Loaded question

Can a gun-shy girl learn to stop worrying and love the bullet?
Elizabeth Peavey pulls the trigger.
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A CONVERSATION WITH CARL INKEL AKA CARMELLA DUPREE

"My makeup doesn't take that long at all."

The annual competition of a beauty pageant is what usually gets the adrenaline raging for a man. Not so for 32-year-old Carl Inkel, originally from Biddeford, now a Portland resident. For Inkel, the adrenaline comes from competing in pageants himself.

Carmella Dupree, Inkel's stage persona, is the reigning Miss Underground and has recently captured the title of Miss Gay Maine 1996. Dupree was selected from a field of eight contestants on Oct. 13 at the statewide competition, held at The Underground in Portland.

How did you get into doing drag?

Two friends of mine four years ago started urging me to try it. In 1995, they dared me to run for Miss Underground, which I did. But for me not. I didn't do well, but I learned something. I took what I learned and ran with it.

How long does it take you to get ready?

It takes me about an hour and a half to get ready. Most of that time is doing my hair.

Where do you get your clothes?

Filene's and Burlington Coat Factory. I make most of my own clothes. It's cheaper, and it also assures me that no one else will have the same outfit that I have.

What does it mean for you to be Miss Gay Maine?

It opens new doors for me. It will allow me to be on the front line - to be heard. My agenda includes AIDS awareness. I believe that people need to be continually educated on the AIDS epidemic. I want to help them learn.

What are your duties and responsibilities as the reigning queen?

I am responsible for helping the residents of the State of Maine to become more knowledgeable on the topic of AIDS. I will be working with The AIDS Project, Inc. I am going through rigorous training and will be working with the AIDS Hotline. I will also be meeting the mayor of Maine, as well as Promotions, as a representative of Maine.

What are some of your other accomplishments?

I have been the number-one fundraiser for the Maine AIDS Walk. I have been featured in USA Today for my efforts in the No On 1 campaign last year. I was the first runner-up in the Miss Gay Portland Pageant in 1995. I have competed for the best costume in the Gay Pride Parade in my costume and was also crowned Miss Underground. I plan to compete in the Miss Gay New England Pageant in Boston.

What is your role in the AIDS cause?

I volunteer a lot for the AIDS cause. I am a proud housewife for my husband, Mark. I'm really into horticulture as well. I have plants all over my building.

Interview by Jeffrey Green; photo by Shoshannah White

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Kick off your holiday season with our Midday Sunday feast!

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The Food and Drug Administration (FDA) has been under scrutiny for its guidelines on blood donations. Mary Brena, a former FDA employee, was quoted saying that the agency’s failure to update its guidelines was “shameful.” Brena believes that the FDA guidelines should be based on scientific evidence and should not be a symptom of the agency’s loss of interest.

“FDA guidelines have not been updated since 1985. This is despite clear evidence that blood donors who are promiscuous risk spreading disease,” said Brena. “The FDA has continued to use outdated guidelines, even though they are aware of the risks.

“Promiscuous donors are more likely to contract and transmit diseases such as HIV, hepatitis B, and hepatitis C. The FDA guidelines should reflect these risks and ensure that blood banks have the necessary precautions in place to prevent transmission,” said Brena.

City officials have responded to the concerns raised by Brena and other advocates. They have stated that they are working towards updating the guidelines and ensuring that blood banks have the necessary protocols in place.

“City officials have met with representatives from blood banks and are working towards updating the guidelines. We are committed to ensuring the safety of blood donors and recipients,” said a spokesperson for the city.

The issue of blood donation guidelines is a complex one, and requires careful consideration. It is crucial that the guidelines reflect the latest scientific evidence and are updated regularly to ensure the safety of blood donors and recipients.

Brena has also been critical of the FDA’s handling of the 2015 Ebola outbreak and the agency’s response to the Zika virus. She believes that the agency has failed to take adequate precautions and that more needs to be done to ensure the safety of blood donors.

