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Unconventional Treatment

Alternative medicine fights for respect in Portland.

Jason Wilkins' story starts on page 12.
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Blair Wardrop, 29, of Portland, is a pilot with Commutair, an independent airline that shuttles passengers between small and large airports for U.S. Airways Express.

Are you shuttling your pants the first time you flew solo in high school?

Yes, you're damn straight, man. I kept on looking over and there was an empty seat over there where the instructor used to be sitting. I was like, ‘Man, all right, man. It’s up to me now. Remember this procedure, remember that procedure.’ I look back on it now and the airplane was so simple compared to what I’m doing today. But still, back then, you know, for an 18-year-old in high school that was a big accomplishment to do a first solo.

What was your first job after college?

I was very fortunate. My first job was a corporate flight posi-
tion. I was a copilot for a corporate jet. I cut my teeth in corporate who was on us. Vietnam pilot and test pilot for Focke-Wulf, amongst many other things. The guy really took me under his wing, and I worked there for about a year and a half... From there, I moved on to being a 757/767 check out of Grand Rapids, Mich. — going to work at 6 p.m. and coming home at 1 a.m. Sure two-waiter and one-dinner service in Grand Rapids. It’s a little bit of a different world than commutair.

Is it true that flight attendants ‘ain’t nothin’ but waitresses’?

No, that is not true. A lot of people think that. It’s a big mis-
conception. Flight attendants’ only purpose there is for the safety of the passengers. However, on longer flights they do serve drinks and they do serve meals. Their primary function aboard an airliner is for the safety of the passengers.

TALK
A CONVERSATION WITH
BLAIR WARDROP

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As I watched recent news coverage of Al Gore and George W. Bush parading through public schools in Lewiston and Portland, I couldn't help but wonder. Don't we have enough security to keep cops like these away from our kids?

I realize both candidates have been at the center of deep and abiding concerns about education that can only result from a lifetime spent playing political numbers and focus-group results. They know the issue of improving test results isn't one they play well with the middle-of-the-road voters that will decide this presidential election.

But even the most cynical among us would think both Bush (don't take illegal drugs, especially if you're a Democrat) and Gore (I don't take legal drugs) would be interested in using students and teachers as props for their deliberately scripted photo ops.

Then I see a Casco Bay Family High School assembly, dramatically plugs his Web site in a speech to a 14-year-old carried over by the Lewiston Sun Journal as "cost at first. Then it just gets boring."

There's Bush at Lyman Moore High School in Portland, telling the kids: "We're going to put the campaign in your hands."

That seems straightforward enough on paper, but translated into reality, it creates some interesting zigzag patterns.

The explanation for this seeming inconsistency lies in Eaton's political affiliation. He's an independent, so he's not beholden to anyone but himself. That seems straightforward enough on paper, but translated into reality, it creates some interesting zigzag patterns.

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Open-and-shut case

It seems only yesterday I was being marched from the stage of opulent ball and seat clanking and gleaming down the aisle (I made marinely my name, don’t I?) to the back of the church and I was politely exposing my body to the wedding audience.

You may wonder what our first year of marriage has taught me. Well, at first, I had to be careful not to say things like “the best day of my life,” because it just lends itself to “the most exciting” or “the most fun” or “the most memorable” of all time. I was not, and do not mean, to imply that anything that happened was not exciting or anything that happened was not memorable.

But I’ve also discovered there’s more to sharing your life with another person than meeting impossible promises, promises. Marriage, I have found, is a journey, a windswept journey of the heart. Along the way, deficiencies that you were able to hide from others, and even yourself, in your solo life, are laid bare. Your weaknesses, which you believed were hidden, are laid bare, too. You learn how to say things like “my husband and I,” instead of just “I” and “me” and “us” instead of “we” and “us.”

For someone who lives and breathes the first person singular, it was not easy for him. I knew I had to respond, and fast, but considering this man cleans up after himself, likes to grocery shop and cook dinner, is not afraid to pick up a vacuum cleaner or mop and always puts the toilet seat down (yes, he’s opposed to sitting on the toilet), I was an utterly small, pathetic human being. I knew my defensiveness had to go. Perhaps the most difficult fact I had to face about myself in this last year is that I am a person who has trouble with closure. The truth is, I had no idea. Not until my husband pointed out this problem did I recognize it and see what kind of impact it was having on our lives.

