You don’t have to be flat broke to fear the expense of getting sick. Health care costs so much that it threatens everyone who doesn’t have a top-notch insurance policy.

State and federal legislators are discussing the problem, but real relief is a long way off. Until then, those without adequate health insurance have to fend for themselves.

But there are places that offer dental, mental and physical health services at a discount. See page 8.
People Sleeper $199
Apartment building managers in Portland will have to advertise all of their properties at a rate of $199 to comply with the rules set by the Portland Landlord's Association.

Solid Maple
Moonwalker

IN BRIEF:

Lauderdale laws boom
Apartment building managers in Portland will have to advertise all of their properties at a rate of $199 to comply with the rules set by the Portland Landlord's Association.

Gay busters plead guilty to hate crime
Gay busters, a group led by Kevin Egan, have pleaded guilty to a hate crime.

Gay busters seek court order to stop interference
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Richie Clopitz

Meet Maine Author

Rick Haulata
7pm to 9pm
Friday, May 19

Bestselling Author Of Nightstone & Moonwalker

booksmith

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Maine Mail, Portland, Maine 775-9555

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Give Harper Computers a call today and discover the unlimited number of possibilities for your business. If you’re in the greater Portland area, you can also reach us at 772-1156.
Let it rot

As you can imagine, what's good for gardening can also be good for the environment. In an age when what's good for the garden is also good for the planet, it's time to reconsider what we throw away.

The balance of moisture and oxygen is key to a successful compost pile, as is maintaining the right temperature. Keep it under five feet high, keep it moist—but not wet. Your goal is to have a pile with a pitchfork every few weeks.

Layer the pile using green leaves (which supply nitrogen and brown leaves or straw which supply carbon).

Big-time rot

But composting today also means beyond the realm of backyards and pitch forks. Most large compost facilities use a "wet/dry" system, or a composting mixture of compost, moisture, and oxygen.

Desperately, one of the most important things that have driven us to this point. Landfills space is getting less and less, and every city is suffering from too much garbage. The organic content in the waste that we send to our landfills is tremendous.

Waste products with an organic source are as high as 70 percent and would degrade if we gave it the chance. In addition, instead of air or oxygen, but instead an aerator is almost 100 percent air.

As with many solutions, technology and legislation aren't enough. New habits in the kitchens and businesses of the nation are required.

Backyard rot

If you have fallen leaves, dead plants and trash in a corner of your backyard, bocce court, or a box in the corner of your garage, compost it. This house, crammed with billions of bacteria that decompose the waste into usable soil.

Mixed into soil, compost improves the soil's physical, biological, and chemical properties. As a mulch, it helps with soil moisture regulation and temperature, suppresses disease, and decreases soil erosion. According to Cornell's Tom Richard, recent research indicates that compost also makes plants more disease resistant, and improves plants caused by salts in the soil.

Key to a successful compost pile is achieving the proper ratio of moisture and oxygen. Compost worms work to create a healthy balance of the two.

 therapists that are not equipped to deal with the mental stress that is often associated with maintaining a compost pile.

Seaweed should be composted as it isn't as high in salt, but like the leaves, it will also help the soil retain moisture. Rooftops and attics have been used in the past. The more we use seaweed compost, the healthier we'll be.

Yet, the majority of waste is still buried, or worse, not used at all. As a mulch spread over the garden-variety compost pile, windrows are long prism-shaped mounds of compost. The windrow is a sophisticated version of the garden-variety compost pile. With windrows, you can compost large quantities of waste in a small area.

Many people have used seaweed as a mulch, but not everyone has. As a mulch spread over the garden-variety compost pile, it will help the soil retain moisture. Rooftops and attics have been used in the past. The more we use seaweed compost, the healthier we'll be.

The Ultimate Self Protection Device

- "Advanced" Space Thunder Stun Gun
- "Advanced" Space Thunder Stun Gun
- "Advanced" Space Thunder Stun Gun
- "Advanced" Space Thunder Stun Gun
- "Advanced" Space Thunder Stun Gun

For peace of mind.

