SWEET DREAMS & GOOD NIGHT

Take this issue of CBW to bed for some eye-opening tips on getting some shut-eye.
It was Sunday. The night was still. It was not at all degrees. Being a native of the right New England Climate, I decided to walk myself to the Katahdin restaurant anyway.

As I strolled up Spring street, I thought of the wonderful stories my friends told me about Katahdin. Needless to say, I was really hungry and looked forward to the large portions I had so often heard about.

As Katahdin came into view, I noticed the parking lot across the street was not packed but only scattered with cars. I shrugged this thought and told myself I would get a quick seat and be eating in no time. I could almost smell the food in my head.

Then it hit me as I tried to open Katahdin's door. CLOSED SUNDAY! Oh no! I thought. No Pot Roast! No Shrimp and Corn Fritters! No Caesar Salad! No Chowder! What was I to do? I felt like I was spinning in Circles.

Well I walked home with my head down and my hands in my pockets. I ordered a pizza and thought, Boy, I really need to go on a diet!

EVEN 5 YEARS MONTHS

STATION FOR $160!

On Display

From his works, including...
The people, places and temptations that make Greater Portland great

Best local writer ___________________
Best local poet ___________________
Best local visual artist ___________________
Best photographer ___________________
Best TV personality ___________________
Best discovery ___________________
Best bartender ___________________
Best restaurateur ___________________
Most effective citizen group ___________________
Most effective elected official ___________________

Best breakfast joint ___________________
Best all-day eat ___________________
Best restaurants with entrees under $10 ___________________
Best restaurants with entrees over $10 ___________________
Best bar ___________________
Best free eats at happy hour ___________________
Best sports bars ___________________
Best neighborhood ___________________
Best neighborhood for the Village Cafe ___________________
Best beer ___________________
Best ciderhouse ___________________
Best pizza ___________________
Best burger ___________________
Best ice cream ___________________
Best coffee ___________________
Best dessert ___________________

Best features

Best place to hear live music ___________________
Best local production ___________________
Best record store ___________________
Best record store ___________________
Best use of taxpayers' money ___________________
Best local event of 1992 ___________________

Best of Portland

Best city for education, according to a 5-year, $38.8 million assessment of the nation's 80 largest school systems in 1990, which ranked Portland No. 1 in the U.S. for achievement.

Best graffiti ___________________
Best use of taxpayers' money ___________________
Best downtown ___________________
Best downtown ___________________
Best use of taxpayers' money ___________________
Best downtown ___________________

Best of Maine

Best use of taxpayers' money ___________________
Best downtown ___________________
Best downtown ___________________
Best use of taxpayers' money ___________________
Best downtown ___________________

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Best downtown ___________________
Health care reform comes up short

State Sen. Dale McCormick of Monmouth and state Rep. Charlene Bobzien of Rockford have similar notions about health care reform, but their ideas are far apart.

WKIP - Dr. Kimberly Johnson, D.C.

The DINNER is Reborn in the Old Port!

You're thinking in the Old Port and want to sit down with a cup of hot coffee, tea, or maybe a piece of pie...

You were out late last night, have the day off and want breakfast at noon...

You've got friends visiting from out of town and want to take them out for dinner, but don't want your wallet...

The kids want to eat out and you're tired of the golden arches...

You're just watching an exciting movie at the Nic and want to sit back with a cup of Joe and talk about it with your friends...

Come into Home Plate!
Breakfast - Lunch - Dinner - Late Night Fare

Train station vote delayed, bids kept under wraps

Portland's vote on a main station site has been postponed until Nov. 14, and its unlikely citizens will know more about the competing options until then.

The City Council was slated to vote on the site on Jan. 31, but the vote was pushed back so that the two property owners for the station could refine their proposals. The city council will vote on the site at the southern end of Union Station Plaza, also known as the Portland Union Station.

But Hildreth would not disclose details of the competing bids that made them available to the public. She said changes in the bids were still being negotiated. If either bidder were to learn about the other's bid, the site would be closed, she said.

City attorney Gary Wood defended Hildreth's decision not to release information about the bids, citing a section of the state's Right to Know law that allows government agencies to keep information secret.

TrainRiders Northwest chairman Warren Davis said he was "disappointed" with the city's inactions regarding the station.

Robert Karr

politics & other mistakes

Bordersline

One of the worst things that can happen to an elected politician is being caught from being a crook to a corral guide to the forces of恶魔.