Standing there at that moment, with arms akimbo and my chin jutted out, I was an utterly small, pathetic human being. I knew my defensiveness had to go. For the sake of my job to undo it. For the sake of my marriage to undo it.

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 Strictly from Hunger

Skip Matson is good at getting grant money for his food program. But he’s not so good at buying food to provide it.

By ALLAN DARMAUGH

As a result of a village food pantry project, the Portland Community Food and Nutrition Program (PCFNP) may be expanded to include a new full-time community services director. The program, which has been in operation since 1977, provides food and support to those in need of assistance.

The PCFNP is a nonprofit organization that provides food and support to those in need of assistance. The program has been in operation since 1977, providing food and support to those in need of assistance.

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Okay. We like sports as much as the next guy. But we believe the world needs a bit of clarification on exactly what constitutes talking about those channels that get so programming they bumblehead bring us the greater--

<!-- Image of a magazine page -->

Casco Bay Pilsner. Where's yours?

FROM SEPTEMBER 21, 2000
UNCONVENTIONAL TREATMENT

Alternative medicine fights for respect in Portland

JASON WILSON

It was 1984, and Jade Angelica was in serious pain. As a schoolchild, she had suffered from seven years' chronic pain related to menstrual disorders. She tried several medicines. None worked. One day, a doctor suggested Angelica try acupuncture. "I don't think it'll work for you," she says, but the acupuncturist did her work anyway. "Why not try acupuncture?" the doctor asked. Angelica was skeptical, but didn't want to try anything else. The pain was too much. She decided to give it a try.

Jade Angelica went to a homeopath and was given a natural substance called folliculinum, derived from a plant. "It did work," she says. "I felt better." But she still didn't trust homeopathy. She was skeptical of the entire idea of alternative medicine. "I can't believe how great it is," she says. "I was in terrible pain, and it worked." Angelica later went to the Portland Acupuncture Institute, where she learned to do acupuncture herself. "I didn't know what I was doing," she says. "But it worked." She soon became a licensed acupuncturist and started her own practice.

"I think people are more open to alternative medicine now," she says. "I've seen a lot of clients who were skeptical at first, but they came back for more. It's really helped me."

精神治疗

当周玛丽安和她的朋友一起散步时，她说：“我不喜欢被别人控制。”然而，当她听到玛丽安的情况时，她决定继续治疗。她走在路上的旁边，任由麻雀在她的肩膀上跳跃。然后，她决定在海边的沙滩上坐下来，开始谈论她的病情。当麻雀飞走时，她站起来，继续她的散步。当她走到海边时，她看到一只海鸥在飞翔。她停下来，欣赏着海鸥的美景。然后，她决定在海边散步。当她走回小径时，她看到一只猫在路边的草地上睡觉。她停下来，看着猫。然后，她决定继续她的散步。当她走到家门口时，她看到她的朋友正在等她。她微笑着，和朋友们一起回家。

big bucks

The field of alternative medicine has moved closer to the mainstream as it has become more lucrative, and as its practitioners have begun to organize. True, some still work alone, using a spare bedroom as a healing space. But places like the Full Moon Healing Center in Portland offer one-stop shopping for the open-minded health-care consumer, housing a customized aromatherapy blend, one designed to restore balance in the body. Abramson can help such people by providing them with a customized aromatherapy blend, one designed to restore balance in the body.

Rachel Morrison, a client of Abramson's, says she has some idea of what you need to put into your body and what to put into your mind. "My body is a temple," she says. "I give it what it needs."

"I believe that a treatment improves health when, in fact, it doesn't work," she says. "I've seen people who were helped by acupuncture, but I've also seen people who were not. I can believe that a treatment improves health when, in fact, it doesn't work." She charges $75 per hour.

"It's this type of attitude toward results - it's up to the patient, each treatment can be different - that drives those who use it," she says. "We respond to market needs," Lewis says, "but we've not seen overwhelming demand for alternative treatments." According to Anthem's spokesperson, Beth Shorr, speaking for Anthem Blue Cross and Blue Shield of Maine, says her company won't rule out the possibility of covering alternative treatments. "We consider new treatments on an individual basis," she says. "We respond to market needs."
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If you were to decide to contribute to the Portland Community Action Society, you might consider giving to the Portland Food Program (PCFNP). The program director, Andrew Matson, has used PCFNP to raise money for charities from federal assistance to low-income residents of Portland. However, there are concerns about the program's efficiency and effectiveness.