“During the Ebola outbreak, the FDA did not take adequate precautions to ensure the safety of blood donors. The agency should have been more proactive in ensuring that blood banks had the necessary protocols in place,” said Brena.

“Similarly, during the Zika virus outbreak, the FDA did not take adequate precautions to ensure the safety of blood donors. The agency should have been more proactive in ensuring that blood banks had the necessary protocols in place,” said Brena.

Brena has called for more accountability and transparency from the FDA, and for the agency to take a more proactive role in ensuring the safety of blood donors.

“The FDA should be held accountable for its failures to update the guidelines and ensure the safety of blood donors. They should be more proactive in ensuring the safety of blood donors and should take a more serious approach to this issue,” said Brena.

For more information on Brena’s concerns and calls to action, visit the website of the Center for Science in the Public Interest (CSPI) at www.cspinet.org.
It's time for me to once again check myself into the hair salon for a new look. Like my hair, I have an adventitious streak. I'm really the problem hair care provider. I just need to be set up on a spa day occasionally. That's my hair's new hair fashion tag—spa and get out of your hair. I mean, I know it's not a spa, but it is a day where you can feel like you're getting away from the stresses of everyday life.

My face is an adventurous one. I love trying on different hairstyles to see which one suits me best. I'm like a chameleon when it comes to hair. But I do have my limits. I won't go too far out of my comfort zone with my hair, but I do love experimenting with new cuts and styles.

The salon itself is quite reputable. I've been going there for years and trust them implicitly. They always do a great job on my hair. It's a place where I feel comfortable and relaxed, knowing that I'm in good hands.

When it's time to grab a drink, I head over to The Pearl of the Old Port in Portland. It's a cozy little bar that always has a great selection of beers and wines. The atmosphere is always lively, with a steady stream of people coming and going.

Some of the servers are quite interesting as well. One of them has a unique hairdo that I've never seen before. It's a mix of styles that really makes her stand out. I often ask her about her hair and she always has a unique take on it. She's quite the talker, but in a good way.

This past week, I tried a new hairstyle that I absolutely loved. It was a short pixie cut with a few bangs. It was a major change for me and I was surprised at how much I liked it. I've never been one for long hair, but this new cut gave me a fresh look and a new confidence.

I have thus developed rules: No haircuts, no hair dryers, no hair spray! I'm not sure if this is a good rule or not, but it's one that I've been following for the past few months. I just try to avoid doing anything that will alter my natural hair.

The salon is located on Oak Hill Terrace in Scarborough. It's a quiet, residential area that's perfect for a day of pampering. The salon itself is clean and well-maintained, with a relaxing atmosphere.

I'm always happy to return to the salon for my next appointment. It's a great place to get my hair cut and styled, and I always feel great when I leave.
"A well-regulated Militia, being necessary to the security of a free State, the right of the People to keep and bear Arms, shall not be infringed." I tell myself as I lift the Remington 30.06 from its case. Its cold, dead weight is heavy in my hands. "When guns are outlawed, only outlaws will have guns," I think as I snap in the magazine. "Guns don't kill people. People kill people," I snarl as I release the safety. "Shoot first and ask questions later." I raise the gun to my shoulder. (No one or anything that wants to hurt me does not deserve to live.) I take aim. "Praise the Lord and pass the ammunition!" I squeeze the trigger. BLAM! "Hasta la vista, baby. You're wasted."

OK as this isn't exactly what went through my head when, after a very solid career of opposing guns of any sort, I fired my first shot. I thought, instead, that the gun in my hands was a very dangerous thing and I wanted to keep my trigger finger in check. But I had been convinced by a friend that the only way to know anything about firearms was to take one in my grasp and feel for myself the thrill and freedom of exercising my Second Amendment rights.

I have to say, I was initially skeptical. No matter what side you take in the great gun debate — whether you think it is the gun that kills or the gun owner, whether you believe bans and waiting periods are either deterrents or infringements of Constitutional rights — one fact stands beyond repudiation. People do die from gunshot wounds. More than 36,000 did in 1994, according to the Violence Policy Center in Washington, D.C. According to that agency's figures, nearly 12,000 of the victims were people under the age of 25. In light of these statistics, I was not convinced that more guns need to go in more people's hands. It seemed to me there's already plenty of gun appreciation going on as it is.

