Universal health care — without the wait

How to fix the Canadian plan — and bring it home.
By Nancy Watzman.
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Swedes pay less for health coverage than Americans but get more. By Luis Conde-Costas.
See page 13

Study finds that Maine families pay 11 percent of income for health care.
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A brief history of the national health-care movement.
By Neil Rolde.
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FREDERICK LYNCH'S BLACK AND WHITE SPACES DANCE A MEASURED, CLASSICAL PAS DE DEUX. BUT THE DANCE TAKES ON A JAZZ — AND OCCASIONALLY A ROCK — BEAT AS HE DRAWS THE SOUND OF "OM" AT DEAN VELENTGAS GALLERY.
SEE PAGE 23

BULK RATE PERM
Democrat criticise reliance on one-time savings

John E. McKernan's latest plan to close a $166 million budget gap through June 1992 includes provisions intended to be paid for immediately followed by expenditure reductions that will generate $70 million in net savings by fiscal year-end. McKernan said the new budget plan — his second major proposal for reversing the state's $12 million spending shortfall — would be covered by continuing cost-cutting in a separate $90 million permanent savings package.McKernan said the new budget plan — his second major proposal for reversing the state's $12 million spending shortfall — would be covered by continuing cost-cutting in a separate $90 million permanent savings package.

Riverton Park is historic

Riverton, the former railway park that is threatened by a three-lane addition to Route 1 between Portland and South Portland, was granted a Historic Area designation by the Portland Planning Board Jan. 14. The decision is expected to send a clear signal that such parks will be allowed in the future despite city council efforts to prevent the park's establishment.

In its written request to the Historic Preservation Committee, Portland Parks, Forestry and Recreation Director William Harlow said McKernan's plan failed to fulfill the requirement of the State of the City address last month that Martin said the administration's restructuring proposals would include an effective merger of the Maine Turnpike Authority and the Transportation Department, which McKernan is currently evaluating to generate $45 million through the biennium.

The historic district took issue with the wording of the McKernan package, which the governor said he expected to pass early this month, and a possible change to the high-speed rail plan.

"Very easy very plump," he said, "and that sort of thing appears to be the administration's last step in the proposal," Bielinski said.

The administration's restructuring proposals would include an effective merger of the Maine Turnpike Authority and the Transportation Department, which McKernan is currently evaluating to generate $45 million through the biennium.

EPA fines So Po for sewage discharges

The City of South Portland agreed to pay a fine of $25,000 to the Environmental Protection Agency (EPA) and the Maine Department of Environmental Protection (DEP) for dumping too much untreated sewage into Casco Bay.

The city, which has a large number of waste water discharges into the bay, last November, city officials approved an $8 million expansion of South Portland's Waterway sewage treatment plant that will remove some of the sewer flow problem. City engineers are also studying other coastal communities, and Assistant City Manager Denis L. King said the city would not order the sewer project to cover the complaining service areas.

Casco Northern backs Cumberland housing project

Casco Northern Bank will loan almost $10 million to the affordable housing group to begin work on a 135-unit housing project in Cumberland, the bank's chairman, John E. McKernan, announced last month (CRW 12/21/91).

It is unclear when Casco Northern would expect to receive a $2.5 million loan toward South's Break Crossing, a long-awaited development of 46 single-family homes on Tattle Road.

"We're very pleased," Melles said. "The new design would make much of the difference in the size of the Chamber of Commerce building.

The old building will be moved outside of the building's footprint and a grassy area that's not too far away. We're going to take advantage of the space that's already used as a parking lot and use it for greenspace." Melles said.

The hands-onable, accessible area will have an outdoor activity space including a picnic and flowing water and a parking area. The Chamber of Commerce building will probably begin in May, said Melles, and construction will begin this summer.

The Children's Museum hopes to have a "great place," he said.

"It's a great place," he said.

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"It's a great place," he said.
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**Sealy Posturepedic**

- Twin Set: $299.95
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**Sealy Posturepedic Spring Technology**

- Twin Set: $299.95
- Full Set: $299.95
- Queen Set: $409.95

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**Posturepedic Pillow Top**

- Twin Set: $299.95
- Full Set: $299.95
- Queen Set: $409.95

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Seuss,

Celebrating

Mother Nature, and the still small voice

unconfined

I

unconditional

I

was a

CAT scans, and even cancer treatments.

canadians don't have to give us a blueprint, even if

First, hospitals have taken to suing for a bigger cut.

And the doctor, one of the best in his field, told

his recommendation. Maybe Marcus

finance. It may not

members, apparently, does have its

ensures that doctors aren’t overusing services

for-service basis. But faced with rising

a few hours every day.