The worst appears to be about to happen to Senate Majority Leader John L. (Jr.) McCallum, R-Portland. McCallum was recently charged with tampering with evidence - the first such charge in Maine political history.

It's not yet clear whether private interests encourged McCallum to tamper with Maine business under the cover of darkness that McCallum was so eager to protect would bend the playing field for him. But given the fact that the McCallum administration's reputation... at least one commentator suggested that it would probably be too strict for most private interests (such as Blue Cross/Blue Shield of Maine and a few others) to follow. The requirements were essentially... Much remains to be said about the McCallum administration.

Democrats and Republicans have been working for the bill sponsored by state Sen. Dan DiPietro of Brunswick have submitted a substitute to the DiPietro's proposal. Democrats who are in favor of Pine Tree Legal Assistance and a Progressive change in policy.

For Pine Tree Legal Assistance and a Progressive bill they'd expected endorsed the watered-down plan. For Pine Tree Legal Assistance and a Progressive change in policy.

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Chemical Dependency Destroys Lives!

**Night Outpatient Treatment Program**

Now you can go on with your life while you deal with your chemical dependency problems.

Jackson Brook Institute's new Night Outpatient Program is designed so that you can have access to the specialized programs and chemical dependency treatment professionals you need to improve your life - without a hospital stay.

The Evening Chemical Dependency Treatment Program is private, confidential, affordable - and convenient. So, please, don't wait another day to get help with your alcohol or drug problem.

[Call Jackson Brook Institute today at the number below and ask to talk to a professional about our Evening Outpatient Program for chemical dependencies.]

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**Insomnia: a familiar bedtime story**

**By Mark Leckrich**

Last summer, for three honeymaking weeks, I suffered a bout of insomnia that was nothing short of a wake-up call to all I held dear in life. My heart and mind would pound like a police siren. My life felt like it would burst out of my chest. The clock terrified me. I tried not to look, but sometimes couldn't help myself. 12:30 AM... 1:30... 3:00. Maybe I'd fall asleep around 3:00. I'd open my eyes, praying that the clock would say eight. But there was no eight for the weary. Five AM... and I was wide awake again.

At the morning's first Red Line ride wouldoodle under my building at 5:00. The monotonous, endless commute would open wide its 14th-floor paws. I'd buy a paper, read it in bed, and maybe 0:00 back to sleep by around noon. Then the alarm would ring at 8:00.

I'd stumble out of bed, only three hours of sleep separating me from the gap.

Now I survived those days without alternating between a wrecked menopausal, raging cycle, or being wide awake, I'd never know. To suffer from insomnia is to be trapped in a paradoxical realm: my nights werehellish while my days were winding through my office in a private fog, the image of my own ghost. By night, my hyper-somnolent girlfriend would be in blissful oblivion even as me. I'd spend hours staring out across empty streets as the sun began to realize.
Sleep slipping away in Portland

"To sleep, perchance to dream,"

but wait. You just can’t seem to fall asleep. You’re awake at 2 a.m., counting sheep, your brain barking the Josephine of your eyes as any fairy as they say? And now making a First Hawaiian account of the latest City Council meeting with Yabba-dabba

Do you have problems with your sleep? You’re not alone. This is one of the most common sleep disorders in the world, affecting about 30-40% of the population. Insomnia can cause daytime fatigue, irritability, and difficulty concentrating. It’s important to address this issue and seek professional help if you’re struggling to get a good night’s sleep.

In the case of Yabba-Dabba, he might want to try some of the tips for improving sleep quality, such as creating a relaxing bedtime routine, avoiding caffeine and electronics before bed, and ensuring a comfortable sleeping environment.

So, if you’re having trouble sleeping, try these tips and see if they help you get caught up on your Z’s.

The Insomnia Treatment Center is open 24/7 at 500 Bedding Boulevard. Call us at 1-800-SLEEP-HELP and speak to a certified sleep specialist today.

KIRSTEN SCARCELLI

RESTORATION COLLECTION

OPENING JANUARY 14TH AT OUR PORTLAND CITY CORNER STORE

416 FISHER STREET • SATURDAY 10:30 - 5:30 • 734-4934

INCREASED COMFORT

INCREASED QUALITY

INCREASED PERFORMANCE

Let us help you get a good night’s sleep. Call us today at 1-800-SLEEP-HELP.
There is nothing regular left to snore. Acne, erections, no patent, nothing to go worse. "You can't go with the flow. It can be wonderfully loud and erratic. When you go on a family vacation, the more noise bursts and snore etc. to his own nose on they don't have to hear him," says Anne.

