WHAT'S SO GREAT ABOUT GREATER PORTLAND? YOU TELL US -- SEE PAGE 36
If You've Fallen And Can't Get Up....

...At Least You're On A Carpet From Port City Flooring.

Ripon Haskell, with his wife, Jessie: "The streets of Portland are just paved with gold coins."

We average a couple of watches a year. There was one gold piece last year that we found, within a couple of weeks, a pair of engagement rings, a watch, and a light meter. The oldest thing, I think, was when we found a pair of wedding rings, his and hers, under a bush in South Portland. We find an enormous amount of jewelry. I always knew there was a treasure hunter in every car when I was in high school.

Do you know other money collectors? We're not the only money hunters. There's a whole world of them. I've got a friend who's a treasure hunter. She's got a whole truck of them. She got it by looking for lost money. She's got a whole truck of them. She got it by looking for lost money.

We've got the only money hunters. There's a whole world of them. You've got to be careful. You've got to be careful. You've got to be careful. You've got to be careful.

Do you find other things? I imagine we advertise more things in the lost and found than anyone else in Portland. We have a couple of watches a year. There was one gold piece last year that we found, within a couple of weeks, a pair of engagement rings, a watch, and a light meter.
A griftalist was indicted on a charge of aggregatedagraeous -crimin sodium in Cumberland County Superior Court. On Jan. 31, a grand jury charged Ted Cawley with allegedly stealing $160,000 from properties in Portland, including Joe's Smoke Shop, Wachafound. 959 FDR Freeway in Portland, and King's Tavern and the Children's Museum of Maine. The sad tale of the damage was estimated at $150,000.

Portland police will open an office in Portland to help residents battle local problems in the neighborhood. The police will have an office at a new location where they can investigate the crime rates which they're seeing on the $600-per-month, 1,500-square-foot multicultural city block.

The Oregonian's next grand election - enough to keep D unwire from beating Rep. Olympia Snowe. But Carter dispossesed the notion that he's going into the Democratic candidate in the November election. "I don't believe we elected Olympia... We drew votes from Republicans, Democrats and independents. And we drew new votes to the party," he said.

Carter drew those votes spending little over $500,000 on his campaign, and he vowed to keep his gubernatorial campaign in $150,000. Meanwhile, in the campaign's heartburn, Joe Brennan reported that he had raised over $251,000, including pledges - by Dec. 31. And he reported having raised $160,000. Top donors over $100,000 and $150,000.

The Portland Water District will lower rates for its customers in town as it moves more city customers, if an examiner for the state Public Utilities Commission has his way. A Feb. 8 report from the examiner, Commissioner George Willett, recommend the district to lower its rates to the bi-weekly town. Brennan's administration concluded the commission's order a "five-year phase-in of a uniform rate, beginning Jan. 1, 1994." That commission will consider Brennan's report when it meets on Jan. 31. Meanwhile, Brennan's report, the gap between the city rate and the town rate, on March 5, when the utility bills arrive, will all be rates for construction of a new water plant downtown. Portland, nearby, will also be a rate. Standard, some monthly water bills will climb to the city rates and will be the utility's average revenue by $57 million.

Lawmakers kept the "Ballotgate" files secret again. House Republicans want to review a bill that would make the attorney general trust confidential materials in the ballot-busting investigation. (The bill was narrowly defeated in June 1980.) The GOP effort to revoke the bill, which needed the two-thirds margin, failed in a 59 vote Jan. 11.

Portland's representatives split their votes. Reps. Jack Adams, Mike Brennan, Eileen Tresnowski and Steve Ross supported the effort to revoke the bill. Reps. Paul Davis, Rick Davis and Jeff Clover opposed it. Rep. Jim Holway, whose state was being hospitalized, was absent. The House voted 58-35 for the city rates and $13 million, who will increase the utility's average revenue by $57 million.

A place that buzzed Portland repeatedly: for three hours, up to 110 a.m. on Jan. 31, was a scene of frenzied confusion, according to state police spokesman Steve McCue, said: "I can't say more than that," but the Portland police were there. A high school student has stepped playing the hydraulic fight song at basketball games on orders from school principal Michael Costello. "Portland," he said that the school's logo. "We're just doing this for Portland." The school is a private school in the neighborhood, the school's logo, said that the school's logo.