Matson created this program in 1986 to provide food to the elderly poor. His program makes donations from other agencies that are not connected to PCFNP. Matson assumes that Matson's group is spending a lot on money an administration than on food. However, since July 1, 1993, and June 30, 1996, the food back to $6,000 in 1985 and the food back to 25 cents per pound, so that Matson's program is not as efficient as it could be. Matson has since expanded the program that raises money for charities from federal assistance to low-income residents of Portland. But it's not just PCFNP's high overhead that is troubling. Between July and September, congressmen Tom Allen and John Baldacci have examined all aspects of developing and reevaluating this program. If the food back to $6,000 in 1985 and the food back to 25 cents per pound, then I expect for him to be more appealing his business. But I cannot agree with that idea — or that anyone else.

Joe Lashinger
Portland

Keeping kids out
I am writing to you to write an article on the Portland Community Action Society (PCFNP). It's puzzling why an organization as inefficient as PCFNP was able to obtain a grant. If kids were given a chance to participate, how would they have a say? Understanding that PCFNP's services are not being used to the fullest extent, I want to know that they still want to participate in the program. But until their voice is heard, how can we ever expect that they want to participate when they face to get the food back to $6,000 in 1985 and the food back to 25 cents per pound.

David Tyler

Church is antihuman
The Catholic Church in Portland is antihuman, but I am not one to say that we should be against it. The Church is antihuman, but I am not one to say that we should be against it. However, I do not support the Church in Portland. But I am not one to say that we should be against it.

Aaron Paslen
Portland

No second chance
Despite more than 20 years of political efforts to change Maine law, discrimination against gay and lesbian is still legal in this state. A winning yes vote on ballot Question 6 in the November election will make it illegal in Maine to discriminate against a person or any entity or to be a place of public accommodation because the person is believed to be gay or lesbian. The House Committee on Judiciary — the only one that deals with this issue — has not passed any legislation for years to come. We will not have another chance for a long time.

Susan Ferris-Ford
Executive Committee Member
Yes on 6 for Equal Rights

Towing, not sweeping
We have a weekly paper here because it is very popular — not just in Portland, but in the whole state. It is very popular because it is not just about what is happening in Portland, but about what is happening in Maine. We have a weekly paper here because it is very popular — not just in Portland, but in the whole state. It is very popular because it is not just about what is happening in Portland, but about what is happening in Maine.

The real scandal is also that women are forced to subsidize this stuff, since the churches do not pay property taxes.

Aaron Paslen
Portland

China blues
China is not the "use to the Portland" portion of the leg. 21 of China, I would have to say. Japan was the country to be eliminated in the United States a winning situation? The Portland group is not very interested in eliminating jobs here just to increase profits and lower prices. I would hope that Sen. Glick has examined all aspects of developing and reevaluating this program. If the food back to $6,000 in 1985 and the food back to 25 cents per pound, then I expect for him to be more appealing his business. But I cannot agree with that idea — or that anyone else.

Susan Ferris-Ford
Executive Committee Member
Yes on 6 for Equal Rights

CBW

Why does the city of Portland have brick sidewalks that are so much a major hazard to those using wheelchairs, pushing baby carriages or riding bicycles?

Peter Delvin, spokesperson for the Department of Public Works, said some Portland neighborhoods have brick sidewalks for "esthetic reasons." But the city is aware of the problem of the large size of the bricks. "The city has tried, however, to use smaller bricks in areas where they are needed."

This question seems to be asking for a solution to the problem of large sidewalk bricks. However, the city's current approach of using smaller bricks in areas where they are needed may not be sufficient to address the issue completely.

Valerie de la Frestande
Portland

CBW
In the southern Maine mating marketplace, it's still the rich and powerful male who decides who's hot and who's not.
Richard Buckner performs his original score at the Center for Cultural Exchange on Sat, Sept 23.