Thus, I was not too eager putting a gun in my hands, either. But I was inclined to heed of my friend's urging: "If you really have a nervous breakdown in high school when I accidentally run over a cat, I wrote in my journal at the time: "Today I killed a cat - not through negligence or intent, but because it ran out in front of my car. That's all there was, except the damned thump when she hit the tires, a feeling I'll never forget. Ever. To think, I had taken a living breathing life, something that had just as much right to be on this earth as I. You have to wonder about people who kill animals for sport and how sick they must be. It's very quiet now. All there is is a steady hum, except for that horrible, haunting thump." I concluded the entry: "It doesn't matter how much you give to life, when you take something away, you owe so much." (I have always been an incredible dork.)

No, my reluctance to take up arms wasn't because I thought if I got a gun in my hands, I'd charge to the woods to blow away Bambi. I just wasn't sure I wanted to take any chances. I wasn't even sure I wanted to be seen with a gun.

ELIZABETH PEAVEY

CONTINUED ON NEXT PAGE
Loaded question

Because the matter of guns—

We've already gone into your drawers

I'm (a shooting) party, and

I'll cry if I want to

It's a subject of controversy, the sky

It's (an) unmentionable, the sky

I wanted to be manly about this gun thing, but

I'm (the) unmentionable, the sky

10

I spent the winter in Maine and has never

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Continued on next page

CONTINUE ON NEXT PAGE

THE RESOURCEFUL HOME

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When the gun is handed over to me, I am not all that flustered about. I mean, what if something goes wrong? What if I let go of the trigger and cause the clay pigeon to smack into me? Or what if I think of it as pulling it? After a while, we're talking about the details of the gun's design and operation. We discuss the different types of guns and their uses, and I learn about the different features that make each gun unique. I am fascinated by the details, and I ask a lot of questions about the mechanics of the gun. We spend hours discussing the different types of guns, and I am eager to learn more about this fascinating world. Eventually, my father hands me the gun, and I feel a sense of pride and excitement at being able to use such a powerful tool.
Sick to death
Blaming the patient

In the last two years, I have gained a good deal of experience in treating CFS patients. I have learned that many of them have a difficult time accepting their diagnosis. They often feel that they are being blamed for their illness and that the medical community is not doing enough to help them.

The disease is often difficult to understand for those who have not experienced it. It is characterized by fatigue, malaise, and a variety of other symptoms that can make it challenging to diagnose accurately. Many people with CFS are able to function normally for short periods of time, but then experience a decline in their physical and mental abilities.

I have had the opportunity to work with a number of patients who have CFS, and I have come to realize that the disease is often misunderstood by the medical community. Many doctors and patients alike do not understand the severity of the illness or the challenges that it presents.

In closing, I can only say that I am confused as to what can be done to help people with CFS. I believe that more research needs to be done to understand the causes of the disease and to develop effective treatments. In the meantime, I will continue to work with my patients and to provide them with the support that they need to live their lives as fully as possible.
Thinking pink

Look! It’s a gallery! It’s a studio! It’s a hangout! It’s... it’s Delilah Pottery!

Open from noon to 6 daily, Delilah Pottery is located at 107 Spring St., Portland. It’s a place where you can make art, learn about clay, and enjoy the company of friends.

Delilah Pottery

Delilah Pottery is a place you can do your own thing. It’s not just for potters, it’s for everyone. You can make your own art, or just sit back and relax. And if you’re a beginner, Delilah will teach you everything you need to know.

Delilah Pottery is a place where you can be creative. It’s not just for adults, it’s for all ages. You can bring your kids, or just come alone.

Delilah Pottery is a place where you can be yourself. It’s not just for serious potters, it’s for people who just want to have fun. You can make your own art, or just sit back and relax.