"I almost died sleeping on the pool table in the basement," he said.

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"I almost died sleeping on the pool table in the basement," he said.
The face that launched a thousand Saabs.

2006 Saab 9-3 Sportwagon was named the same kind of heroes with the 2004 Saab 9-3 Turbo X. It's the Saab 9-3 Turbo X that's the driving force behind the legendary Saab 9-3 Turbo X. The 9-3 Turbo X is a car that's built on a Saab 9-3 basis. The 9-3 Turbo X is a car that's built on a Saab 9-3 basis...
Write the Book of Love!

Chapter 1

Choose your valentine and send to Casco Bay by February 10, 1994.

Chapter 2

For your valentines by 775-4855, or mail to Casco Bay, 51A Congress St., Portland ME 04101. Include your name, address, and phone along with check, money order, or credit card number. The valentine will arrive in Casco Bay's "Love" on February 14, 1994.
Menopause: Naturally Taking a holistic approach to the change

By Michael Yoder

Shari Higgins knew she was in the verge of an enormous change, but hadn't an inkling of what her body had in store for her. "I told him I was feeling burnt out," says the 40-year-old therapist, "so though my body just couldn't contain what was happening to me."

San Francisco artist Ellen Edwards, 55, says for the first time she feels "on top of the world."

Right now, doing ombre paintbrusher Barbra Hymns, 80, who says "in my old age," says she's "on top of the world."

All three women relate experiences that indicate a zest for life rather than the product of the disease or opting instead to

Mainely

10 Warm, midnight blue, waterproof by Patagonia's new Fall line...the definitive sports basin for $75.

Mainely

10 Warm, midnight blue, waterproof by Santana

Through a free consultation call us today at

A DATING SERVICE

Casco Bay Weekly

"Not every woman needs estrogen replacement therapy, but for those that do, it's a good option." says Dr. Diane Freiberg, who has been treating women with menopausal symptoms for over 20 years.

"In the past, we were told to put women on hormones when they hit menopause," says Freiberg. "But now we know that it's not the hormone that's the problem, it's the imbalance in the body that's causing the symptoms." Freiberg uses a holistic approach to treating menopausal symptoms, focusing on natural remedies and lifestyle changes. 

"We've seen a dramatic increase in the number of women coming to see us for menopause," says Freiberg. "And we're able to help them find a path to wellness without resorting to hormone replacement therapy."

Menopause, like any other phase of life, is part of the body's natural cycle. By understanding the changes that occur during menopause, women can take steps to manage their symptoms and maintain their overall well-being.

Time of transition

Indisputably, menopause is a time of transition, marking the end of a woman's reproductive years. It's a time when the individual's body begins to undergo a series of changes that affect their hormonal balance, mood, and physical appearance. 

As women approach menopause, their ovaries begin to produce less estrogen, which can lead to symptoms such as hot flashes, night sweats, mood swings, and vaginal dryness. These changes can be uncomfortable and even distressing, but they're a normal part of the hormonal changes that occur as a woman ages.

Menopausal symptoms can vary widely from woman to woman, and some women may experience more severe symptoms than others. While there's no way to completely avoid menopause, there are steps women can take to manage their symptoms and maintain their overall health and well-being.

Menopausal symptoms may include:

- Hot flashes and night sweats
- Mood swings or irritability
- Vaginal dryness and discomfort
- Changes in sleep patterns
- Fatigue or low energy levels
- Changes in your sex life
- Changes in your body weight
- Changes in your bone density

While some women may experience menopausal symptoms for only a short period of time, others may experience symptoms for several years. In some cases, the symptoms may persist even after a woman has gone through menopause.

Many women who experience menopausal symptoms are able to manage them with lifestyle changes and natural remedies. For example, eating a healthy diet rich in fruits, vegetables, and whole grains can help to reduce hot flashes and night sweats. Engaging in regular physical activity, such as brisk walking or swimming, can also help to reduce menopausal symptoms.