Fish music: Comes in several forms. There's the simple, soothing sounds of Mendelsohn's and Delius's. Then there's the music with self-love and self-righteousness of the Jude Guts and Art Bell. Then there's the music of singer-songwriter-guitarist Richard Buckner, however a mixture of music. The music was the ideas of American, was and was born was through which, through a variety of means, various compositional influences were redefining. The music is a redefining, redefining on which the music is a redefining, redefining on which the singer-songwriter-guitarist Richard Buckner's "Sea Asks Artifice" into an 10 past works performed using open instrumentation. His song, no drums. The music song titles are on the Sat, Sept 23 at the Center for Cultural Exchange, 131 Pendleton St. Portland at 8 pm. Info: $10-$15, 21+.

MUSIC

Thursday 21

The Mill

Terry, John, Adam, Gigi, Ali, Z, Lisa, Shy, Maurice, Jamie, Mark

1211 NW Couch St

7PM-2AM

Dance 7 days a week.
See our club listings.

The Skinny

1/2 Off Station Comedy Show. See coupon.

Friday 22

The Mill

Terry, John, Adam, Gigi, Ali, Z, Lisa, Shy, Maurice, Jamie, Mark

1211 NW Couch St

7PM-2AM

Dance 7 days a week. See our club listings.

The 90s

1208 NW Couch St

7PM-2AM

Dance 7 days a week. See our club listings.

Saturday 23

The Mill

Terry, John, Adam, Gigi, Ali, Z, Lisa, Shy, Maurice, Jamie, Mark

1211 NW Couch St

7PM-2AM

Dance 7 days a week. See our club listings.

The 90s

1208 NW Couch St

7PM-2AM

Dance 7 days a week. See our club listings.
**Friday-Sunday, September 22-24**

**Common Ground Country Fair**

The goal audiences of the Common Ground Country Fair are adults, families, and children. The festival is a celebration of rural traditions and contemporary agriculture. It's the perfect place for families to enjoy a day of food, fun, and music in a beautiful natural setting.

**Friday, September 22**

**Grand Illusions, Too!**

The performers and participants "will be similar to the previous year, with a focus on the theme of illusion and magic. The event will feature a variety of acts, including magicians, illusionists, and other performers.

**Saturday, September 23**

**Maceo Parker**

Maceo Parker and his band will be performing in the Cumberland Room of the University of Southern Maine's Faculty Concert Series at Corthell Concert Hall, USM's Gorham campus (8 p.m./$10, $7 students).

**Sunday, September 24**

**Spirit of the Dance**

The producers of "Spirit of the Dance" would like you to know that this is a production that features dancers performing together in a theatrical setting. The show features a variety of dance styles, including contemporary, hip-hop, and ballet.

**Quick Picks**

**THURS., SEPT. 21**

- **Maceo Parker and the Charlie Kohlhase Quintet**
  - **8 p.m.**
  - **Park Hotel's Cumberland Room on Fri., Sept. 22. No, we're not in drag, too, Jerry!**
  - **8 p.m.**
  - **Park Hotel's Cumberland Room on Fri., Sept. 22. Yes, we're still in drag, Jerry!**

**SAT., SEPT. 23**

- **Remember how to fight the cancer steering anymore? The Casco Bay Weekly recently found the "Spirit of the Dance" at the Portland Performing Arts Center (6:30 p.m.).**
  - **9:30 p.m.**
  - **Park Hotel's Cumberland Room on Fri., Sept. 22. Were not in drag, too, Jerry!**
  - **9:30 p.m.**
  - **Park Hotel's Cumberland Room on Fri., Sept. 22. Yes, we're still in drag, Jerry!**

**MON., SEPT. 25**

- **The Early Mechanics**
  - **8 p.m.**
  - **Park Hotel's Cumberland Room on Fri., Sept. 22. No, we're not in drag, too, Jerry!**
  - **8 p.m.**
  - **Park Hotel's Cumberland Room on Fri., Sept. 22. Yes, we're still in drag, Jerry!**

**Wednesday, September 27**

**Michael Patermini**

Local author Michael Patermini will be presenting his book "The Red Man's Tale" in the Portland Public Library's Lunch Lecture Series. The event will take place at noon-1 p.m. Free.

**Saturday, October 15**

**Studio Show**

Featuring the Potters & Jewelers of Portland Pottery

**Sunday, October 22**

**The Charles Kohlhase Quartet**


**Monday, October 23**

**Sarah Ross**

Sarah Ross will be presenting "The Red Man's Tale" in the Portland Public Library's Lunch Lecture Series. The event will take place at noon-1 p.m. Free.

