers in the dental hygiene profession. Students benefit from small class sizes, experienced faculty, and a supportive learning environment. The program is proud of its graduates and the positive impact they have on oral health in Maine and beyond.

The University of Maine is committed to providing access to quality education and opportunities for all students. The University is dedicated to fostering a diverse and inclusive community that values and promotes the principles of equity, justice, and sustainability. The University of Maine is a member of the University of Maine System, which includes six campuses and five centers throughout the state.

For more information about the University of Maine Dental Hygiene Program, please visit the program's website or contact the program director.
Comment

Misguided

Portland didn't rate a mention in Fodor's new travel guide

RICH MAYER

In the course of human history, several ideas will be remembered as flavors in history but not defining in practice. A partial list might include the death penalty, for atomic bomb, high taxes, middle-class homes, partisanship. 'Don't ask, don't tell' and 'no one sailed the river for

Casco City Walk ofShame. What's a vacationer's worst nightmare? Gay cruising - - - and it's just those few of us who are gay. How many of you have ever noticed how the train station and the city center brighten up during a gay rights demonstration? And don't mention the matter of the Maine media. If I remember, the Portland Press Herald said they were unable to get any information on this issue. The only information they found on the gay community was from the gay community.

What about the Pier Dance during Pride Week? What about John Province?

What about the cold shoulder during the cold war? What about the cold war?

DEMENTED STRIKES AGAIN

When will Americans realize that

"violence" is a non-solution? I am basing this on the belief that the means for acquiring health insurance and decent housing and most other necessities of life were never part of the Big Three. Nor was it in the interest of the poor or the rich. So, as long as the millions of people we call "the poor" are not interested in being "wealthy" or "well-off", we will never have the interest first. At the very least, we need to have a sense of our own interests first. We need to pledge ourselves to a political consideration of the 'public interest. A few things to think about the need in which you do not want to see in the world. But don't assert your lifestyle as

We care about Payson

"can this man save Portland's pride?" (June 3, 1996) was an amazing article in the Portland Press Herald. In it, Carolyn Cosby discusses the need for the city to promote it. The question "Are you a gay activist, or do you want to be one?" is a good one.

ACTIVIST NOTEBOOK

GET UP, STAND UP. The Northern American branch of the Children's Defense Fund is a driving force in the child welfare movement in America. What happens when a gay or lesbian couple on the streets in a city like Portland has a child? Is there an"It's

The Portland Police Department's gay and lesbian awareness program, "Gay and Lesbian Awareness Program (GLAP)" is a voluntary program that offers the opportunity for officers to learn more about the gay and lesbian community. By participating in this program, officers can increase their awareness of the issues faced by the gay and lesbian population and improve their ability to interact with this community in a respectful and professional manner.

When you're done breathing right, you need to start doing right. What can you do to improve your business? Start by helping others. If you're a public official, do something.

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When you're done breathing right, you need to start doing right. What can you do to improve your business? Start by helping others. If you're a public official, do something.
The new dining "season" seems to be"opening up, especially in the downtown area, where a lot of new restaurants have opened in the past few months. The city's food scene is always changing, and it's exciting to see what's new and different.}

For instance, the new restaurant "Squid" on Pearl Street offers a unique menu with seafood and innovative dishes. The "Chowder Shack" on Congress Street serves up delicious chowder and other seafood dishes. And "LaGalette" on Island Avenue offers a variety of pastries and artisanal breads.

In addition to these new restaurants, some long-time favorites have also reopened. "The Neighborhood Kitchen" on Congress Street has reopened under new ownership, offering a new menu and a fresh vibe. "The Afghan Restaurant" on Congress Street has also reopened, offering traditional Afghan cuisine.

Overall, the Portland food scene is thriving, with new restaurants opening every day. It's a great time to explore the city's culinary scene and try something new.
Prime cut

Fascist revolutionaries or industrial metal band? Washington, D.C.-based ACIDNAP fits both descriptions. With its second release, "Territory Means the Universe," Acide is tapping this trend to prove they have every bit of rock sensibility to back an original collection with Zimmers and Slim. Live from the Fox May 3 at 6 p.m., 31 Forest Ave, Portland, at 6 p.m. Nature opens. Ths. 85 (All ages). 7 9 - 1 1 - 7

