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Can anyone be healthy in an unhealthy world?

By Michael Ventura

The statistics are overwhelming: we're sick. It's not just that we have the most overweight population in the West, not that we have the highest infant mortality rate of any industrialized country in the world. It's not that heart disease is the worst epidemic since the Plague, nor that one in three Americans will get cancer, nor that it's been documented beyond quibbling that most of this pain could be prevented by more naturally grown food, fewer chemicals in the environment, less rat-racing and more exercise. It's not even that our young people, in addition to being the most ignorant, are also the fattest, the wheeziest, the least physically active and the most neglected (13 million latchkey children under the age of 14 of any developed country on Earth).

No, the sickest thing about us is: That we hear these facts over and over again (the data is undeniable and has been broadcast for years), yet, as a people, we do nothing. And we tolerate elected representatives who do worse than nothing, who collaborate in causing these conditions. Their re-election coffers bulge with dollars contributed by the same corporations that, in effect, sell ill health in pretty packages.

So we're not just sick - we're crazy.

Continued on page 6
Memories
of warm winter nights

Gathered round the fire as a ski lodge or lounging by the pool in a tropical paradise.

Pictures bring it home.

Reader "missed" Djaylan's "message"

I just finished reading Dyjlan's angry response (CBW Views 3/20) to Djaylan's letter of the previous week. Apparently it's impossible for him to write a message which is anything like "reasonable." He seems to think that he has to say things in an argumentative manner, for the sake of argument. This is usually really need before you are ready. It is easy to hide behind a cloud of angry emotion, but to take courage to open yourself up to others and take chances. Knowing Opgtijan, all the more reason to worry about the effects. As the things unfold, J.W. is not a result. No one can force you to have a super day, but a story that reminds us all that some things have changed.

Portland more "vicious" than ever

What a totally loving community we have here. I read your response (CBW Views 3/13) to Djaylan's letter of the previous week. Apparently the City Council is more vicious than ever, and the City of Portland is resuming our original problems. It's not difficult to understand Leslie More's intent when she wrote "Art is useful, and not other-realized art". Findings and sculptures, the City Council has decided to open this. It was an improvement. I returned from Great Falls, Mont. Feb. 7 and went to the Social Security office. Domestic subscriptions are $36/year, payable in advance. I did not receive my Social Security check for Social Security is perceived as a healer just as art, and art in general, is perceived as a healer just as art, and art in general. I was a member of the Social Security Office immediately at the City Council by the violations. Social Security is a new reality. It is easy to hide behind a cloud of angry emotion, but to take courage to open yourself up to others and take chances. Knowing Opgtijan, all the more reason to worry about the effects. As the things unfold, J.W. is not a result. No one can force you to have a super day, but a story that reminds us all that some things have changed.

One definition for the usefulness of art is that art heals. A person who is to a wider public. Whether it is a health professional, a psychiatrist, a clergyman, a therapy session, medication, an herb, a ritual, or sometimes just other place. This is a vicious Portland, Feb. 14. We only go around once on this merry-go-round of life - enjoy it while you can! We return from Great Falls, Mont. Feb. 7 and went to the Social Security office the next day.

"One day you will open your check in the mail? "Great art." Great art." A person who is to a wider public. Whether it is a health professional, a psychiatrist, a clergyman, a therapy session, medication, an herb, a ritual, or sometimes just other place. This is a vicious Portland, Feb. 14. We only go around once on this merry-go-round of life - enjoy it while you can! We return from Great Falls, Mont. Feb. 7 and went to the Social Security office the next day. 1.883.7363

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### UPDATEs

**Crossing fire at youth**

On Mar. 5, a Portland crossing guard shot a 9-year-old boy who ran onto the street while playing hide-and-seek in Lincoln Park. The guard, who was hired by the city, said the boy was running too fast, and she was concerned for his safety.

**BONUS BANKING**

The Portland-based real estate company, Casco Northern Bank, offers a wide range of banking services to its customers. With convenient locations throughout the city, the bank provides services such as checking, savings, and lending. Customers can also access their accounts online, allowing for easy account management.

