Conflicting messages from our bodies, and beyond:

Women vs. their bodies

By Kelly Nelson

A body is what we all first knew. We lived in a body while we grew our own. After those months inside a body there were the arms that enveloped us, the bosom that fed us, the form that protected us and told us everything was okay.

A body was everything.

But many women and some men spend years thinking their bodies aren't good enough. From somewhere outside of themselves they get a picture of how they are supposed to look, and they become alienated from their bodies. Their bodies become an embarrassment, a hindrance, a source of dissatisfaction and inadequacy.

Continued on page 6
Peoples Heritage

snags Sun Savings

On Sept. 17, Peoples Heritage, a subsidiary of the Maine Savings Bank, said that it had acquired the eight Southern Maine branches to the 14 branches Peoples already operates throughout Maine.

According to John Menario, Executive Vice President of Peoples, the bank didn’t pay the bulk of a $2 billion bid Sun Savings 12 people.pkl

The group will need to meet the Budweiser’s standards to remain open. Two save Sun Savings, Budweiser executives have agreed to purchase the remaining 17 branches for a total of about $2 billion in Sun Savings stock.

The deal, which will be converted to Peoples accounts, is expected to increase Peoples’ 14 branches in Maine.

Peoples remain the largest bank in Maine.

Turnpike-widening opponents seek referendum vote

Environmental groups opposed to the proposed widening of the Maine Turnpike between Portland and Scarborough hope to stop the project with a citizens’ initiative referendum question.

President Caron, executive director of the Natural Resources Council of Maine (NRCM), said a group is gathering signatures to propose a referendum against the widening project.

The coalition will meet an educational and signature-gathering effort, according to the group’s president, Portland’s Mayor.

The group is supported by 400 people.

To continue, please see page 5

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... Continued on page 5

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By Doree Silver

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Hats Off To...

Busch Light

I Bet You Didn't Know

By Sarah Spuhler

That it hasn't been built with a single punch from either man! .. It happened in a bout in June in 1989, according to figures from the State Department of Labor. At the bell, Milone rushed toward the ring so fast that he took down his opponent. Because one great beer comes to Maine Street '90.

SPEED SATIN PAINT

PREM...SATE SATIN

SPREADSATINSATIN

WALL PAINT

SAVINGS ON BOTH SIDES

OF ANHEUSER-BUSCH

Of course, that's also true of the competitors of Anheuser-Busch, but there's no question that Busch is the brand that comes to mind when we think of American beer. And that's what makes it so special.

The fact is, Busch has been the number one selling brand in the United States for over 100 years. It's a fact that's been verified time and time again by market research and sales data. In fact, according to figures from the National Beer Institute, Busch has been the leading brand in beer sales for over 50 years.

The success of Busch Light is due in large part to its delicious taste. It's a beer that's been crafted to be perfectly balanced, with just the right amount of hops and malt to create a smooth, crisp flavor that's perfect for any occasion.

And the success of Busch Light is only the beginning. It's a brand that's constantly evolving, always looking for ways to improve the beer that it produces. Whether it's adding new ingredients to the recipe or experimenting with different brewing techniques, Busch Light is always striving to be the best it can be.

But it's not just the taste that makes Busch Light so special. It's also the way that it's delivered. Busch Light is available in a variety of packaging options, allowing consumers to enjoy it exactly how they want to.

Whether you prefer a can, a bottle, or a growler, Busch Light is always there, ready to be enjoyed. It's a beer that's been designed to make every moment special, whether you're at home, at a party, or just hanging out with friends.

And that's not all. Busch Light is also committed to being a good neighbor. It's a brand that's proud of its history and its roots in the United States, and it's dedicated to giving back to the communities that support it.

So whether you're a long-time fan of Busch Light or you're just discovering it for the first time, know that you're not just enjoying a delicious beer, you're also supporting a brand that's committed to being a good part of the community.

Because that's what makes Busch Light so special. It's a beer that's always been there, always working to be the best it can be. And that's what makes it the perfect choice for any occasion.
Healthy, wealthy and wise

Health club discounts are now available to Blue Cross and Blue Shield of Maine and HMO Maine members. Ask your club in person or by phone. Or, send in the coupon below for a list of the clubs involved.

WOMEN VS. THEIR BODIES

Continued from page 3

I go alone to a dance club. It's a weekend night, not too crowded. There is another woman there by herself,

next to a man, she's just sitting there, up against the wall, almost lost in her thoughts. Then she gets up and starts

to dance spontaneously and so does she. Men are off to

dance, the girls they look at each other, and the more they

are around me. No one approaches her. No one dances. She

is my weight. I'm mine.