9:15 PRIMAL
2:45 DEATH
12:30 GIANT PEACH
5:15 MRS. WINTERBOURNE (PG-13)
12:20 JAMES AND THE GIANT PEACH
6:50 DEATH
1:20 MRS. WINTERBOURNE (PG-13)
4:45 JAMES AND THE GIANT PEACH
9:20 MRS. WINTERBOURNE (PG-13)
7:10 PRIMAL
3:50 JAMES AND THE GIANT PEACH
7:20 PRIMAL
9:50 JAMES AND THE GIANT PEACH
6:50 DEATH
3:50 JAMES AND THE GIANT PEACH
9:30 MRS. WINTERBOURNE (PG-13)
12:35 DEATH
2:45 DEATH
5, 8:45 MRS. WINTERBOURNE (PG-13)
7, 9:20 JAMES AND THE GIANT PEACH
7, 9:20 MRS. WINTERBOURNE (PG-13)
3, 4:45 JAMES AND THE GIANT PEACH
11, 7:20 MRS. WINTERBOURNE (PG-13)
12:25 DEATH
2:45 DEATH

TUESDAY 10
The Big Easy with The Trembling Hands, Findling, Link Lightfield & The Rocketmen
The Spot

SATURDAY 11
The Fox

FRIDAY 10
The Big Easy with The Trembling Hands, Findling, Link Lightfield & The Rocketmen
The Spot

THURSDAY 9
The Big Easy with The Trembling Hands, Findling, Link Lightfield & The Rocketmen
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WEDNESDAY 9
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The Spot

THURSDAY 5
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The Spot
Moody blues

Despite the most aching survival and the Memphis soul-rock band The Grifters, this quartet is well into its light rock. Since 1986, they have worked on their third album, including The Grifters, a new one being released this month.

The Grifters, a soul-rock quartet from Memphis, has been around for a few years, but their latest album, "On the Outside," is quickly becoming a fan favorite. The group's sound is a blend of blues, rock, and soul, with a distinct Memphis influence.

On Sunday, May 14, the Grifters will be performing at the State Theatre in Portland, Maine, as part of their 2016 tour. The show will start at 7:30 pm, and tickets are available for purchase online or at the box office.

For more information about The Grifters and their upcoming shows, visit their website or follow them on social media.
Why You Should Buy Your Diamond Engagement Ring From Cross Jewelers

Cross Jewelers
970 Congress St., Portland
973-3037
open Monday-Friday 10-6, Saturday 10-5

When 20 gems we invite you to
which encircles the finger is called
a Teaching Jewelry Store: We have always found
ideal cut diamond gives you
The sale continues May
the

rest

and

the

[0x0]
Thursday 9 at The Eld, director of the Portland Center for Maine Studies, is a seasoned entrepreneur who uses his craft to reach cultural leaders. Join Eld and intercultural facilitator Paula Mendive and Mary Reardon at Portland's historic library to discuss Lydia Abbott Storytelling Festival, entertainment and tips on becoming a storyteller. At 7 P.M. in the Parlor, Free. Showcasing each day May 10 from 10 a.m. to 5 p.m., the latest and greatest in local sporting goods, LL Bean figures it might be wise to teach us how to use a canoe or two. That's precisely the reason for its free Canoe and Camping Expo, three days of talks, demonstrations and hands-on activities devoted to the art of having fun. The expo kicks off with "Camping in Sabotage" talk and slide show from Ovens and Back Story at the Conference Center, Casco St. Free, at 7 p.m. Events continue through May 12. Location: 801-841-9266 (ext. 666).

Sunday 12 owners are nice and so is the candy, but Portland Center Association members who may really want to perform itself...a deal with the "Master of Musical Misadventure" Victor Borges. After all, with his "good clean恶作剧" -- Bergy pretty funny. At the Gulf Center, at 7 p.m. 874-773 13 Tuesday 13 The final stop of the Monday theater Jim Van True. "The Kingdom," has been called "sort of 90's soap opera" in an unvarnished Capefighter hospital. "The Kingdom" is a satirical look at the world of television and filmic production. Complete with unapologetic nudity, poorly written dialogue, and lots of high moments left to perform surgery unassisted. At The Movie, 35 Exchange St., at 8 p.m. May 1-14. Call for time. 840-7176.

Tuesday 14 Maine College of Art graduating class presents its work for public scrutiny in a big, bright Senior Art Exhibition. With work ranging from oversized installations to tiny, intricate painted woodcuts, the show offers the same grand of MECA's seven disciplines. Join students and faculty for a reception, May 11, from 5-7 p.m. at the Baxter Gallery, 69 Congress St. Tuesdays through Sat., 9 a.m.-4 p.m. The exhibition opens through May 31, 11:30-1:15.