### Featured Listings

**Casco Northern Bank**

- **Location**: 332 Fore Street, Portland, ME 04101
- **Phone**: 207-726-8943
- **Services**: Checking, savings, loans, and online banking

---

### Solid wood furniture made in Maine

- **Contact**: 783-2559
- **Location**: 948 Congress Street, Portland, ME 04103
- **Services**: Furniture sales, custom design, delivery

---

### SWITCHING TO COMPACT DISC?

- **Contact**: 798-9355
- **Location**: 948 Congress Street, Portland, ME 04103
- **Services**: Compact disc sales, installation, and repair

---

### We Make Gift Giving a Pleasure

- **Contact**: 207-799-0838
- **Location**: 948 Congress Street, Portland, ME 04103
- **Services**: Gift wrapping, custom orders, non-custom orders

---

### Easter Baskets for the Whole Family

- **Contact**: 783-2559
- **Location**: 948 Congress Street, Portland, ME 04103
- **Services**: Easter basket sales, custom design, delivery

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WHY WEIGHT?

Don't!
Safe, quick medically supervised weight loss is a phone call away. Find the weight-loss clinic near you call 1-800-346-0741 or extension 144 for the next free orientation schedule.

MAINE HEALTH & WEIGHT CENTER
N H H E 1988 Feeding Program
550 Forest Avenue - Suite 201, Portland

HEALTH MADNESS
Continued from front page

If you can't face the information for some reason, you have done next to nothing. We'd be just as likely to see it in two arrogant facts. One: the United States is the least healthy major indus­
trialized nation. The American Medical Association and the American Heart Association have both said that through these two facts alone nothing is doing to its dosing system. What is worse, the public is arguing about because it doesn't want to face the facts. It is more likely that the country will no longer make sense of the information crucial to survival.

There is no chance you have to except the best of people tamed for health in America that, even compared to most of the world, we are physically weak people in a population suffering from the lack of exercise and strenuousness.

Spencer no. 1: drugs
Fact: Donald R. Soper, author of "Stations," has been quoted as saying that is not a public service to let those drugs, which include cocaine, PCP, and Heroin, into the city's wellness program.

Working out at the Bay Club

Portland's wellness program: working out?
In the Bay Club is the Portland Bay Club. Until there are the months to the year by the programs at the Bay Club, which is the city's wellness program.

People who are willing to tolerate the public service to let those drugs into the city's wellness program: working out?

"We're so dazed we can't..."
It does the body, not because that would then you see that____

Initiation &~n~;·

Enjoy full & most convenient fitness center! We have Live

ALCOHOL INSTITUTE

For additional information call 774-1566

Sample our Natural Foods &. delight

The first hospital based residential treatment program in Southern Maine

No other radio station in Portland offers the variety of talk programs available on WGAN. Please stop in to open or 705-9173 to find out what's happening on the weekends. Come visit our new satellite studio and plan an all day guide to where to go for entertainment. And throughout the day, WGAN's newscasts bring the stories that become the next day's headlines. Want the best news and information? Then try us once, but you probably know that already.

We can help

For the treatment of alcoholism and other chemical dependencies

The first hospital based residential treatment program in Southern Maine

Our programs for adults and adolescents include:

- Screening and Diagnosis
- Detoxification and Evaluation
- Residential Rehabilitation
- Family Participation

UNIVERSITY OF MARYLAND

Mercy Hospital at Portland

A St. Mary's Hospital


carpel tunnel syndrome?

The Art is You...
The Frame is Ours....

DIFFICULTY CUTTING AT ITS FINEST

THE FRESH MARKET

FRESH PASTAS & SAUCES

Pasta is Perfect!

Check out our varieties of Pasta and Homemmade Soups

58 Market Street, Portland 04101 773-7146
Open Every Day Mon. through Sat., 11-5pm

$18

$30

$75

THE HAIR SALON

THE HAIR SALON

565 Congress Street, Portland, Maine 04101

Merck Hospital

A St. Mary's Hospital

Visit us today at Portland 04101

5625

Maine City


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carpel tunnel syndrome?
**WEDNESDAY, APRIL 22**

- **Music**
  - [**Cory's Little Theater at The Union Theater**](#)
    - Tickets are $8 at the door or $7 for advance information, call 773-0465.

- **Drama**
  - [**Mall Search**](#)
    - Full price; children under six are half price; for more information, call 228-7945.

- **Drama**
  - [**The Haunted House**](#)
    - Performances at 11 p.m. at the Governor’s Mansion lawns in Augusta.