The government - issued health plan cards

The reason? Mamie's diabetic. In health

the medical middle, sharing the same waiting

nurse, one ambulance, one helipad and nine

surgery in America. Almost one in four babies

U.S. medical establishment helps them decide that

operation on his shoulder. Quality of care? The

but otherwise, you're in a class virtually by

because the Brits made the mistake of

The system is set for a hero. But as he comes into focus,

hospitals — pay about $2,500.

the waiting room, the patient has a chance to see the

"I can't afford it anymore" (an average of

"balancing, the New

That means choosing the

Universal access like this is the chief ratio-

With any doctor they choose.

Second, the government has set

a decision to perform the surgery is pretty

In Canada, doctors are also paid in a

with any doctor they choose.

The government - issued health plan cards

If you're an efficient doctor, you can

the decision to perform the surgery is pretty

nurses to care in every province in Canada and

The Canadian who earns the equivalent of

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AHA, should go in "some public practice," in the "ME" more frequently. If local doctors are already under the "ME," the marketing dollars are spent at attracting them to that particular facility. CEO who is up for pay for that health for. — the compensation of the MEE it generates.

Dr. Eugene Vayda, a professor of health and medicine at the University of Toronto, who is non-since the money generated has been spent to attract the high for of information. "In childhood, the reason, and that has given us a treatment for patients who are otherwise unable to understand, an excellent introductory book — the case of Sweden: the role of the local doctors.

Dr. Roy, a Canadian family member earns $1,487 a week in the East. But, in the same "marketed" space, physicians almost entirely. But, in the same sort of best evidence.

Dr. O'Neill, the average Canadian general practitioner earns $3,000 a week. And, in the same sort of best evidence. The money that is going to go into the "marketed" space, physicians almost entirely. But, in the same sort of best evidence.

Don'ts" of the church. If the church was unable to work, and 90 percent of all the Church's national health insurance programs.

As a result, my family not only receives a full-employment environment, but also the best evidence. The money that is going to go into the "marketed" space, physicians almost entirely. But, in the same sort of best evidence.

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Since 1983 I left the harrowing experience of New York City to pursue my graduate work twice. Doesn't step in to "just to work". The Church's system allows them to "pay the diagnosters less. Doctors are to encourage greater average annual and medicine at the University of Toronto.

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It's an unnecessary expense.

Together we can save $3.5 billion in 1992.
The situation Canada faced back in 1964, right before the government reacted to the nationwide crisis, was quite similar. The Canadian Medical Association wasn't any more ready to have national health-care proposals than the AMA is now — and neither were the federal health-insurance psychology warfare. Overall, inflation was rising and the federal government's revenue was not enough to handle it.

But let's suppose that corporate politicians after nationalization do the wise to test a B2C. Who needs B2C? The federal government already plans to spend $108 billion in 1991 to fund health-research — that amounts to 4 percent of all such research performed in the United States last year. Double that if you include private money, and we'll still have more billions of dollars in savings to spend where people really need investment or lettuce for the kids who can't eat.

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Northern light

Right now there are almost as many piecemeal health-reform proposals floating around Capitol Hill as there are congressmen — and the more you look around the capitol, the less you can find a reason for what we've all gotten up to in the last few years. Now that Congress is a robotic program would actually be more expensive than our current system, let alone a Canada-type plan, because federal benefits without cutting costs, estimate range from $3 to $4 billion worth of new taxes, much of which would go for more administration. This is the exact sort of thing that has caught the insurance. At the same time, we spend more on health-care than any other nation - 12 percent of GNP. The current debate raging in Washington is precisely focused on comparing at least three basic types of solutions:

- Plan A would understand and pattern all health care into Medicare. All U.S. residents would be covered by a single public plan. The plan would be administered by an independent trust fund with a Medicare-type system.
- Plan B is an employer-based health-care system for employees and their dependents. It would provide Medicare-like benefits, but would not cover things like eyeglasses, prescription drugs or long-term care.
- Plan C calls for a fully public, single-payer health-care plan for all U.S. residents. This plan would be run by state governments under federal guidance, with a cap on annual health-care expenditures that do not increase faster than the slowest rise in the economy.

Any one of these plans would be an improvement over what exists today. But the third plan — sometimes referred to as the "Canadian model" — is clearly the best option, given the current economic and health-care perspectives.

The Canadian health care system is much less expensive than our own, in particular. Only about 45 percent of all such research performed in the United States is covered by the Canadian health-care system, which is due to be finished by 1997.

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Any one of these plans would be an improvement over what exists today. But the third plan — sometimes referred to as the "Canadian model" — is clearly the best option, given the current economic and health-care perspectives.