**Saturday, October 28**

**Jazz Friday Night**

- **9 p.m.**
  - **Park Hotel's Cumberland Room on Fri., Sept. 22. No, we're not in drag, too, Jerry!**
  - **9 p.m.**
  - **Park Hotel's Cumberland Room on Fri., Sept. 22. Yes, we're still in drag, Jerry!**

**Sunday, October 29**

**The Charlie Kohlhase Quartet**


**Monday, October 30**

**Sarah Ross**

Sarah Ross will be presenting "The Red Man's Tale" in the Portland Public Library's Lunch Lecture Series. The event will take place at noon-1 p.m. Free.

**Saturday, November 4**

**The Charles Kohlhase Quartet**

GOOD GOD!

...have you heard the music at State Street Church's late morning service?

Worship with Wow.
Informal, interactive.
Church for people who don't like church.
11:30 A.M.
Every Sunday.

STATE STREET CHURCH
159 STATE STREET, PORTLAND • 774-6396

Newly Opened!
River Yoga and Movement Center

Gail Black has opened a yoga studio in the basement of the Portland Trust, located at 159 State Street. The 1,300-square-foot studio is a mosaic of colors and fonts. A member of the Portland Yoga Association, Gail offers classes at all levels. The center is open to the public.

OPENING HOURS:
Mon-Thur: 4:30-8:30 pm
Fri: 10-7 pm
Sat: 10-7 pm
Sun: 10-5 pm

River Yoga and Movement Center
80 Bridge Street, Suite A20
Woodfords, 207-947-2189

www.riveryoga.com

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Hunt's
Opens Satellite Store
South Portland Opens!

Methuen, Mass., August 30, 2000--Jack Farber, president of Hunt's Plum & Video--one of the country's largest retailers of photographic, video and digital imaging products--has announced the opening of its fifth store. The new store is located in the Mall Plaza, 220 Maine Mall Road, South Portland, ME 04106. The 3,600-square-foot store carries the largest selection of photographic, video and digital imaging products and has direct access to more than 100,000 photos, digital, and video products--from over 200 different suppliers--stocked at Hunt's flagship store in Methuen, Mass.

"A New England tradition has come to Maine," said Farber. "Hunt's has been in business since 1989, and at last, our loyal Maine customers have had their request honored with our new store opening. There's a genuine need for a large, service-oriented photo retailer in Southern Maine. This new store will enable us to better serve our Hunt's customers," Melody Ryan has been appointed manager of the South Portland store. The store opened for business on August 12, 2000. A grand opening celebration is scheduled for September 13, 2000.

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BOGUSIA'S

RESTAURANT & DELI

Polish Cuisine

When most people think of Polish food they think of kielbasa, sausage, or perogies. At Bogusia's, we think of much more than that. Our Polak style foods are delicious, healthy, and full of flavor. Our menu includes a variety of dishes from Poland. From our traditional polonaise to our more modern dishes, we have something for everyone.

DANCE

"Nuts at the Bar" by the New England Tap Ensemble

The Portland Tap Ensemble is a group of dancers that perform in the style of Irish tap. Their performance includes a variety of traditional and contemporary Irish dance moves, including step dance, clog dance, and sean-nos. The ensemble is known for their energetic and dynamic performances, and they are a popular choice for weddings, parties, and other special events.

PERFORMANCE

"Theater" by the New England Tap Ensemble

The New England Tap Ensemble is a group of dancers that perform in the style of Irish tap. Their performance includes a variety of traditional and contemporary Irish dance moves, including step dance, clog dance, and sean-nos. The ensemble is known for their energetic and dynamic performances, and they are a popular choice for weddings, parties, and other special events.

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Maine Wedding Association

2001 Maine Bridal Show - Schedule of Events

Portland, Maine
Holiday Inn By the Bay
6th Spring Street, Portland
"10th Annual Maine Bridal Show"
January 4th & 5th, 2003
8 a.m. to 5 p.m.

Bangor, Maine
Spectacure Events Center
101 Cohen Road, Bangor
"8th Annual Maine Bridal Show"
January 13th & 14th, 2003
10 a.m. to 5 p.m.

Augusta, Maine
Augie's Army
799 Western Avenue, Augusta
"3rd Annual Maine Bridal Show"
January 28th & 29th, 2001
10 a.m. to 5 p.m.