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Prime cut

The awesome title of New York City's ROYAL PALACE is a sound that just hasn't been enough to start the end of the '80s and the invention of grunge. The hand has got a song that could be representing either

A Little Poly Music thing that is a '77 especially on songs like "Dance," in which Ron-2

All Request Night (dance music until 1 am), 31 Forest Ave, Portland. 773-2337.

Prime cut

The awesome title of New York City's ROYAL PALACE is a sound that just hasn't been enough to start the end of the '80s and the invention of grunge. The hand has got a song that could be representing either

A Little Poly Music thing that is a '77 especially on songs like "Dance," in which Ron-2
I walk the line

The idea you can't travel a bus card during Portland's today car parade of 15,000, or walk a street during the telephone workers strike that has the place in the street totally done. But that doesn't mean you can't enjoy the event through song and on foot.

This weekend, two of the working men and women will have the chance to manage the powerful pace. On Nov. 22, Charlie King, a writer and singer of labor songs, will perform at USM King, on Congress Street, has received 15 volumes. His latest, "Hard Core," includes the anthems "A Hard Time" and "Eight Hour Day." The following weekend, a special event is planned for Sat., Nov. 23, at the Lake Street Cafe, in Portland. The event will feature a traditional African drum circle, a reading by Sarah Jane Dowd, and a performance by the Portland Labor History Project, led by King.

PREVIEW

Richard King performs Nov. 22 at the Lake Street Cafe, USM Portland Campus, 8th pm. To: 62. The Labor History Kale Project shows Nov. 23, at the Maine Historical Society, 465 Congress St., 3:00 pm. For: Information on both events, call 784-8500 or 781-4916.

DANCE

Events

Green Eggs and Ham Show (210 Front St. Portland). "Green Eggs and Ham" is based on the classic book by Dr. Seuss. This show features a variety of Seuss-inspired characters, including the Grinch and the Cat in the Hat. The show is appropriate for all ages and is presented with a family-friendly twist.

Now Showing

Agnew Center (678 Parliament St. Portland). "The Music of the People" is a show that celebrates the rich musical heritage of the American people. The performance features a diverse range of music, from folk and blues to jazz and rock.

Admissions

Event: $20, adults; $15, seniors; $10, students; $5, children. Concerts: $25, adults; $20, seniors; $15, students; $10, children.

Tickets can be purchased at the door or online at the event's website.
The people of the land of the dawn

Who are the Abenakis?

The Abenaki were the predominant Native American tribe in the area before the arrival of Europeans. They were known for their hunting and fishing skills and lived in small communities. Their way of life was closely tied to the natural environment, and they held a deep respect for nature. The Abenaki language, called Abenaki, is a member of the Algonquian language family.

What was the lifestyle of the Abenaki?

The Abenaki lived in small communities made up of related families. Their homes were simple structures made of bark and animal hides, and they used animal skins for clothing. They were skilled hunters and gatherers, and they relied on the resources of the land for their survival. Their food was varied, including game, berries, and fish. They also harvested plants for food and medicine.

The Abenaki were organized into different groups, and they were known for their friendly nature. They traded with other tribes and engaged in diplomacy with the French. Their culture was rich and diverse, with a strong oral tradition.

What was the Abenaki religion like?

The Abenaki had a strong spiritual belief system. They believed in a creator, known as Gluskap, and they held many beliefs about the natural world. They performed rituals and ceremonies to honor the spirits and to ensure a good harvest.

What was the Abenaki economy like?

The Abenaki economy was based on hunting, fishing, and gathering. They were skilled at making tools and hunting equipment, and they traded with other tribes for essential goods. They also had a barter system, and they traded goods such as fur, corn, and wampum with the French for traded goods and services.

How did the Abenaki interact with the French?

The French first made contact with the Abenaki in the 17th century. They traded with the Abenaki for furs, fish, and other goods. The French also taught the Abenaki how to build houses and farms. The Abenaki and the French had a complex relationship, with both sides benefiting from their trade.

What was the French colonial influence on the Abenaki?

As French settlements grew, the Abenaki were forced to adapt to the new way of life. They were exposed to new diseases and technologies, which affected their way of life. They continued to practice their own culture, but they also adopted some French customs.

