The mind-body connection is hitting the mainstream. A growing body of evidence is showing that the mind can help motivate and provide greater general health, stamina and performance in physical activities. In turn, exercise can increase relaxation and a positive mental attitude. For the average health club member as much as the Olympic competitor, relaxation and a positive outlook can be an integral part of wellness.

SPORTS GEAR

It used to be that you'd jog around your neighborhood in your sweats and an old T-shirt. But now "gear" is scientific: the laws of thermodynamics dictate that everything be streamlined and built for motion. Here's the latest laundry list in sports gear, everything from ankle weights and sports bras to heart-rate watches, hi-tech jump ropes and portable gyms.
**Updates**

**In the pound, Koplows dog's days may be done.**

As the pulp from David "The Dogman" Koplows Aug. 31st continued to hit the fan, city and county officials debated over its fate, with Koplows and his canine companion's well-being at stake.

By Sept. 2, when the city council ruled that Koplows would not receive the dog's usual allowance, the city's leash law was in question.

District Attorney Paul Aranson announced that Koplows's actions were not related to the Koplows's behavior.

Aranson, in a pre-trial conference, presented evidence that Koplows had violated the city's leash law.

Koplows, who has pleaded not guilty to the charge, said he would not contest the city's decision.

Aranson's decision was set to go into effect after the deadline for making the final call on Koplows and his dog. According to the city's policy, Koplows's case is under review by the city council, which would act on the case.

As for the future of the dog, Koplows said he would continue to take care of the animal.

Koplows's attorney, Mike Chitwood, said that the dog was not related to the charges.

Until Chitwood makes a decision, four of The Oregonian's dogs are still considered to be on "the list." Chitwood said that if the dog is not removed, it will be the last dog on the list.

Portland's homeless rest assured

With the nights getting colder and longer, the United Way has published an emergency food and shelter directory.

The directory lists places where people who are homeless or in crisis can stay. It includes Portland, Beaverton, and Hillsboro. The directory is updated every week.

People who are homeless can call 211 to find a shelter.

New parking rules around corner

On Sept. 6, the Portland City Council reviewed a new night parking plan for Portland which will change alternate-side night parking requirements.

The plan, which is expected to go into effect in September, will affect four streets in the city. The city says it will help reduce street cleaning costs.

Weird News:

- A 15-foot, 200-foot-long concrete wall is being built around a school in Boston, Mass. The $350,000 project is designed to keep out children who have been fighting at the school.

- A man is planning to run the New York City Marathon naked, according to police. The man, who has been arrested several times recently, is said to be a known problem at the event.

- A California man lost his sense of smell after being hit by a car. He is now suing the driver for negligence.

- A woman in California was charged with assault after she was caught on video shoving someone who was using a cell phone. The woman is accused of shoving the person to the ground and spitting on them.

- A New Hampshire man was arrested after he was caught on video kicking a dog.

- A woman in California was charged with assault after she was caught on video shoving someone who was using a cell phone. The woman is accused of shoving the person to the ground and spitting on them.

- A woman in California was charged with assault after she was caught on video shoving someone who was using a cell phone. The woman is accused of shoving the person to the ground and spitting on them.
A conversation with Sammy, the jaildog

Sammy is one of the six dogs belonging to Dan l’Herm, the Piperman. He bought Sammy to help with a project. Sammy has learned to do various tasks, such as finding the missing dog. Sammy is a very friendly and affectionate dog.

Have you noticed any changes in Sammy since you bought him?

Sammy seems to be more active and energetic since he was acquired.

Does Sammy enjoy playing with other dogs?

Yes, Sammy loves to play with other dogs and is often seen playing with them in the park.

Do you have any advice for someone who is thinking about getting a dog?

I would recommend that anyone considering getting a dog should first consider their lifestyle and whether they have the time and resources to care for a dog. Sammy brings a lot of joy and happiness to our lives, but it also requires a significant amount of time and effort to ensure his well-being.

TALK

by Truce Harbert

Sammy peers from behind bars.

The Incredibile

Taj Mahal

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SHOWCASE HOMES, INC.
After spending a day at the one-room schoolhouse on Chf island, Hannah took time out for a little looking with the local girls.

Building bridges

Hannah Holmes is leaving Casco Bay Weekly to seek fame, fortune and love in New York City. At this newspaper's first full meeting, the important part of making this paper what it is. The mañana's determination to learn things has made her; she found them - not just this paper but everything the world and in her heart. Hannah's parts thoughts are printed below. We miss her already; we'll love her always.