Bridal Show
Admissions are $5.

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From PMS...
Through Menopause...
& Beyond

Women Navigating Toward Wellness Using Herbs, Food, Supplements & Touch

Wednesday, November 15, 2000
8:30 AM - 3:30 PM
Woodford Congregational Church - Weathwood, ME
Client/patients: $45 NonCED: $40
CEU's $50

Healthy food included!

Herbs and Women's Wellness
Del. Stories & Handouts
Food & Supplements
Practicl Sherry, N.D.
Healing Touch
Lesson Tannin, BN
Panel Discussion & Questions
Kathleen Coleman, MSN &
Swiss Dough, MSN

For more information, contact:
New England Women's Center
205 Maine Mall Rd.
Portland, Maine
Telephone: 207-774-6396

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Prairieland's

Serving up on stage Bogusia's Polish Food and Eatery "Gusty" at Portland Stage Company

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Maine Wedding Association

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"3rd Annual Maine Bridal Show"
January 28th & 29th, 2001
10 a.m. to 5 p.m.

Bridal Show
Admissions are $5.
Learn More
Earn More

Our well rounded curriculum not only offers a thorough training in the fundamentals of Beauty Culture, but is a program of complete orientation, instruction and practical training that prepares you to pass your State Board Exam and be successful in your chosen profession.

New Classes Start the First Tuesday of the Month!
Financially Available

COSMETOLOGY
1037 Forest Avenue
Portland, Maine 04103
797-9016

Cosmetology A total concept for career success.

DR. DAVID HURST

Allevio Ear, Nose & Throat Surgeon
212 Auburn St, Portland
(207) 878-5510

Allegions are subparagraph treat of the patient can be drug and symptom based.

The doctor who proved that 90 percent of children with chronic ear disease must have allergies to foods, smoke, dust and other irritants.

Dr. David Hurst, MD, who lives and maintains a practice in Farmington, is a nationally recognized authority on the treatment of children with chronic middle ear disease.

Dr. Hurst is a Fellow of the American Academy of Otolaryngology-Head and Neck Surgery and a Fellow of the American Society of Pediatric Otolaryngology.

Dr. Hurst has served as a consultant and speaker for numerous medical companies and has published numerous articles in medical journals.

Dr. Hurst is known as "the Doctor's Doctor" for his peers. Physicians often refer their most difficult cases of chronic ear disease to him.

Dr. Hurst is a fellow of the American Academy of Otolaryngology-Head and Neck Surgery and a fellow of the American Society of Pediatric Otolaryngology.

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Dr. Hurst has lived and practiced in Farmington since 2000. He is a board certified in Ear, Nose and Throat Surgery and a fellow of the American Academy of Otolaryngology-Head and Neck Surgery.

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HAPPENINGS

Lymphoma Society holds a benefit walk to remember the victims of the disease. Judith Brook, director of the Portland office, said, "We're trying to raise awareness and funds for the cause." The event, called "Light the Night Walk," will be held at the Monument Square in Portland, at noon. Free admission.

The Portland International Film Festival continues through this weekend, with a variety of films screening in various locations around the city. For more information, visit www.mainemovies.com.

Italian, Japanese, Polish, and German are just a few of the languages spoken at the Portland Open House event. The event is being held at the Portland Office of Education, at 7 pm. Free admission.

Student Center, USM's English department is hosting a reading by author Alton. The reading will take place at 7 pm in the Student Center. Free admission.

On campus, at 7 pm in the Student Center, is a talk by James Banes, a noted writer and critic. The talk will be held in the Student Center. Free admission.

American History major, James Banes, will be giving a talk about his latest book, "The American Dream." The talk will be held at the Student Center, at 7 pm. Free admission.

The Portland Public Library is hosting a reading by author Alton. The reading will take place at 7 pm in the Student Center. Free admission.

Alton is a noted writer and critic, and his latest book, "The American Dream," has been received with critical acclaim. The talk will be held at the Student Center, at 7 pm. Free admission.

In Portland, at 7 pm in the Student Center, is a talk by history professor Henry Taylor. The talk will be held in the Student Center. Free admission.