- **Music**
  - [**Nighthawks**](#)
    - Tickets are available at the Portland Performing Arts Center, 25A Forest Ave., Portland. Tickets are $5 in advance, $8 at the door or $8 per couple. For more information, call 771-5011.

- **Drama**
  - [**Fright**](#)
    - For more information, call 442-8455.

**THURSDAY, APRIL 23**

- **Drama**
  - [**Stage**](#)
    - Performances at 1-5 p.m. at the Portland Performing Arts Center.

- **Music**
  - [**Emerald Hammers on the Road**](#)
    - Tickets are available at the Portland Performing Arts Center, 25A Forest Ave., Portland. Tickets are $5 in advance, $8 at the door or $8 per couple. For more information, call 771-5011.

- **Music**
  - [**Gary Hammond and His Blues at Raoul’s**](#)
    - Tickets are $8 at the door or $7 for advance information, call 773-0465.

- **Drama**
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CBW LISTINGS

A Virtual BOUILLABAISSE of ENTERTAINMENT at RAOUl'S ROADSIDE ATTRACTION

865 Forest Avenue

UPCOMING SHOWS

APRIL 5

4:30pm & 8pm, The Monkees, Disciples of Rock, Portland

APRIL 6

4:30pm, Cameron & The Rattlers, Portland

APRIL 7

4:30pm, The Hooters, Portland

APRIL 12

4:30pm, The Magnetic Fields, Portland

APRIL 13

4:30pm, The Pickwick, Portland

APRIL 14

4:30pm, The Addicts, Portland

APRIL 15

4:30pm, The Monkees, Portland

APRIL 16

4:30pm, The Magnetic Fields, Portland

APRIL 17

4:30pm, The Pickwick, Portland

APRIL 18

4:30pm, The Addicts, Portland

UPCOMING EVENTS

FRIDAY 4/6

7:30pm, The Breakfast Club, The Manor, Portland

9:00pm, The Monkees, The Manor, Portland

SATURDAY 4/7

7:30pm, The Breakfast Club, The Manor, Portland

9:00pm, The Monkees, The Manor, Portland

SUNDAY 4/8

7:30pm, The Breakfast Club, The Manor, Portland

9:00pm, The Monkees, The Manor, Portland

CONCERTS THURSDAY 4/5

8:00pm, The Breakfast Club, The Manor, Portland

9:00pm, The Monkees, The Manor, Portland

CLUBS THURSDAY 4/5

8:00pm, The Breakfast Club, The Manor, Portland

9:00pm, The Monkees, The Manor, Portland

WHAT'S WHERE

General Manager
WICKLiffe, Maine

Nestled in the heart of Maine, this historic venue offers a unique blend of entertainment options, from live music and comedy to dance performances and more. With its charming atmosphere and friendly staff, it's the perfect place for any event or occasion.

SILVER SCREEN

The Handmaid's Tale

The critically acclaimed adaptation of Margaret Atwood's novel, starring in the near-dystopian society of Gilead, a fundamentalist theocratic republic, where women have been stripped of their rights. Featuring an all-star cast led by the award-winning Elisabeth Moss, the series explores themes of resistance and the resilience of the human spirit. 

Think of it as Morning Radio for grownups.

Jim Crocker and Bruce Campbell are your hosts, bringing you the latest in entertainment news and reviews. From the latest movies and TV shows to upcoming events and cultural happenings, they keep you informed and entertained. Listen in to their insightful perspectives and engaging discussions, keeping you up-to-date on all things pop culture.

56 WGAN

Portland's News/Talk Station

Dining With Dolly

Dolly Parton has released her latest album, "Dumplin'," featuring a collection of country and pop tunes that showcase her unique vocal range and talent. The album includes songs like "Jolene," "9 to 5," and "I Will Always Love You," all of which have become modern classics.

CD

Black Tie...

"Everything we ate was so delicious... ecstasy!"

Good Food Fast

at the Old Port General Store

In the Old Port, Portland, Maine

772-7111

Good Food Fast

at the Old Port General Store

In the Old Port, Portland, Maine

772-7111

Chet Atkins (country and more) Guiseppe Kresge (percussion)

The Hawkes and the Nightawks, Betty Marsters (country) Ap 4 17 46 Market St (country) April 20 51 46 Market St (country) April 21 Raoul's, Portland 774 0444.

Anoka Mac, Scott Mcleod, and the Mallory Project, Portland 774 0444.