More power

VIEWS

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Each one of us is a natural healer. When we unlock the healer within us we begin a process that not only heals our body but also deepens our experience as a human being. The Beaker House is a simple yet powerful tool to help you know and see your own inner healer.

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WELLNESS

"Natural" food marketing

Natural. Old-fashioned. No Cholesterol. Combating words to read in the modern supermarket, once a stronghold of Top Tons, Spain and all sorts of other health-adventuring processed foods, but today, grocery stores seem different, have increased demand and the senior market at General Mills and Kraft. People are more concerned with pain-free, easy-to-prepare, easy-to-swallow, less-processed versions of nutritious, yet-processed foods.

Sure, it’s a stinger to believe that there is no such thing as "natural" food, but keep in mind that the food industry has been taking the "natural" bandwagon by storm, and it’s not necessarily all that natural.

The "natural" trend is largely a marketing strategy to appeal to health-conscious consumers who want food that is "natural" and "healthy." However, many "natural" foods are actually processed and contain added sugars, preservatives, and artificial flavors.

The "natural" label does not necessarily mean that the food is healthy. It can be misleading, and consumers should be aware of the hidden ingredients that may be present.

Food labeling

Ya might not have noticed it, but the consumer watchdogs at the Center for Science in the Public Interest (CSPI) have been keeping tabs on labeling.

The CSPI found that many "natural" foods contain added sugars, preservatives, and artificial flavors.

Food and drug administration (FDA) has issued guidelines for labeling, but the industry continues to push the boundaries of what can be labeled as "natural."

People are still confused about what "natural" means and whether or not it is worth spending more money on "natural" foods.

The "natural" trend has been criticized for its lack of consistency and lack of regulation.

"Natural" food marketing

"Natural" food marketing is a term that is used to describe food that is marketed as being natural, even though it may not meet the scientific definition of natural. The term "natural" is often used to imply that a food is healthy, but this is not necessarily the case.

"Natural" food marketing strategies include:

- Using pictures of nature or natural landscapes on food packaging
- Describing food as being "all natural" or "natural ingredients"
- Using language that suggests the food is healthy, despite being processed or containing added sugars

"Natural" food marketing is a lucrative industry, and companies are willing to spend large amounts of money to promote their "natural" products.

"Natural" food marketing can be misleading because it can imply that a food is healthy, even if it is not. It is important for consumers to be aware of the true meaning of "natural" and to read food labels carefully.

WELLNESS

WELLNESS is a rare feature appearing once in a blue moon in Casco Bay Weekly. WELLNESS is about how to stay healthy, fit, and vibrant in an increasingly stressful and unhealthy world. Casco Bay Weekly’s winter wellness issue online will appear on January 11.

Mind & body

The mind-body connection is hitting the mainstream. With a flurry of new articles, books, and therapy sessions, the mind-body connection is becoming more and more accepted by the general public.

"The mind-body connection is a concept that suggests a relationship between the mind and the body. This relationship is often referred to as the "mind-body connection.""

The mind-body connection is important because it suggests that what we think, feel, and believe can affect our physical health.

The mind-body connection is often studied in the context of mental health. People who have a positive outlook on life tend to have better physical health than those who are more negative.

The mind-body connection is also important in the context of illness prevention. People who have a positive outlook on life tend to have a lower risk of developing illness than those who are more negative.

Mind-body connection therapies include:

- Meditation
- Yoga
- Tai chi
- Mindfulness

The mind-body connection is a concept that is gaining more and more attention in the scientific community. The research on the mind-body connection is important because it suggests that what we think, feel, and believe can affect our physical health.
Hi-tech gear

Gear gear. What is it? The world consists of two types, official and unofficial. You know what you’re talking about. Grandpa’s gear, we’re not going to talk about that. Good gear. Is that the high fashion? Just about. It’s going to be a gear you’ll need. Your new neighbor in your new neighborhood, you need to go shopping. Good gear.

You might have heard about weight management, but don’t do sports or do sports on the weekends, they’re shaped to hold comfortably, and you don’t do sports, or do sports on the weekends, they’re shaped to hold comfortably, and you

What’s a Calorie?

We spend enough time counting them, talking about them and trying to avoid them, but what are they? No matter what the reason, the rules of calories are the same. If you want to lose weight, you need to eat fewer calories than you burn. And if you want to gain weight, you need to eat more calories than you burn. Calories are units of energy. They are used to measure the amount of energy that food provides. The term calorie comes from the Latin word caloricus, which means “heat.”