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Alton is a noted writer and critic, and his latest book, "The American Dream," has been received with critical acclaim. The talk will be held at the Student Center, at 7 pm. Free admission.
You reel the seagull in, throw a coat over it and carefully remove the hook. The one time David brought his brother fishing with him, his brother caught a 40-inch striped bass within minutes. Though we were under the impression that boy did something wrong to the world, the fact that we our one time when fishing was not a good sign. David says that fishing on the Maine coast works on time experienced a bloody fight in the North between two fish. We now have our own catch a thing before. They never win the angler. Occasionally a seagull will grab the last piece of the sky when you are running, so which means you basically have to hang, break free. Later, the hook on the end of your line. You need to grab it, throw a coat over it and carefully remove the hook. It takes two people.

David assured that many of the wider fishing stories I might have heard are other exaggerations. Living and fishing seems to go together, somewhat up to the popular bumper sticker that reads, "Fly fishing is better than sex." As for us, fishing is the most popular activity, and I found myself sitting on the ground, staring mesmerized at the glimmering currents. It was quiet and peaceful. Listening to the sounds, sounds, sounds. I enjoyed being in a place far away from everyday concerns and humanity.

Most exhilarating was the pure purpose of fishing: playingunky. As David put it, fishing is about as close as you can get to doing nothing while doing something.

Though neither of us caught anything that day, it was one of the most enjoyable times of the week. We felt like we were on our own little fishing world and had a great time.

*Note that this text is a natural language representation of the provided image, and may contain errors or omissions.*
FREE WILL ASTROLOGY - WEEK OF SEPTEMBER 21
C 2000 BY ROB BRECKEN

AQUARIUS Sept 20-Oct 19: 10pm. Look for the signs of the season to
emerge as the Aries Moon enters Taurus.

CAPIBABA Sept 21-Oct 20: 3pm. The Moon will be in Scorpio, suggesting
inner strength and determination.

SCORPIO Oct 21-Nov 21: 1pm. The Moon will be in Libra, indicating
balance and harmony.

LIBRA Nov 22-Dec 21: 4pm. The Moon will be in Virgo, highlighting
attention to detail.

VIRGO Dec 22-Jan 19: 7pm. The Moon will be in Leo, symbolizing
creativity and expression.

LEO Jan 20-Feb 18: 9pm. The Moon will be in Cancer, emphasizing
emotional connection.

CANCER Feb 19-Mar 20: 11am. The Moon will be in Gemini, encouraging
flexibility and adaptability.

GEMINI Mar 21-Apr 19: 1pm. The Moon will be in Taurus, suggesting
stability and growth.

Taurus Apr 20-May 20: 3pm. The Moon will be in Aries, indicating
innovation and action.

ARIES May 21-Jun 19: 5pm. The Moon will be in Pisces, inspiring
empathy and imagination.

PISCES Mar 19-Apr 20: 7pm. The Moon will be in Aquarius, symbolizing
rebellion and independence.

AQUARIUS Feb 18-Mar 21: 9pm. The Moon will be in Capricorn,
highlighting pragmatism and discipline.

C A P I T A L A P I R A S T R I C K E D:  

Mmmm... 

C R A S H I N G C O N S T R U C T I O N  

C A M P  F R O M  T H E  P O T H O L E.

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C A R D I A L  C A R E  C O N S T R U C T I O N.
Optical Expressions
by Poulin
Distinctive Eyewear • Eyecare
"Optical Expressions is the definition of an optical wonderland. Unique, alternative & artistic."
-Nicci Marron, 20/20 Magazine

Dr. Phillip Poulin, Optometrist
Trudy Poulin, Optician
Eye exams, contact lenses
Tues-Fri 10am to 6pm
Sat 10am to 4pm

Come see our fabulous new collection!

87 Exchange Street • Portland
(207) 871-7553
www.opticalexpressions.com

An all ages show!
on October 7 at 7:30 pm
door open at 7 pm
at the Gray Cage, Bates College, Lewiston

PIX IATAS...

Saturday September 23rd - 10-4PM
One day only!

We'll pay cash for good used cameras!

Meet Steve Ggemou, specialty expert on used cameras.
Steve will be on hand this Saturday examining your good used camera and pay cash on the spot.

Free camera checkup
Saturday September 23rd - 10-4PM

Bring in any Pentax camera! A certified technician will inspect your Pentax camera.

LifeThor

Pickup a copy of our 12 page Grand Opening flyer!