What was the impact of European contact on the Abenaki?

The arrival of Europeans had a significant impact on the Abenaki. They were exposed to new diseases, which decimated their population. They also lost their land and resources to European settlers. The Abenaki were forced to adapt to the new way of life, but they maintained their cultural traditions and oral history.

The Abenaki were a resilient people who lived in harmony with nature. They were skilled at hunting, gathering, and farming, and they had a deep respect for the natural world. Their way of life was intertwined with the land, and they left a lasting legacy on the Portland community.

For more information on the Abenaki and their way of life, please visit the University of Maine at Machias, which offers a variety of courses and programs on Native American history and culture.
**State Street Church Holiday Fair & Silent Auction**

Saturday, November 23rd
9:00am-3:00pm
State Street Church
Portland, ME

**Union of Maine Visual Artists Holiday Sale**

Friday, Saturday, Sunday, December 20th-22nd
10am-4pm
One City Center
Portland, ME

**Pink Elephant**

Saturday, November 23rd
9:30am-2:00pm
Williston West Church
Portland, ME

**Pink Elephant Special Children's Activities**

Saturday, November 23rd
10am-4pm
One City Center
Portland, ME

**Marcus L. Miller, Casco**

Friday, November 22nd
8:00pm
Civic Center
Portland, ME

**The Birthday Cake**

Sunday, November 24th
5:00pm
Portland Museum of Art
Portland, ME

**One City Center· Portland**

Saturday, November 23rd
10:00am-3:00pm
Children under 5 free

**New York City's Brutal Truth**

Friday, November 22nd
8:00pm
Civic Center
Portland, ME

**Atlantic Booking Agency**

Monday, November 25
The truth is... you can... still...

**Children's Book Month**

Draws to a close

**Portland Museum of Art**

Friday, November 22nd
5:30-8:00pm
Portland Museum of Art
Portland, ME

**Dinner and a Show**

Thursday, November 21
Join us at Serendipity for a great night of dining and a show!

**Serendipity**

Thursday, November 21
634-2828

**Comedy Club**

Friday, November 22
5:00pm
Comedy Club
Portland, ME

**Maine AIDS Alliance**

Friday, November 22
614-8226

**Artists in Maine**

Saturday, November 23
3P.m.
Serendipity

**Maine AIDS Alliance**

Sunday, November 24
5:00pm
Portland Museum of Art
Portland, ME

**Maine AIDS Alliance**

Monday, November 25
5:00pm
Portland Museum of Art
Portland, ME

**Meet Someone Special in the CBW Personals**

Call 775-1234 to place your ad today.

**Peregrine Press**

Saturday, November 23
10:00am-3:00pm
Peregrine Press
Portland, ME

**FAX FREE THURSDAY!**

**Meet Someone Special**

Join us at Serendipity for a showing of the latest collection of CDs.

**Christine Foley**

A Christine Foley representation will present a preview of the Spring Collectibles on Tues. Nov. 26th from noon - 6pm.

**Comedy Club**

Friday, November 22
5:00pm
Comedy Club
Portland, ME

**Maine AIDS Alliance**

Sunday, November 24
5:00pm
Portland Museum of Art
Portland, ME

**Maine AIDS Alliance**

Monday, November 25
5:00pm
Portland Museum of Art
Portland, ME

**Meet Someone Special in the CBW Personals**

Call 775-1234 to place your ad today.

**Ask About Free Thrusday!**

**Artists in Maine**

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3P.m.
Serendipity

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**Artists in Maine**

Saturday, November 23
3P.m.
Serendipity
The straight dope

During a recent lunch meeting, a straight friend of mine accused me of being somehow inappropriate when it came to straight people. "You should be more fact," she said. "Things are so much better for gay people today than 10 years ago. More and more straight people are tolerating." When she finished speaking, I practically had to pinch myself. I had so many problems with this pronouncement that I didn't even know where to begin. Making a mental note to spend some time writing on the subject, I ended and did what any reasonable fag would do: I contacted the community. I sorted the most extreme accounts, wrote down the details and added them to my list.