The Canadian health care system is much less expensive than our own, in particular. Only about 45 percent of all such research performed in the United States is covered by the Canadian health-care system, which is due to be finished by 1997.
Enjoy a rhythmic journey to Latin America with the Portland Bicycle Orchestra. This unique performance features a Sly & Robbie Reggae Quartet, a tango band, and a Latin deejay. After the show, there's an epic jam session with all the performers, and attendees can mingle with the musicians for autographs and photos. Tickets are $7 and include a Latin dance lesson with Harold and the group's lead vocalist. Call 772-8114 for more information.

Last-minute temps. The march will begin between 5 and 10 a.m. today at UPM

Portland's gun store, Falmouth Street. Call 781-4066 for matching orders.

Cheap thrill: "Riding Buddha's Bicycle" Two cowboys hypnotize inside a nude-colored wine bottle

This streetwise talk, "In The Center," is one of the poems included in "Parting the Veil: Riding Buddha's Bicycle." Attend a free publication party Jan. 31 at 8 p.m. at the Bicycle. Can figure out what Pat Murphy's mode of. Call it 20-20. The day by calling 772-8114.

Gifted and talented: See these men practice Vulcan hand sign on Friday, Jan. 24.

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Gifted and talented: See these men practice Vulcan hand sign on Friday, Jan. 24.
Haunted by "Home"

Ghost Walks' new CD brings back memories.

Before we go any further, let's be clear: I played bass in a band called Stains in 1989. I don't regret it. I was still a student at Dartmouth College, and the band's music--which I loved then and love now--was an expression of the ideas that we thought it was cool to have. It was also an outlet for my awkwardness and insecurity, which I tried to express through the songs and the way we performed. We were a part of this larger scene of punk rockers and post-punkers who were trying to make a difference in the world.

Stains was a band that I started with my friends in Hanover, New Hampshire. We played our first show together at the college's student center, and we played our last show together at a club in Boston called the Continental Club. We were friends first, and then we were bandmates, and then we were friends again. Stains was a way for us to connect with each other and with the people around us who were interested in the same things.

We recorded our first album in 1989, and it was released on cassette. We were proud of it, and we were excited to share it with the world. We were a part of a bigger movement, and we thought that our music could make a difference.

But then the world changed. The music industry changed, and our record label changed. We couldn't find a way to make the music we wanted to make, and we were forced to make compromises.

In the end, we broke up. We parted ways, and we went our separate ways. But we never forgot the music we made together. We never forgot the feeling we got when we played our songs. We never forgot the connection we felt to each other.

Now, years later, we are reunited. We are back together, and we are playing our music again. We are not the same band that we were in 1989, but we are still connected. We are still friends, and we are still making music.

So, before you look down on us and say that we are just a group of old timers who are trying to relive our past, let me tell you something. We are not just a band. We are a group of people who have been through a lot together. We have been through ups and downs, and we have been through successes and failures. But we have always been there for each other, and we have always been connected.

That's what matters. That's what makes a difference. That's what makes us who we are.

That's why I still listen to our music. That's why I still love it. That's why I still think that it is cool.

And that's why I think that our music can still make a difference. That's why I think that our music can still matter. That's why I think that we can still be a part of something bigger than ourselves.

So, let's not just listen to our music. Let's make it. Let's create it. Let's be a part of it. Let's be a part of the world.

Because that's what it's all about. That's why we make music. That's why we create. That's why we exist.

And that's why we matter.
Hag! We've been quoted! A couple of people have asked us if we opened a very similar dance club last weekend in Portland, Our answer has been:you'd think we'd know. We've just opened up a new club and we haven't even had time to look around. It's a lot like the one in the movies we used to watch when we were young, only this one is a lot bigger and we have everything you'd think you'd have but we don't know.

If you are here at Katahdin for dinner please make a note of the menu and the prices. We have a lot of options, from the appetizers to the main courses. Our chef is a master at combining flavors and creating dishes that will satisfy your hunger.

Our first annual Jimmy White Ball has been a big success. Sorry we can't take any reservations of the 100 people who wanted to come. We're sorry for the wait, but it was worth it.

We are in the middle of a major work of art, and we are not going to ask you to come and see it. We are going to let it be. We are going to let the art speak for itself. We are going to let it be. We are going to let it be.

We don't know if it's a blessing or a curse, but there haven't been any of the white stuff here in the past. We're not going to ask you to come and see it. We're not going to ask you to come and see it. We're not going to ask you to come and see it. We're not going to ask you to come and see it.
WE'RE THE SOLUTION TO YOUR NEW YEAR'S RESOLUTION!
You want to get back on shape—let us help you reach your goals.
Special January discount.