Juke Box (rock) Portland 772-7891.

MTHU 772-7891.

WBLM, Portland 102.9.

DJ Mark Persky with The Bounty Crew.

Hawaii Gono Buffet BLIMP COOLERS

A PLETHORA OF PRIZES from the WBLM Closet

DONT FORGET THE BOUNTY BOARD MONDAY-THURSDAY

200 Riverside St Portland

(207) 773-8588

4-8 pm

51 772-4060

"Sippin' and Sippin'..."

"Sippin' and Sippin'..."

"Sippin' and Sippin'..."

"Sippin' and Sippin'..."

"Sippin' and Sippin'..."

"Sippin' and Sippin'..."

"Sippin' and Sippin'..."

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"Sippin' and Sippin'..."

"Sippin' and Sippin'..."

"Sippin' and Sippin'..."

"Sippin' and Sippin'..."
Robert Fulghum

Come enjoy yourself and refresh your spirit!

A special evening of entertainment and enlightenment with the author of *Family Ties* and "In Our Kindergarten," plus a special performance by the renowned jazz vocalist, Vinnie Favorito. This event is sponsored by the Portland Public Library, the Portland State University Creative Writing Program, and the University of Southern Maine.

**ART OPENING**


**STAGE**

Portland Museum of Art, 85 Broad St., Portland. Hours: Mon-Thurs 10-9, Fri-Sat 10-6, Sun 10-5. Phone 774-6611.

**ART OPENING**

Arts Center, 361 Congress St., Portland. Hours: Mon-Thurs 10-9, Fri-Sat 10-6, Sun 10-5. Phone 775-3540.

**MEXICAN FOOD**

SO AUTHENTIC YOU'LL THINK TWICE BEFORE DRINKING THE WATER.

92 Exchange St., Portland, Maine 04101. Open 7 days a week.

**MEXICAN FOOD**

SO AUTHENTIC YOU'LL THINK TWICE BEFORE DRINKING THE WATER.

92 Exchange St., Portland, Maine 04101. Open 7 days a week.
Art is not only for critics, dilettantes and professionals

"Art is not only for critics, dilettantes and professionals. It is a means of expression and a way to connect with others. Each piece of art tells a story, whether it be through color, texture, or form. As a result, art should be experienced by everyone, not just the elite."
Happy Easter - Happy Spring

We've gathered several varieties of fresh seasonal flowers and greens to create this glorious celebration of color. Presented in a clear egg shaped vase, this airy centerpiece is certain to say "Happy Easter - Happy Spring".

A Harmon Barton Exclusive
$30.00 / $35.00 / $40.00

FTD Easter Basket Bouquet
Wonderful spring flowers bloom from this versatile hand-crafted bamboo basket. This delightful centerpiece filled with a variety of fresh spring flowers welcomes Easter and the return of Spring! Send this bouquet anywhere in the country.

$27.50 / $30.00 / $35.00

Bunny Basket Bouquet
Get your family and friends really hopping with this bunny shaped wicker basket bursting with colorful spring flowers for Easter.

A Harmon Barton Exclusive
$25.00 / $30.00 / $35.00

Bunny Bud Vase
This whimsical ceramic bunny hugs a delightful array of fresh spring flowers. A gift that is sure to charm the hearts of young and old this Easter.

A Harmon Barton Exclusive
$17.50

Glory of Spring Bouquet
This glorious collection of color welcomes spring into your home. Fresh spring flowers abound in a handsome ceramic vase to express the joyous feelings of Easter and Spring.

A Harmon Barton Exclusive
$30.00 / $35.00 / $40.00

Easter Bud Vase
This simple but stunning arrangement is bursting with spring color. Freshly picked flowers grace this lovely porcelain pearlized glazed bud vase.

A Harmon Barton Exclusive
$20.00

Easter Garden Basket
Our stylish foliage garden is a distinctive mix of assorted plants surrounding one or several beautiful cymbidium orchids. This lasting collection is planted in a bamboo basket delicately shaded for spring.

A Harmon Barton Exclusive
$30.00 / $35.00 / $40.00

Send Gatherings of Joy for Easter and Spring!

HARMON'S BARTON'S
584 Congress Street
PORTLAND
774-2940

HARMON'S BARTON'S
117 Brown Street
WESTBROOK
854-2518

ORDER EARLY! EASTER WEEK IS APRIL 7-15