

# KELLY'S CORNER



*Carol Pugliese of Wonderful Hands*

*by Jan Kelly*

Our state flower, the trailing Arbutus, has had a rough blooming season this year. The season for the blossoms is March through May. With the snow, cold, and the rainiest April in charted history, its survival has been a constant struggle. But this plant, also called the Mayflower, is of the heath family and hardy enough to withstand even this raw Cape Cod spring. It is an evergreen and through snow and ice you can spot those strong oval leathery leaves. The plant is close to the ground, grows in woodland and persists in the poorest of soil. Its real enemy is ourselves. Overpicked because of its inviting fragrance and combination of tough and delicate beauty, it has been picked to extinction in several areas along the east coast.

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When you come upon it, allow yourself only the luxury of viewing the plant in its natural habitat. You really don't have to carry it off to enjoy it.

Annie Brinton has had her experience for the year or maybe for longer. While yard-watching, which can be a very popular pastime when it rains eleven days straight, Annie saw an American kestrel of wounded wing cornered by two black neighbor cats. This beautiful small falcon under a foot long, hovers over its prey before descending for the kill. If you see that motion you'll know it is a kestrel. Its prey in that case, will be a small rodent or reptile. They also feed on insects and small birds. But Annie Brinton was viewing the bird of prey as prey. Because the cats were not sure of a bird this size on turf and animated, they were confused. This gave Annie the chance to rescue the injured creature from the brother cats who were figuring their strategy. With movements as fast as a Chaplin film, Annie covered the Kestrel with a sheet, had a neighbor stay in command of the two small leopards and phoned Dr. Fred Pappalardo. The kestrel was rescued. Fred arrived and still has the falcon of mending wing recouping beautifully in his office. Soon the falcon will be on his way and after a Provincetown hiatus, will finish his migration.

As I continue with the staff at Wonderful Hands, a holistic healing center, my next subject is massage. Massage is the hands on working of tissues and muscles for relief of pain and the soothing of organic disorders. It is medically recognized as a form of physical therapy. It can relax the tense and nervous person, is a necessity for stressed muscles, whether by labor or sports, and a form of physical relaxation which can promote everybody's well-being, whether incapacitated or fit. The soothing of the muscles gives a feeling of psychic calmness. The masseur or masseuse also feels good during and after the administration of a massage. The addition of a massage schedule to your life will add more than what you think of as a luxurious pastime. You will definitely begin to look and feel better. It is normal for you to rub an aching muscle. Think how it would feel to have all your muscles rubbed in an orderly and therapeutic fashion.

Massage is natural to the human body. Touch to self and others for relief and relaxation is instinct. When studied scientifically from the point of therapeutic heal-

...massage with  
acupressure and deep  
tissue work for relaxa-  
tion, channeling of  
energy, and an opening  
to the awareness of  
creative powers.

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ing, it becomes a logical sequence to better health. It is an ancient practice, ancient China, Greece, Rome, India, and Arabia practiced stimulation of the skin and muscles to heal and produce well-being. The murals, sculpture, and pottery of ancient Greece, Rome, and Persia depict massage as a part of the Greek and Roman day. The public baths were important for not only bathing, but for exercise, organized sports, swimming, as a meeting place both social and for business matters, for reading, recitation, and massage. The massage followed the exercise and soothed exerted muscles. The body was rubbed with fragrant oils and the oil and ensuing dirt scraped off with curved metal scrapers called strigiles. Several of these were dug up at Pompeii. Because of its beneficial effects, massage has persisted throughout history as an easy and effective method of self-help. All that is asked of the recipient is to relax and enjoy it. Call it pampering, call it what you want, but it is good for you.

Carol Pugliese of Wonderful Hands employs four professional masseuses: Jackie Kelly, Nina Gurspan, Rita Speicher, and Olga Broumas. This staff of five is available seven days a week and they are busy. Carol Pugliese, along with Jacqui Mac, founded Wonderful Hands five years ago. Both were involved in therapeutic massage, performing arts and the creativity of personal self healing. Jacqui Mac is now practicing

in Texas and Carol Pugliese manages Wonderful Hands. Wonderful Hands was the first professional massage service to be licensed by the board of health. It is also a member of the Provincetown Business Guild. Wonderful Hands employs nine people practicing massage, chiropractic, acupuncture, Hellerwork, and counseling. Carol, besides being a professional masseuse for 6 years, has finished her first year at the New England School of Acupuncture.

Carol explained to me that the intent of alternative medicine is not to take over the medical doctor's work. That is too risky. The intent is not to take over medical control but to maintain health and correct whatever problems present themselves. Reduction of stress alone is a health builder.

There is no one type of massage at Wonderful Hands. A blend of Polarity, Shiatsu, or Swedish may be used. The massage is individual and tailored to each body's needs. Your needs may change each session and so your massage will change. It is good for all ages. Clients in their 80's and 90's feel not only relief from pain, but social and caring contact. Pregnant women benefit greatly, especially just before delivery, as it aids the back. Summer emergencies are frequent. A change of routine and relaxing is also needed by summer people. Tourists, waitrons, and sales clerks seek massage to release that built-up pressure. The winter brings the steady clientele, those who continue their interest in body care.

Massage can also filter people and alert them to a condition which could require acupuncture, chiropractic, or a medical doctor. There are many options to be aware of; don't be passive about your own body, is the theme of Wonderful Hands. Massage as your starting point can better your circulation, your blood pressure, increase the effectiveness of your glands, organs, sinus, and muscles. Your energy will be higher when your body is freed of these blockages. For Carol Pugliese, assisting people in health maintenance is a most satisfying way to make a living. It is creative and therapeutic. The exploration of physical, emotional, and spiritual is simultaneous and natural to the work. Provincetown is fortunate that we have a brave, young woman running a business which is good for all. The common sense of the practice and its results are the real advertisement for Wonderful Hands.