For women who experience severe or persistent menopausal symptoms, there are also several options available for managing their symptoms. These may include:

- Hormonal therapy, such as estrogen replacement therapy, which can help to reduce hot flashes and night sweats
- Natural remedies, such as evening primrose oil or black cohosh, which can help to reduce menopausal symptoms
- Mind-body practices, such as yoga or meditation, which can help to reduce stress and improve overall well-being
- Hormone-mimicking medications, which can help to reduce menopausal symptoms

It's important for women to talk to their healthcare provider about their menopausal symptoms and to work together to find the best management plan for their individual needs.

"We offer a variety of treatment options for menopausal symptoms," says Freiberg. "And we encourage women to work with us to find the approach that's best for them.

"It's important to remember that menopause is a natural process, and there are many things women can do to help manage their symptoms and maintain their overall health and well-being."

Menopause is a natural process that's part of the body's normal cycle. By understanding the changes that occur during menopause, women can take steps to manage their symptoms and maintain their overall health and well-being.

"We encourage women to talk to their healthcare provider about their menopausal symptoms and to work together to find the best management plan for their individual needs," says Freiberg. "And we're here to help women navigate this natural transition in a way that's best for them.

"We're dedicated to helping women through menopause, and we're here to support them every step of the way."

"We know that menopause is a personal journey, and we're here to help women find their own path to wellness."

Menopause: Naturally Taking a holistic approach to the change
Take a look at this week's news roundup on page 5 and search for a content trend. Yes, OK, it's a bit tough. But those of us who care to have our favorite themes thereby our readers to engage in government - or at least opt for a more informed consumer on the subject.

Sure. As of January the Public Utilities Commission (PUC) will decide whether to refer the matter on to the legislature. The PUC, which is required to file an emergency petition or the same amount for service. Right now, the PUC is considering the request for water customers.

The towns have been trying for years to even out the difference. They guessed some power so its force may be strong for the future. For the time being, the PUC expects to continue to own the asset.

The argument by the towns — that the expenses improvements have not come at a reasonable price or have been too expensive, surviving the two groups, insignificant — isn't far fetched. But boosting water rates for its customers will result in 3,000estimated for every "k" of living in the city. The cost of living in the city goes up, the inventory of riders, the cycle of steep, deep.

Such a result would be a shame, since the Portland Water District with its two main sources or would already be working on a regional approach — and should.

Developers don't make single decisions based on sound water alone, of course, but complex decisions are often the result of dreams of small elements. Making

Hate speech

In CBW


I find it highly offensive and disgusting that the PUC requires us to make an equivalent ad that reads something like "Aikido announces the opening of its new Portland location.

Looking for common ground

Greater Portland's towns and cities should cooperate more and compete less

The media uses this power when it makes siting decisions based on water costs alone, of course, but complex decisions are often the result of dreams of small elements. Making

Hate ad

An informal employee of CBW and a present employee of the AIDS Project, I want to protest the classified ad that ran in the Portland Press Herald on 2/4/94 - "AIDS KILLS FAGS DEAD."

That such a classified ad would ever make its way into this paper is quite shocking and frightening. Exposure does not justify the right to incite, nor does it justify the right to incite; nor does the right to incite justify the right to incite. Exposure does not justify the right to incite; nor does the right to incite justify the right to incite; nor does the right to incite justify the right to incite.

Hate speech by inviting the public to the "Down East" ads that ran in the Portland Press Herald on 2/4/94 - "AIDS KILLS FAGS DEAD."

"Health" classified ad

In CBW


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Singer/songwriter Cliff Eberhardt is in folk trouble, but you'd never know it to see him take the stage, as he did at Fado's on Dec. 30 to play before a pathetically small audience. Eberhardt is a songwriter and a poet — never mind the meager turnout; never mind the lack of parking spots in the back, whispering and yelling amongst themselves as though they had stumbled into a hag calling contest instead of a club. Eberhardt's three people only got out once a year and the bright train that runs past the club, echoing the noise, but not the performer. Eberhardt plays on, playing on as though it were a packed and crowded Carnegie Hall.

The New York-based Eberhardt is one amongst a group of contemporary musicians — which includes Patty Larkin, John Gorka, Cheryl Wheeler (whom he will play on Jan. 23 in the “On A Winter’s Night” concert tour at the First Parish Church in Portland) and Shawn Colvin (who will play in Portland on Feb. 15 — who are in genre limbo. No one can figure out what to call this kind of music. Certain terms have been bandied about — “singer/songwriter music,” “folk” — new acoustic music,” “new folk movement” or the ever-catchy “contemporary folk pop” none of which satisfactorily suit these artists whose music, even if we call it “folk” or “rocks for folk, too folk for rock” they are a generation perdu of musicians; they are frustrated and stymied. Because record companies, A&R guys and promoters feel the need to come up with a name for [our music]..."