Wednesday 15 The Mighty Booshes are variously described as comic-constructionist hybrid that has drenched op-ed and commentary pages in its surrealistic pop but has only lasted a few years,,I thought and looking at all times. But don't let us tell you that -- go check out Dicky and the boys for yourself. At the State Theater, 8 Congress St., Portland, at 7:30 p.m. The $25.70, $15, (10) children. 871-1212.

Thursday 16 Spring is in the air, so it's fun to find things that make you smile. The irony is that, like a flower, a postcard still looking crisp with the stores somewhere, there are many hands at work. Seedling Plant Sale, when you make your garden, plants, vegetables, funding policy and priorities. Sponsored by "The Seedling" the Eleanor Peter Center, work talks every program. At 8 at 8:30 p.m.-6:30 p.m. Also May 17 from 6 p.m.-8 p.m. "Women and Villagers," a program based on the life of author Jonathan K. Sherman. At 420 Congress St., Portland, at 6 p.m. The $15. 799-7337. "Saturday 18" is a small group of people calling their show, "The Something Other than Forever" they're working to make more people who appreciate it. Carl Orr, "Carmella Burns" and "Sasha Dots" latest effort. At State Street Church, 133 State St., at 6 p.m. Featuring a special appearance by the Boys and Girls Choir of Maine. Tickets $10-15.
There are extraordinary stories of women running against the "pull of the mean." One prime example, close to us here in southern Maine, was the late Nan Gulliver, a 50-year-old farmer's daughter, who was known for her strong will and independent spirit. 

Nan goes on the road to listen, and the women she meets show her the many ways they find strength and sustainability in their lives. She features women growing food, making art, and living off the land. 

The women in Berg's novels do not fare as well as the women, but most often their faults can be traced to their own self-centeredness. As Berg writes, "I'm not suggesting that men are entirely innocent, but they have a way of getting away with bad behavior that women don't." 

Ute Pippig's "Women Like The Moon" is a solid collection of ancient archetypes. Rather, she writes, "I believe the sounds weren't coming out of my eyes, out of my ears, from beneath my fingernails. "The howling is menopause, and it prompts her to put down her hoe and ask any woman I find there, 'how are you doing? No, but really. How are you doing?'" 

From the road that he's not a total write-off - perhaps, he laughs, "I'm not sure I understand all the babble about that completion of ancient archetypes." He then goes on to say, "In my own life, I don't know how much a woman is worth to a man. I don't know how much a man is worth to a woman." 

Neither does the author. "It's not always a woman who shares with me. It could be a man. I've never been fascinated by friendships between women. In my own life, I've been associated with them, meandering around them, often saved by them."

The men in Berg's novels do as we all do as we meet, "It's a matter of anecdotes, of conversations, of talk."

The author's husband, Marcia, is a "Woman Who Ran With the Writers" and is a "woman of great kindness and passion."

Nan goes on the road to listen, and the women feature stories of women sharing with one another, especially with their friends. She shows that there is more to life than just the "pull of the mean." 

The story of Nan's life is a true tale of strength and sustainability. She is a woman who shares with others and is a true believer in the "pull of the mean."
Twists of fate

Oak Street’s “Safe Sex” surveys the landscape of gay life and AIDS

Under wraps: Oak Street’s “Safe Sex”

M ary Stamatel

It’s easy to be strung back to the past in a vehicle that doesn’t exist any more—like a time machine. Most everybody—like Chrome included—who lived through the 80s, knows just how dangerous, how fantastic, how serious they were. You might have started Rage Against the Machine programs, big hair, and, certainly, AIDS.

Nobody’s memories have been hardened quite like those of gay men, who found themselves at a precipice. Some were in the eye of a storm. “Safe Sex,” Harvey Fierstein’s 1987 play that won the Tony award for Best Play, is about the story of one man’s journey.

The play’s three segments move from the tuneful to the surreal to the sexually explicit. The first act, about a new AIDS patient (Ron, bearded, paunchy and neurotic couple), is set in a see-saw for most of their dialogue, with characters’ sentiments if a trace of passion, no-regrets look at gay life and AIDS, a celebration of love that makes it possible to connect. In the early moments, the audience this spat is a bump in the road. The second act, about the AIDS patient and his partner’s ex-wife, Marion (Harlan Baker) and Lisa (Michaela McDonald), is about navigating the landscape of AIDS. It’s a love story that gets to the heart of the human condition. The final act is set in the strange land before the house lights rose and people went home.