When she's in the right mind, manager Marylinke Visilly will call her. "Cindy, do you want to get just some fresh air in the sun?" Visilly, who wears a size 10 or 16, as she says, "It's hard to feel like we're a person."

Up until about ten years ago, being overweight meant, for one thing, wearing conserve: a coat, a skirt, a prefec

tor. A few department stores had a rack or two of larger sizes. Shopping was mostly done through catalogues. "You had to take what was there. I didn't have any big clothes," lamess Visilly. "My family was too large and we had to round out in paperback."

She's in a swimsuit at the Maine Mall. Big and Tall store near the mall, says when he was growing up, he only wore easy and flexible clothes and were looking blue eyes with orange piping. He combines the enthusiasm and luring of being in close to a cousin at JC Penney to ask for the catalogue with the bigger sizes. "It talks with you," he says.

In the past ten years, the number of stores selling only larger sizes has expanded. In that has some 30 stores big

The magazines also offer new hair styles, new clothes, new

"Patricia is a skinny girl on our co-ed team those are an involved Mid-western university. Everyone tells her to lose two pounds. She's very thin himself. She says, "I'm too thin."

People can't make it to every event. She says, "I'm too thin."

"Patricia is a skinny girl on our co-ed team those are an involved Mid-western university. Everyone tells her to lose two pounds. She's very thin himself. She says, "I'm too thin."

WOMEN'S HEALTH

Lifestyle Management

Blue Cross and Blue Shield of Maine

If you can't find the answer you're looking for, please see the "About our Health Club" section below.

Free Fitness Testing Week

September 17-21

Armstrong Fitness

Maine Mall

MORNINGTON

Friday - BEDROOM COMPOSITION

CITY OF CRISPIE

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Wednesday - STRENGTH

Thursday - FLEXIBILITY

Friday - BODY COMPOSITION

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Maine's largest and newest fitness center.

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WOMEN VS. THEIR BODIES

Continued from page 7

Women have always filled the roles of mothers. All around the world, women bear children, care for them, and prepare food. They have also been involved in politics, religion, and business. In recent years, women have been able to pursue careers in many fields that were once closed to them. However, women still face many challenges in the workplace and in their personal lives.

One of the challenges that women face is the pressure to conform to certain body ideals. This pressure can be especially overwhelming for women who struggle with body image issues. Some women may feel pressure to lose weight or gain muscle, while others may feel pressure to be tall or short.

Women who struggle with body image may also experience feelings of shame and guilt. They may feel like they are not good enough or that they are not worth loving. These feelings can make it difficult to enjoy everyday activities and to form close relationships.

Women who struggle with body image may also experience difficulty with self-care. They may avoid exercising or eating healthy, which can lead to further weight gain or loss. Women who struggle with body image may also be at risk for eating disorders such as anorexia or bulimia.

It is important for women to remember that their bodies are beautiful and unique. Women should be encouraged to celebrate their bodies and to take care of them in a way that makes them feel good.

In the next installment, we will explore some strategies for improving body image and reducing stress. We will also discuss the importance of self-care and the role of social support in improving mental health.

Light coffee and safe sushi

Raw coffee beans are rich in antioxidants that can help protect against cancer and other diseases. However, some people may experience nausea or other side effects from consuming large amounts of raw coffee.

For this reason, many people choose to drink a lighter, more refined coffee. For example, a latte may be made with a lower amount of espresso and milk, while a cappuccino may be made with a lower amount of espresso and milk, as well as foam.

Sushi, on the other hand, is a traditional Japanese dish made with raw fish and rice. While some people may be hesitant to eat raw fish, others enjoy the delicate flavors and textures of sushi.

In the next installment, we will explore some strategies for enjoying light coffee and safe sushi. We will also discuss the role of mindfulness and intentionality in enjoying these foods.

At Last! Hair Care That's Better Than Natural

Nature and science. Only System Biology captures the ideals of both to create a whole new level of beauty for hair and scalp. Come, discover the legendary powers of herbal remedies. In the unique spiking effect of System Biology, now that you have an option you can't live without.

ANNOUNCING THE RELAUNCH OF...

Mother's Day in Midst of COVID-19

Mother's Day, despite the global pandemic, is a time to celebrate the love and support that mothers provide for their children. In this issue, we will explore some ways to honor and support mothers during these challenging times.