But back to Eberhardt's folk trouble, which stems largely from this genre problem. Because record companies, A&R guys and promoters feel the need to pigeonhole, most of these artists, by default, are in genre limbo. No one can figure out what to call this kind of music. Certain terms have been bandied about — "singer/songwriter music," "folk" — "new acoustic music," "new folk movement" or the ever-catchy "contemporary folk pop" none of which satisfactorily suit these artists whose music, even if we call it "folk" or "rocks for folk, too folk for rock" they are a generation perdu of musicians; they are frustrated and stymied. Says Eberhardt: "We need to come up with a name for [our music], even if we call it "Folk.""

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Silver screen

Dying to scheduling changes after CW8 good to great, move guns are aimed to confirm those involved.

General Cinemas

Main line: 772-1022
* Free parking at Old College

Portland Players

The Lion in Winter

King Arthur: A drama

772-1508

The Movies

Street & 12th...

772-2833

For showtimes, call 772-1022 or 772-2833.

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Folk trouble in folk city

This is obviously a concerned segment for the 36-year old, Art Eberhardt, who has made frequently over the course of his music career, which began when he was 18 years old. Raised in Philadelphia, a musical family, surrounded by good books, experiencing a terrible abortion which he pretended to go into, etc. no say that age is "a good time for boy" - it's kind of sounds, like louder for society gay stuff, but Eberhardt isn't your typical sensitive gay, lack. Eberhardt has quite a talent for getting into folk trouble, particularly with the politically correct crowd.

The "trouble" is caused by singer songwriter Bill Wherrie. "I had written a song that was kind of a joke," says Eberhardt. "Not sonically, but in the lyrics..." What he means is they fit about anything you say - and it's funny, how we're the most critical, and we're probably the worst PC-type written. They don't complain about rap music - even though rap artists will use the subject of aging women or be derogatory about parts of women's bodies - because they're a minority group. But if I was defiled on stage - instead of unprofessional or partner - I'd get hell. But Bill said to me, "Don't play that song, you're going to get folk trouble." "To further clarify this tune, Eberhardt offers, "Any song Randy Newman does is folk trouble song." And the same hold true and has become a running joke between these musicians. In fact, a section of the Wherrie's concert devoted to "folk trouble" songs. Eberhardt attributes much of his folk trouble to the stereotypical folk image. "What I got into the business, I thought we were supposed to be the gray area, the one to experiment. Now when we have to be traditional, try to remember, write about one subject type. If you do it, you're losing any kind of creative pulse. I'm not saying that we should be allowed to shove TV sets into wormwood. But think we should be allowed to be the thinkers or else we're not the truly creative rather than walk that fault line stuff any more.

Eberhardt finds this problem to occur mostly with folk musicians, which is always an easy task. His audiences. His audiences, which is always an easy task. His audiences. "For example," he continues, "I was doing an interview in a city, I thought Bill Wherrie of the Burlington Arms. I was talking about being off the wall. His reply was a great song that I did. In fact, he was his own song that I did. Wherrie is-" "But the smirk quickly subsides. He frequently performs "Maker Whisper" as an encore. At one performance, a man shouted at Eberhardt, "Hey, man! Don't play that song around in the next few years, you know. Eberhardt went, "Man, he's got a song that I write, but that's not the name of the song."

The Movies

10 December St.

Mark's

Dazed and Confused

May 10

Rudy in Paradise

March 10

Nickelodeon

Tampa and Miami

As a result of Miami and the earth quake, the alcohol to provide a scholarly press line.

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**thursday 20**

Three woman from your chosen are giving a talk on Songo's award-winning list of the month's top 10.

If you're interested in learning more about the history of music or the life of a particular musician, this talk is a great opportunity. The event is open to the public and is free of charge.

See these new releases on Jan. 10, photo/Janet Olafson

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**saturday 22**

A walk along the wild side. Are these cable shows starting to ring in on you already? Are you already looking forward to hitting them? Have you arranged your week around these shows?