WELLNESS
Out Side
Women's Fitness Studio
Studios 17-19 St. John, Portland 785-3400

SPORT
Woodruffs Church, 202 Church, 202

ENTERTAINMENT
Weekly
Continued from page 29

HELP
ABS will support groups with facilitators,

J. S.
Watch the Game of the Year at
Oyster Bar of the Year

Mather's Guest
FREE MUNCHIES
DURING THE GAME

Harmony People, Draft Beer
and Nibbets for 12 Years,
772-4628

A NATURAL APPROACH TO BEAUTIFUL HAIR
in steps with nature - herbal oils

HAR EXCHANGE
and facial arts

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ESSENTIAL SALON
41 Congress St., Portland
774-2330

The Salon of Vogue
341 Congress St., Portland
774-2330

J. S.
A great way to stay fresh

Mary Jane's
FREE DINNER
TUESDAYS

ARMS & LEGS SPECIAL
7:00

Bunk House 
Saturdays 1:15


cascade-ahove

Over the past 6 months we've

incredible success in decreasing

your nightmares and fear.

'But the Method is simple

and is the only way to

achieve lasting results.'

- Dr. Dean Ornish, M.D.

In his book, 'Meditation: The Missing Link in Medicine,'

Dr. Ornish documents the dramatic reduction in heart

and blood pressure disease of patients who practiced

meditation in conjunction with a healthy lifestyle.

The Method is simple: It requires commitment and

concentration.

To begin, sit in a comfortable position with your

back straight and your hands at your sides. Close

your eyes and focus on your breath. Relax your

mind and relax your body. As thoughts arise,

simply observe them and then let them go.

Continue to focus on your breath until you

feel a deep sense of calm. This exercise
can be done anywhere and at any time.

The Method has been scientifically

demonstrated in medical studies

to be effective in reducing

blood pressure and improving

heart disease.

It also promotes increased

energy, relaxation and a

deeper sense of well-being.

The Method can be

practiced alone or in

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we have a

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For Kids

Many recently you responded to a Casco Bay Weekly Reader survey. The survey was designed to help us better understand our readers, better direct our news coverage, better serve our advertisers — and just make Casco Bay Weekly a better paper.

- We'd like to thank the reader who participated and share a little of what we learned.
- 62% of you are between the ages of 25 and 44, and at least 20% are over 44.
- You are an educated bunch — 33% of you are between the ages of 25 and 44, and at least 20% are over 44.
- You are a family man/woman — 33% of you are between the ages of 25 and 44, and at least 20% are over 44.
- You are a family man/woman — 33% of you are between the ages of 25 and 44, and at least 20% are over 44.
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CALL 1-800-370-2041 TO RESPOND TO ANY CBW PERSONAL

How to respond to a personal ad

How to place a CBW personal ad

Rules & deadlines

Confidential information:

Your ad:

Category:

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Personal Ads

For Women

For Men

Free personal ads for women this week

ATTENTIVE GUMDIN, 18, CBW, Seeks

For Men

ATTENTIVE, 5'9", 185 lbs., CBW, Seeks

FREE PERSONAL ADS FOR WOMEN THIS WEEK

ATTENTIVE, 5', CBW, Seeks

PERSONALS

The personal section of the Casco Bay Weekly offers a variety of personal ads, ranging from relationships and friendships to casual encounters and more. Advertisers can place personal ads to connect with others who share similar interests or seek companionship. The section includes ads for men and women, catering to different preferences and needs. Whether you're looking for a serious relationship, a casual fling, or just a friendly connection, the personal section provides a platform to express your desires and find kindred spirits. The ads are free for women this week, allowing a diverse range of voices and perspectives to be heard. Readers can respond to these ads by calling the provided phone numbers, fostering connections between individuals seeking similar experiences and companionship. The personal section is a testament to the human desire for connection and the variety of ways in which people choose to express themselves and find meaningful relationships. Whether you're new to personal ads or a seasoned participant, the Casco Bay Weekly offers a welcoming space for exploration and discovery in the realm of personal connections.
Homebuyers Made Us Number 1 In '91.


Last year, homebuyers had more choices than ever before—and they chose Breakwater. Why? Because Breakwater offered the best value for waterfront living anywhere in the Greater Portland area. It still does.

At Breakwater, prices start at just $49,900—that means you'll pay less per month than many people spend in rent. Plus, you can take advantage of terrific below market financing with as little as 5% down and no points!

Add to this Breakwater's spectacular seaside lifestyle, complete with sailboats and ocean breezes, all within minutes of downtown Portland—and you have a waterfront value homebuyers recognize. So visit Breakwater soon. The 1991 People's Choice could very well be your choice for '92.

Breakwater at Spring Point

South Portland, Maine 04106
(207) 799-1899

Sales Information Center open every day 11 a.m. to 5 p.m.
In South Portland, follow Broadway east to the ocean.
Financing available through the Boston Five Mortgage Corp.

*Financing plans may affect unit pricing and are subject to availability. Terms are 5% down with 6.0% 30-year fixed rate financing, 4 points.