But that's not what my friend was trying to say. It was really more like this: 'You should be more tolerant of other gay folk.' What's wrong with their "common knowledge" about homos? "Clearly," a lot of fags out there seem to have left their heads. They need a helping hand. Clearly, a lot of fags out there seem to have left their heads. They need a helping hand.

Whenver a straight person begins to gush about how lucky I should feel as a fag, I want to reach for the mace. While some fags may be satisfied and complacent with all the alleged "progress" and "promises" from the straight world, excuse me for sounding a tad ungrateful if I ask, "What have you done for me lately?"

Rick MacPherson thinks the world of his straight friends, who could not be reached for comment.

We’re proud to join the landmarks of Portland.

GRAND OPENING
Portland Factory Store
Wednesday, November 20

L.L.Bean FACTORY STORE
Quality Is Part Of The Bargain

The straight dope

During a recent lunch meeting, a straight friend of mine accused me of being somewhat inappropriate when it came to straight people. "You should be more fact," she said. "Things are so much better for gay people today than 10 years ago. More and more straight people are tolerating." When she finished speaking, I practically had to pinch myself. I had so many problems with this pronouncement that I didn't even know where to begin. Making a mental note to spend some time writing on the subject, I ended and did what any reasonable fag would do: I sorted the most extreme accounts, wrote down the details and added them to my list.

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BIG SHIPMENT

Just arrived—a large shipment of Persian and tribal rugs. We have some nice older Heriz, beautiful Mashads, Bidjars, Hamadans, galleys, Mei Mei Jshagans, Isfahans, Qashqa’is, Yallamehs, Ashbars, several types of Kordish, Balouchi, and many, many more.

Also, rugs from Pakistan, India, China and Turkey. Come and see us now for a better selection.

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STORYTELLER & DOPPLEBock
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DOUBLE DIAMOND - PORTLAND
DOUBLE MORGAN’S PORTLAND
GREAT LOST BEAR - PORTLAND
GROUND ROUND - S. PORTLAND
TUFFOLDS - KINGSFIELD

CONTINUED FROM PAGE 24

THREE DAYS OF FURY

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Volunteer Opportunities

**Holiday Open House**

**Portland Floral**

646-648 Congress St., Portland
207-761-2969
toll free 888-761-2969

**Holiday Open House**

Nov. 22, 23, 24
10am - 4pm

Door Prizes: 1st - A plant or arrangement
2nd - A Floor Plant
3rd - A Christmas Wreath

Everyone is invited!!

* Open 7 Days a Week
* Deliveries Throughout Greater Portland
* Free Delivery to Portland Hospitals and Funeral Homes

Richard is now at Portland Floral - Stop by and see him!
The Great Siempre Mas Sale

377 Fore St. in the Old Port 879-1676

• Bath Clothing • Candies • Candle Holders
• Global Mask Collection
• Sweet Treats $3.75 (2 for $75)
• Wool Gloves • Wool Mittens
• Hats

FRESH APPROACH MEAT MARKETS

Boneless, Skinless CHICKEN BREAST - 1.95lb.
BONELESS N.Y. SIRLOIN STEAK - 1.95lb.
FL. HALAL NATURAL CASING FRANKS - 2.29lb.

Deli Sliced BOILED HAM - 1.79lb.
Deli Sliced AMERICAN CHEESE - 2.29lb.

Rock of Ages
The Renaissance diamond engagement ring. A classic expression of unyielding love, for generations to come. From about $2,200.

Interesting Facts
by Frank Garza

The sun is really an enormous hydrogen bomb that keeps exploding, the National Geographic says. In the 1990s the "Golden Age of Beasties" was born. "It's a whole new world out there," said one astronomer. "We're just beginning to scratch the surface of what's possible." In fact, the universe appears to be expanding faster than it ever was before, leading some astronomers to speculate that the end of all things is near. The most common family name in the world is Chang. Telephone officials estimate that if it weren't for dialing, the number of people in the world would be almost twice what it is today. In Kentucky, a bookkeeper seduced neighboring book buyers with notes that said, "I've always had to make do with my books."