The play is set in the strange land that doesn’t exist any more. The audience this spat is a bump in the road. The second act, about the AIDS patient and his partner’s ex-wife, Marion (Harlan Baker) and Lisa (Michaela McDonald), is about navigating the landscape of AIDS.

Some of the best moments come at the end. Ghee (Harlan Baker) and Mud (Michaela McDonald) are a couple with real reach and occasional humor. The two men share a bed, and share their passion for the disease. They get to the heart of the human condition.

Yes, you may—take two giant steps forward and visit The Resourceful Home. We’ve got all kinds of gifts for men on your special day.

Our organic cotton or summery clothing has begun to arrive, or this might have a home. The house was made from ceramic tiles or something line along with a piece of your favorite material. If you are ready to shop, please contact us at 767-8113 for more information.

Mother, May I?

The Resourceful Home

107 Commercial St., Portland, ME 04101

The single dad

Roadside 2-6 person. backpacking, mountaineering, and family

Bike up and delivery!

Casco Bay Weekly

Welcome to Casco Bay Weekly!

Now and next: Along with our new and exciting sections, here’s a list of some of the events that are coming up.

For the Portland Daily News

Playthings for People Kites: Windsocks: Banner: Fun & Games: Specializing in unique, eye-catching, and portable outdoor toys for kids and adults.

388 Forest St. Portland (in the fast food section of the Old Port)

0829-011

Full menu & Great Cocktails served from dawn to dusk.

Mixing good people, good food and good drinks for 18 years.

Still serving the Best Steers In Portland...

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Getting on the Web: Navigating

This is the last in a three-part series on finding your way around the World Wide Web.

Okay—you've bought the computer and signed up for an Internet account. Now what? Let's assume that you're not using a commercial online service like America Online, but have opted to front the wild and woolly world of the Internet using a direct connection. You first need the software to connect to the Internet. This probably came bundled with your computer system (look for something with TCP/IP in its name) or your service provider gave it to you. If not, ask your provider where you can get it. Those ubiquitous browser/information-meeting meccas like Earthlink, often include a disc with connection software, or you can get it free from from. (This isn't illegal, much of it is, however.) You may find it confusing to make that first connection; be patient, and make good use of your service provider's technical support.

Once you've linked your computer to the Internet using the basic software, you need other programs to actually get the data and graphics off the 'net. The two most commonly used programs are email and Web browsers. Some Web browsers now incorporate e-mail software. Both of these are available free, either from your service provider or on the Internet itself. Earthlink is a world and popular e-mail program. A free version can be downloaded free at www.public.com.

Web browsers: You need software called a Web browser to traverse the World Wide Web. These Internet addresses are beginning with "http://" are Web addresses, and your browser will allow you to view and download the information. Before you can use the Web, though, you'll need a browser. A good choice is Netscape Navigator, which is available for free online at www.netscape.com. Another good browser for any computer is Microsoft's Internet Explorer, also available free online (www.microsoft.com). It's not quite as fancy or well-designed as Netscape Navigator, but it seems to run a bit quicker, or at least it seems that way on my Mac.

Navigating: Finding your way around the Web can be both fascinating and frustrating. It's fascinating when you're just zipping around exploring a new world. It's frustrating when you're looking for a specific bit of information.

Before you start, you'll need to know your computer's name) or your Internet service provider name. Consider this: you can download other programs to actually get the data and graphics off the Internet and try them out. The most powerful search engine today is Alta Vista (www.altavista.digital.com). The two most popular, most sophisticated browsers today are Netscape Navigator and Microsoft's Internet Explorer. Both of these are available free, either from your service provider or on the Internet itself. Earthlink is a world and popular e-mail program. A free version can be downloaded free at www.public.com.

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It's frustrating when you're looking for a specific bit of information. My advice is to spend a few minutes at your browser and try something new. If you can't get a certain piece of information, try something else. You may find that something else will give you what you need.

Another good browser for any computer is Microsoft's Internet Explorer, also available free online (www.microsoft.com). It's not quite as fancy or well-designed as Netscape Navigator, but it seems to run a bit quicker, or at least it seems that way on my Mac.

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