A calorie is the amount of energy required to raise the temperature of one gram of water by one degree Celsius. In the United States, the term calorie is often used to refer to the larger unit of energy, the kilocalorie, which is equal to 1000 calories. To determine the number of calories you need, you should consider your age, gender, height, weight, and level of physical activity.

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York University and Juilliard. He founded and directed the "ImprovSatellites" Improv Co. and was Artistic Director of the comedy club, "Who’s On First?"

This 10-week workshop begins on Saturday, September 30th. The workshop will expose the fundamentals of improvisational comedy. This relaxed participatory workshop is an excellent and enjoyable way for performers and non-performers alike to learn while increasing their confidence and spontaneity.

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PULLMAN

- The ban on beer near The Union of Maine Visual Artists and the Maine Project on Southern Africa are working to organize an art show on the theme of southern Africa. A meeting to begin planning the show, which will take place ...
SILVER SCREEN
Let's get lost
One Baker died in Am­

to the Great Wall of China, then the Great Wall of Becker. Becker was the one who knew Becker. Becker was the one who knew Becker. Becker was the one who knew Becker.

Fall Foliage Flights
Frank Ocean

ECHO
ECHO

LISTINGS
Compiled by Amy Silver

UPCOMING
9/14 SCRUFFY the Cat w/ Haven Moses
9/15 THE BAND THAT TIME FORGOTTEN
9/16 BIM SKALA BIM
9/21 JONES ES WINGS w/ Nat's People Gang
9/22 PHASH
9/23 ROCKIN VIBRATION
9/27 THE WAITERS
9/29 THE THROWING MUSES

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ART SEEN
by Sherry Miller

Evans Gallery shows Eliot Porter Fine arts photography

After 35 years, photography has assumed its own place in art. Portland has been treated to many photo exhibits in the past decade. Now Ibelieve single-handedly kept us going with his well-received exhibition at Woodstock College's Alumni
Hall until the school decided to make other use of the space. Then the Portland School of Art donated the downstairs gallery in the Studio building for photographers. The Portland Museum of Art has also mounted several excellent shows, including last year's outstanding feature show, "The Photographic Tradition." And now, the Portland Art to open the Evans Gallery at 7 Pleasant St. Sherry Miller and Arturo Canetti's "The Inter
twined show features works by the world renowned Eliot Porter. Evans is showing two portfolios: "Trees" and "Contact Prints," and offers many reproductions of his work. The simply-framed prints line the white walls of the 460-square-foot gal-

Eliot Porter belongs to the first generation of color photographers. In America, he pioneered the new medium with a process which won the prize at the first show. Dye transfer, the most permanent of all the print techniques, is now available to anyone with a camera, but because of the time and cost involved, many photographers have abandoned it. In the 1960s, there were only a few dozen photographers practicing in the field, and most of them were working in black and white. Now, in the 1980s, there are thousands of photographers working in color, and many of them are using dye transfer. But even now, the process is not widely known. Nor is it often used by professional photographers. This is because the prints are often too subtle and too muted, and the colors are not as vibrant as those of other processes. But in the hands of a master like Eliot Porter, dye transfer can produce stunning results. Porter has been working in the medium for over 30 years, and he has mastered the techniques of lighting, composition, and printing. His prints are characterized by their rich, saturated colors and their delicate, almost ethereal quality. The "Trees" portfolio features landscapes, many of which are from the Sierras. The "Contact Prints" portfolio includes portraits of friends and family, as well as images of nature and architecture. The prints are strikingly beautiful, and they are a testament to Porter's skill as a photographer. The Evans Gallery exhibition is an excellent opportunity to see some of the best dye transfer prints in the world. I would highly recommend it to anyone interested in photography.
"Age is nothing to me, as long as I can ski. But if I don't ski, I don't want to do anything." A famous person once said that.

A lot of Maine's famous people of age 55 and older will be featured in the third annual Maine Senior Games. Senior games are important because they promote good health and shape.

Val Dallos, 75 year old woman, has been voting for women's rights in all areas of the political landscape for these Games. In past events she has won gold and bronze medals. Now she is content to pass the torch in to other proud and willing stars.

The Maine Senior Games are hosted by Maine's Lifeline center. A famous person once said that. A lot of Maine's famous people of age 55 and older will be featured in the third annual Maine Senior Games. Senior games are important because they promote good health and shape.

More Off the Wall

MORE

off the wall

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4th Prize - A New Staging - good for many jobs
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Note: We reserve the right to limit quantities.

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Sale ends Saturday, Sept. 16th through Saturday, Sept. 23rd.
Note: We reserve the right to limit quantities.

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7:30 - 5:00 M-F, 8:00 - 1:00 Saturday

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