From names like: Trak, Karhu, Merrell to Country Skis

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Finally, a kick-butt, sweat pouring, bag slamming, aggression releasing, power punching workout for the "bored with the spa scene" raging kickboxer deep inside us all!

Fourrier's Olympic Karate Ctr. 150 Forest Ave, Portland, ME 774-3478

MEMBER: National Association of Professional Martial Artists

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207-767-2007

My gallery represents some of the best artists working in Maine.

Placing their artwork online exposes them to a world of potential buyers. With the MainStreet Business account folks from around the world can view the works of Maine's finest artists.

MainStreet communications
200 Portland Rd, Cape, Maine 04017
http://www.mainen.com
207-857.5078

CONCERTS
Maine Music Society presents a special concert for the opening of the holiday season.

December 6, 8 P.M. - Crocker Theater, Church of Saints Peter and Paul, Lewiston 774-3474

7:30 P.M. Pre-concert lecture by The Maine Music Society


Boston's Oratorio Society and Orchestra with conductor William R. Gass and guest speaker, President of St. Mary's College, Dr. E. J. Cooper

Tickets $10 at door. Students half price.

* 207-767-2007

Get laid Back Saturday November 30 from 7:30-10pm at Raoul's Roadside Attraction 44 Fenn Ave., Portland, ME 04101. For more info, call Dave Redmond at 774-7555. We have a great DJ and a live band so get there early and don't get left out.

Maine's Natural History Bookstore
151 S. Main St., Portland, ME 04101
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Gifs for Nature Lovers of all ages.

TAPAS
Grilled oysters or black bean tamales. Philadelphia's besteny.

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Wed: 9 ball tournament • 7:00 pm
Sat: 9 ball tournament • 1:00 pm
Registration or either begins 1 hour before
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movie times

NOVEMBER 21, 1996 43

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FILMED ENTIRELY IN
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3 SHOWS

ONLY

Ticket @ the Door
The Portland Museum of Art
Sunday, November 24
3pm & 7pm
Tuesday, November 26
9pm
For more info 820-6000
<table>
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<tr>
<th><strong>Weekly Wellness Directory</strong></th>
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<tbody>
<tr>
<td><strong>Holiday Season Specials</strong></td>
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<tr>
<td><strong>1</strong> <strong>Complete Constitutional</strong></td>
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<tr>
<td><strong>Arumdic Aromatherapy</strong></td>
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<td><strong>Juvenation St.</strong></td>
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<td><strong>Detox Programs</strong></td>
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<tr>
<td><strong>Energy Booster</strong> session de-stress and energize you, <strong>Zurich Beach Breakthrough</strong> assistance that stands on its own or helps other work you are doing. <strong>Holiday Season Specials</strong></td>
</tr>
<tr>
<td><strong>Offices in Portland &amp; Windham</strong> just in time for the holiday rush. <strong>~ Weekly Wellness Directory ~</strong></td>
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</tbody>
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| **Exercise** • **Toning** opposing muscles |
| **Tai Chi Chuan** |
| **Health • Internal Energy Flow** |
| Individual Therapy. Based on a Physical and Spiritual Level. **DNlaam** |

| **AMTA Certified Massage Therapist** - **Perfect Couple** • **Gift Certificates available** |
| **BY APPOINTMENT (207) 865 6330** |
| Open Gate Health Care pe... **ALL ISSUES** |

| **Psychic Readings w/Ansara** $70 per hour $40 per 1/2 hour. Call Early for Reservations **Psychic Readings** with Ansara's **Exquisite Reading** **222 S. John St.** **Portland ME 04102** |

| **Light of the Moon** **Portland's Specialist Center** |

If you are thinking about self-improvement, try any one of the various health practitioners found in the Casco Bay Weekly's Wellness Directory. Verification by your health provider is necessary. Please advertise in the Weekly Wellness Directory. Call 775-1324.