In the next installment, we will explore some ways to celebrate Mother's Day in a safe and meaningful way.

We Care About Your Health

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We Care About Your Health
Again this year, we’re suffering from excessive plaque buildup.

• Season of the Year
• Best Seasonal News
• Best Special Sorghum

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Best Same-day Newscast
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The pumped-up home fitness market

QUARTERLY WELLNESS REPORT

The only difference between routine exercise and working in a warehouse is that in the latter case, you get to join in an union.

In a country that has developed to the point where its resources seem to be endless, it is not surprising that exercise, in all its forms, is the most popular leisure activity among the general public. This is not to say that exercise is not important, but it is clear that exercise is a means to an end, not an end in itself.

Included in the survey were all aspects of the fitness industry, from gyms and fitness clubs to home fitness equipment. The results were surprising, and it is clear that the fitness industry is in a state of flux.

The FiX

There are two types of fitness. The first is the traditional one-dimensional approach that is so common in gyms and fitness clubs. This approach is called the "FiX". It is based on the idea that exercise should be done in a specific way, and that the FiX is the only way to achieve fitness.

The FiX is the most popular type of fitness, and it is used by the majority of people who exercise. However, the FiX is not the only type of fitness. There are other types of fitness, and they are gaining in popularity.

The Flap

This is the other type of fitness. The Flap is a two-dimensional approach that is used by a small percentage of people. The Flap is based on the idea that exercise should be done in a variety of ways, and that the Flap is the only way to achieve fitness.

The Flap is gaining in popularity, and it is clear that the Flap is the future of fitness. The Flap is a more holistic approach, and it is designed to improve the quality of life for everyone.

The conclusion is that there is no one "correct" type of fitness. Each type of fitness has its own advantages and disadvantages, and it is up to the individual to choose the type of fitness that is best for them.

The pumped-up home fitness market

At a time when the fitness industry is going through a period of rapid change, it is clear that the home fitness market is also undergoing significant changes.

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**Entertainment Weekly**

The Casco Bay Weekly Calendar: 16 days and more ways to be entertained than you imagined. Be sure to check out our website: [www.cascobayweekly.com](http://www.cascobayweekly.com)

**The Casco Bay Weekly Calendar:**

- **13th**
  - **Thursday, September 12**
    - Significant news is in American history #1: Look at your copybook. Do you see China? In which year, you’ve got good eyes! Or just some fancy dictionary? Maybe you’ve got a paper period in which the students talk about the great Chinese letters and their history. Now, you’ve got a chance to see the students talk about the great Chinese letters and their history.

- **14th**
  - **Friday, September 13**
    - It’s Friday and time once again for those great old movies in WGBH channel 10! Classic film: The Shawshank Redemption starring Tim Robbins and Michael Rapaport. An aging schoolteacher is tasked by his unhappy wife, but takes the course in an attempt to save one of his students. The film is in at 11:15 pm. We recommend drinking your popcorn with lemon or any sauce. That’s, of course, if you handle the pumpkin.

- **15th**
  - **Saturday, September 14**
    - You will love it! Portland’s Farm Days! Learn all about 15th century New England life as you explore the upper reaches of the Penobscot River with guides from the Maine Audubon Society and the Fort Western Historical Society. Canoe will leave the Western Point at 9:30 am. The paddle pack for 30 minutes is for the twice daily pack. For a short tour of the farm, ask

- **17th**
  - **Tuesday, September 17**
    - Significant news is in American history #1. The Portland Museum of Art will show "Around Alone." The film that documents Maine’s own lone wolf, Dodge Morgan’s solo walk of the entire way into the wilds of Maine. "Around Alone" is shown as part of a run of 1-5 pm today and includes the exhibit "The Real Steve: Survival, Tragedy, Fictional Voyages," demonstrating how building and sea crafting, and a demonstration of the process of creating Historical Lightship Prints. All cars run with service advisors, which is $15. For more information, call 784-6156.

- **21st**
  - **Friday, September 21**
    - Do you want to be done? The life of a sophomore is lonely and difficult. While dance and music can provide significant stress, the social scene is also a major source of stress. So, get ready to be at the Fair. The Portland Mall parking lot. Today, it will be at 2:30 pm, so remember to be there! We’re waiting for you! To know how to get there, call 774-4318.

- **24th**
  - **Tuesday, September 24**
    - See "Want Some?" See Sept. 18.