Anne and Jeff have been somewhat fortunate: They've lived in a room for a year until now. Some of the neighbors have complained of this problem. The line is a loss," says Anne of her sleeping arrangement. "It's a problem," she says.

If you have a sleep disorder, you know how it feels to have a bad night, and have the right to do this next day. But another group also has a rate limit that is sleep-sleeping, the people with sleep who snored periodically and 25 percent are habitual snorers. The problem is more prevalent in people and overweight and men.

Michael Biber, M.D., of the Center for Sleep Diagnostics in Portland, says that the center is treating at least one of the sleepers who are someone with a chronic snoring

"There are a variety of reasons that people snore. It can be due to the size of the upper airway. The soft tissue around the narrow section of the airway can be obstructed by the muscles that maintain the degree of"...
Jock ought to be strapped for this strap.

It took more than a week to completely digest John McKernan's new budget plan. And he was determined to avoid getting bogged down and to give the readers of the Peninsula Times Tribune a chance to read and absorb it. John McKernan — a former Democratic governor who now runs a newspaper — has said that he is committed to spending more on education, health care, and other social services. This is the third time this month that the governor has presented a budget plan, and each time he has had to make difficult decisions about how to allocate limited resources.

McKernan's proposals are specifically designed to stimulate the state's economy. The governor has committed to spending more on education, health care, and other social services. McKernan believes that these investments will create jobs and help to grow the state's economy. He has also proposed a plan to reduce property taxes for homeowners with incomes under $100,000, which he believes will help to stimulate the economy.

In a bruising election in which the Democratic Party was the clear winner, several candidates emerged as strong contenders for the governor's office. These include Andrew, who has put forth a plan to reduce property taxes for homeowners with incomes under $100,000. McKernan's proposal is designed to stimulate the state's economy, and it has been met with mixed reactions from the business community.

There are some who argue that the plan is too ambitious, and that it will be difficult to implement. Others believe that it is a step in the right direction, and that it will help to stimulate the economy. As with any major policy change, there will be debates and discussions about the merits of the proposal. But McKernan is confident that his plan will be successful, and that it will help to grow the state's economy.
The Hollister's System can make hair grow again, it's true. We urge you to try it, and you'll soon see the wonders that are wrought by this new system.

I'm sure you have noticed, and you will be pleased to learn, the remarkable growth and beauty which has come from the Hollister's System. A witness that can speak of it is to be found in Hollister's System, or in any of the many forms of that wonderful system.

I have been using Hollister's System for some time, and I am able to tell you that it has been most successful. My hair is now longer and thicker than it has been for many years, and I am very much pleased with the results.

I am sure that you will be equally pleased with the results of using Hollister's System, and I hope you will give it a trial. You will find it to be a wonderful system for the treatment of hair, and you will be glad you did.

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holding the production by The Portland Players. The theater's location at 60 Cottage Road, S. Portland. Reservations: 798-7039 or 798-7038.

Monday 26

Spring St. Diners of Chinese dance and calligraphy, tea, crafts, games and acupuncture are all on the menu. Wilmington Station, 881 Main St., Portland will host its first "Spring St. China Night" tonight.

Music Director Todd Stimula conducts the orchestra for soprano Linda Samson's "Song for Strings" composed in 1977, Vladimir Cosma's "Caro Mio Bambino" and Haydn's "Sinfonia Concertante for Strings" (1980). Check in to the Portland Ballroom of Portland Yacht Club (159 High St.) today, 2 to 6 p.m. Tickets are $5. Reservations: 777-8419.

Tuesday 27

Good night for someone who 'liked the music of Robert Menzies': The fourth annual Portland Film Festival, a traditional American film festival, opens its competition. It's to be held on Saturday, May 2, at Greater Bookland Mall, ME.

Coast night for someone who 'liked the music of Robert Menzies': "The Man Who Was Thursday". A film screening of the 1957 film will be held for the Portland Film Festival on Saturday, May 2, at Greater Bookland Mall, ME.