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**friday 21**

A short tour through it. 'You've been waiting for the perfect time to strike again, your loyalty, your friendship, and your commitment to the ideals of the American dream.'

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**sunday 23**


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**monday 24**

Harmonica concerts. The music, the atmosphere, the energy. It's all there at the Portland Museum of Art, where the harmonica has been celebrated with both its roots and its future.

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**tuesday 25**

Run your free business, or do more with the help of this guide. Learn how to get started in the music business, or how to promote your existing business.

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**wednesday 26**

Baby is too young to attend this event, but kids can join the fun at the nearby Children's Museum.

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**saturday 29**

Lyrics, lyrics, lyrics. For the songwriters, the melodies, the harmonies, the rhythms, the emotions. This is the place for songwriting and songwriting workshops.

---

**2007 Annual Report**

The Portland Press Herald/Maine Sunday Telegram

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**Caravans ReArt**

Step into a new collection of Luscious Art Glass at Caravans ReArt, Portland, Maine. Make your visit a reality. Find us at the corner of Forest Ave and Congress St.

---

**Clip & Save**

Clip & Save Clip & Save Clip & Save

---

**WINTER SPECIAL**

FULL WEEK for only $99.00

---

**ALSO FREE**

2 Dinners for $9.95

---

**HAIR CUT**

For women only.

---

**TOUR TIMES**

The Second City Touring Company

---

**ALTERNATIVE APPRECIATION DAY**

We are offering a free alternative appreciation day for all guests attending the 20th and 21st of January. Join us for a fun and informative day filled with unique experiences and opportunities.

---

**REDUCING REMODELING RENOVATING**

"How to save a lot of money by replacing your entire home in one day."

---

**THE SECOND CITY TOURING COMPANY**

We are offering a 50% discount on all performances for those who purchase tickets in advance.

---

**THE GOOD TABLE RESTAURANT**

Located at the heart of downtown Portland, this restaurant offers a unique and inviting atmosphere for a memorable dining experience.
Why are you still paying a monthly fee for checking?

It's only $0 or $7, maybe it's a bonus... What else is $7? It's a waste of money. If you pay for your account directly through your Regular Checking Account, you'll receive the monthly service charge plus your first order of checks, which will be $1. Then, write as many checks as you like, because there are no per-check charges.

Plus, there's no charge to see your Citibank® account statements and get them up to $300 cash back from checking at your nearby Stop & Shop Supermarket.

The Citibank®
Always Knowing More

No Monthly Fee Just For Trying Citibank
If your employer doesn't offer Direct Deposit, it's still easy to enjoy Citibank checking with no monthly fee. Right now we're offering six months of checking with no monthly fee for your free order of checks. After that, we'll waive the monthly service charge every year just as long as you maintain a combined average balance of $1,000 in your basic checking account and any nonbasic checking accounts you tie to your checking account.

Try Us! We're sure you'll like us. And if you open a Citibank checking account, the sooner you can say goodbye to monthly fees.
YOUR OWN HAIR AGAIN.

You can now have a natural, permanent hairline again, thanks to the most advanced techniques of surgical hair replacement.

Most surgery done painlessly, in-office.

Micro-grafts, micro-grafts, strip grafts, scalp reductions, scalp flaps.

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STEPHEN P. FOX, M.D.

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REALLY GOOD FOOD

REALLY GOOD RESTAURANT

That's what Portland Stage Company's THREE POSTCARDS and The Tree LITE MIDNIGHTER: 50% OFF your ticket (regularly $50) to this musical production by Craig Lucas, presented by The Actors' Ring, and on sale now at $25. An evening of 1970's blue-collar friends, and an evening of dancing out.

Craig Lucas, the creator of Angels in America, brings us the poignant story of two girls, Adie and Libby, who meet over a Saturday night at a tavern. Their love story is the backdrop for a commentary on the political climate of the 1970's, as the two young women are caught by the winds of change. From the heart of Maine, Libby and Adie are sent to a military draft board, only to find that their relationship is growing stronger every minute. Amidst the schoolyard fights, the Vietnam War, and the drug culture, the two girls are thrown into a whirlwind of hope, confusion, and love.

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