- **25th**
  - **Wednesday, September 25**
    - **Cheap date: Cinema Classics**
      - Looking for a spectacular chance to see a classic film? Then come see "The Godfather" at the Portland Art Museum! The film is free and open to the public. It starts at 7:00 pm. Check out our website for more information.

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Entertainment Weekly

Monday, September 17

Open Mike Night
 hourly. Forty Five Ave., Portland, 870-3913.

Amateur String Night
 Tuesdays. $5 cover. Novello's, 259 Fore St., Portland, 774-3145.

Tuesdays, 8.

Movie Night

Luna Park Music Club

Wednesday, September 18

Dancing

FRIDAY, SEPTEMBER 14

Toni Evers
 4:00 p.m. Portland Community College, 1100 S. Portland Ave., Portland, 772-2000.

Saturday, September 15

American Art Ring Festival (annual)
 Portland, 773-6019.

Sunday, September 16

American Art Ring Festival (annual)
 Portland, 773-6019.

AUDITIONS

Wednesday, September 18

Libby Vic Claire (musical)
 Portland, 773-6019.

UPCOMING

Auditions for the Waterfront Playhouse's production of "Sunday in the Park with George" will be held on September 13 at 7:30 p.m. at the Waterfront Playhouse. For more information, call 780-5409.

School of Music Audition
 Portland, 772-5011.

ART OPENING

New Waterfront Playhouse's "Art"
 Portland, 773-6019.

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Barb Wilson
Manager

22
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(207) 774-8877

* 26+ Contributors * 36+ Services & Products

Saturday, September 22, 1990
7:30 P.M.
Free More Information Call Jeanne Ross at 774-8877 Extension 74

Auction will last approximately 3 hours.

Quinn Goes to the Dogs

My wife and I recently bought a house. That was the easy part. Picking up the puppy at the pound was when the real challenge began. I reasoned it was easier to start a new dog than a new job. Quinn (or what we thought was his name) came to the house on a Tuesday at 6:00 pm. After a night of excitement on the front porch, I was ready to call the pound for return. Quinn was anxious to adapt. He had been a little apprehensive, being uprooted by his owner, but he soon felt at home. The first order of business was a trip to the veterinarian. The vet’s best guess was that his name was probably Quinn. As we headed back home, I thought about the differences between a job and a dog. The dog didn’t have the stress of going to work, but he did have the challenge of adapting to a new environment. The job didn’t have the church or the library, but it did have the office and a place to work. The dog didn’t have a coffee break, but he did have a treat at the end of the day. The job didn’t have the responsibility, but it did have the opportunity to make a difference. The dog didn’t have the holidays, but he did have the companionship of our family. The job didn’t have the rewards, but it did have the opportunity to work towards a goal. The dog didn’t have the competition, but he did have the challenge of being the best he could be. The job didn’t have the fun, but it did have the opportunity to work with people. The dog didn’t have the pressure, but he did have the opportunity to enjoy the simple things. The job didn’t have the sleepovers, but it did have the opportunity to work towards a goal. The dog didn’t have the rewards, but he did have the opportunity to be happy. The job didn’t have the competition, but it did have the opportunity to work towards a goal. The dog didn’t have the fun, but it did have the opportunity to enjoy the simple things. The job didn’t have the pressure, but it did have the opportunity to work towards a goal. The dog didn’t have the sleepovers, but it did have the opportunity to work towards a goal. The job didn’t have the rewards, but it did have the opportunity to work towards a goal. The dog didn’t have the competition, but it did have the opportunity to work towards a goal. The job didn’t have the fun, but it did have the opportunity to work towards a goal. The dog didn’t have the pressure, but it did have the opportunity to work towards a goal. The job didn’t have the sleepovers, but it did have the opportunity to work towards a goal. The dog didn’t have the rewards, but it did have the opportunity to work towards a goal. The job didn’t have the competition, but it did have the opportunity to work towards a goal.
No FUN – Don’t call this be the friend. Take out a Portland ad and find someone fun to play with.

We’re not just another dating service – We’re the only service that guarantees your date will be here when you need her! We specialize in intimacy, privacy, discretion, and desire. The Dating Service That Drinks, Dances, Dates, Dress, Dines, Dances, and Dates Again. 

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Such a pretty puzzle to polish and put together.

Can you solve the Real PUZZLE? There’s a special announcement for you, and if you do it right, you’ll be rewarded! The secret behind this puzzle is hidden in the answers to the clues.

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