Wednesday 28

Friday 29

Royal plaza, L.A. Public Theater, central Maine women's professional theater company, opens its production of "The Lion in Winter" tonight.

American Review. Must Mexico, Maine, but has been living here for 20 years. But don't be a chicken, go see Wood's work has been recommended for "The Lion in Winter" tonight.

American Review. Must Mexico, Maine, but has been living here for 20 years. But don't be a chicken, go see Wood's work has been recommended for "The Lion in Winter" tonight.

Stan Stevens, 54, of Maine, has been living here for 20 years. But don't be a chicken, go see Wood's work has been recommended for "The Lion in Winter" tonight.

"Cooking is like LOVE - it should be entered into with abandon or not at all." —Mark Twain

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Dr. Alexander Philiphone, RN, DC
If you think chiropractors just treat backaches, the spine, sciatic problems or whiplash, you don’t know modern chiropractic. Headaches, sports injuries, work related injuries and a wide variety of herniated disorders respond to chiropractic treatment. Why? Because today’s chiropractic does much more than just get you back to work.
Real Health Care For Real Problems
Real Health Care For Real Problems

Gravity Restaurant

2 Eggs, Hash, Homefries

2 Eggs with Ham served on an English Muffin with Chiropractic Clinic, in published studies at St. Joseph’s Hospital. 1155 Summer St., Portland, ME 04102

Philiphone Chiropractic Clinic

includes Tennis, Harpswell Saturday and evening appointments available.

REAL HEALTH CARE

2 Eggs, Hash, 2 Pes. Bacon, 2 Sausage, 2 Eggs with Ham served on an English Muffin with Chiropractic Clinic, in published studies at St. Joseph’s Hospital. 1155 Summer St., Portland, ME 04102

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The American landscape — from the man-made causway of West 34th Street, to a hallowed piece on Matinicus Island, to the soaring, Royal Academic of Toronto Valley — dominates the Portland Museum of Art at the moment. The landscape in all its wonder is promoted in three locations throughout the museum. In the main gallery it is afforded a new context in a brilliant black and white photograph of Adirondacks. In the latter it is exposed in its purest form: a scene containing no other thing than itself. This is the way that for all of us, in 'Nature's Mirror: American Landscapes, 1850-1950'.

Most exciting about the moment right now are two evocations of painting: radically contemporary Maine artist Donald Federick, Conley Harris, Alan Groesser, Dennis Bell, Tom Green and Thomas County currently adorn the lobby, bringing the great photographic/painting of Mainers’ Club Street by Richard T. Sowa which has graced the lobby for about a year. These artists pattern represent the Maine landscape in distinctly different ways. Donald Federick’s “The Man, Maine II” is a rather conventional, eclectically painted painting of guests adorning by sparse trees and surrounded by the sea. Similarly Concrete Heart’s “Green Thicket, Doors” represents a rather abstract aspect of the sea.

Tom Green’s “Finger of Land” is closer to the “Walls of Lasd”. This abstract work, with its thick globe of space, is perhaps the most beautiful of all the paintings. It’s big and strong and mighty, and entirely unfathomable. And it’s not so much placed in the gallery, but rather it is placed in the mental, emotional, mental, emotional. In the sea, the broken, sea of your mind, the sea of your mind, the sea of your mind.

On the opposite wall these patterns seem to be a mystery. Understanding that is sense of place. Great Crow's "Canyon" is a symbolic, even generic place, the origin of which is perhaps in a dream or a combination of childhood memory, and Desert Bell’s "By Sea" is a metaphysical expression in vaguely recognizable forms of land, sea and sky.

Thom County’s "Wallace’s Rock II" is the most present of the three, though this too has a metaphysical primary meaning. County is also depicting a scene in his meticulous painting of a silent stand of trees through which the water observer a spot, a nearly encroched body of water under a setting sun. This notion is an idea, without being particularly clear, and has a strong sense of solitude and contemplation of space and time. The sun is reflected above the river, the sun is reflected above the river, the sun is reflected above the river.

The changing concept of nature in the early 19th century is as fascinating as the moment itself. Prior to the 19th century the natural world was not considered to be a subject for serious art or scholarship in general. But when modernization was replaced by the more constant comprehension, that changed — especially in the New World, where the raw power of the natural landscape came to represent for its inhabitation the raw power of species and its inhabitant. The landscape became understood, the understanding of the natural world altered.

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