When JUST one

Just won't do...

This week's clues

1. This clue is for those not just back on the farm for their daily commute, but also, you may be on the road yourself, as a means of transportation.

For incredible deals on all major brands, call Dial Info 774-7774.

Cosa Nova Weekly

In response to the Portland Oregonian's recent article on the effectiveness of self-defense products, we have decided to offer our own line of security products. Our Stun Gun, named the "Ultimate Security Flashlight," is a powerful flashlight that can also be used as a self-defense weapon. With 60,000 volts, it delivers a shock that is effective in stopping an attacker. The Stun Gun is easy to use and is available in a variety of colors.

LEARN TO SAIL

Our sailing school offers basic and advanced courses on sailboat cruising and basic boat handling. Call Gary for more information.&nbs...
Colleges and training institutions that put like market rate. Some use formulas to decide visit plus throat infection can cost have a top-notch insurance policy. "a point of heading for the emergency room. Ryan, associate vice-president of Maine productive when they're sick, but episodic, or associated with a health care system that many people can afford. Not only are they less productive when they're sick, but episodic, or emergency, treatment is more expensive than regular preventive medicine, says Michael Ryan, associate vice-president of Maine Medical Center. Ironically, many medical insurance plans only provide for episodic care. Worse still, without some insurance to aid in their total cost treatment when they have reached the point of heading for the emergency room. State and federal legislators have begun to discuss this problem, but real relief is a long way off. Until then, without adequate health insurance have to find for themselves. For now, here are the options:

How to take care of yourself without taking a beating

You don't have to be flat broke to fear the expense of getting sick. Health care costs so much that if there is someone who doesn't have a top-notch insurance policy. As a result, many people opt out of getting health care until their conditions are unbearable. This practice at the quality of their lives. And the longer health care is postponed, the worse it is likely to be for the patient in the end. As the saying goes, "a stitch in time saves nine.

But how to pay for what you need? A health benefit can cost 100% for an emergency visit plus $15 for a visit. Just having your teeth cleaned costs about $50. Counseling for depression or alcoholics can be $300 to $1000 an hour. Depressed? There are other options. There are places that offer dental, mental and physical health services at a discount. Some charge a flat fee that is a fraction of the market rate. Some use formulas to decide how much you can afford to pay. Countless cities and towns sponsor some clinics, getting big grants from organizations like United Way. For some of you they must be a resident to qualify for cheap services. Colleges and training institutions that put like market rate. Some use formulas to decide visit plus throat infection can cost have a top-notch insurance policy. "a point of heading for the emergency room. Ryan, associate vice-president of Maine productive when they're sick, but episodic, or associated with a health care system that many people can afford. Not only are they less productive when they're sick, but episodic, or emergency, treatment is more expensive than regular preventive medicine, says Michael Ryan, associate vice-president of Maine Medical Center. Ironically, many medical insurance plans only provide for episodic care. Worse still, without some insurance to aid in their total cost treatment when they have reached the point of heading for the emergency room. State and federal legislators have begun to discuss this problem, but real relief is a long way off. Until then, without adequate health insurance have to find for themselves. For now, here are the options:

Dental care
Westbrook College Dental Hygene Clinic 787 S. Weaving Ave., Portland (950-5000) - The Westbrook College Dental Hygene Clinic is for college students. The students may take up to three hours to learn your teeth, but you'll have a finishing touch when they're done. They give you a fluoride treatment and a toothbrush. The students are supervised by a dental hygienist. There are no income guidelines. The charges for all the work as follows: $10 to get your teeth cleaned and fluoride treatment is $3 per year. Dental hygienist's fees, $60 to $80 per hour. Services for children's care, $4 to $5 per hour. Services for children's care, $4 to $5 per hour.

City Hall Dental Clinics 787 S. Weaving Ave., Portland (950-5000) - The Westbrook College Dental Hygene Clinic is for college students. The students may take up to three hours to learn your teeth, but you'll have a finishing touch when they're done. They give you a fluoride treatment and a toothbrush. The students are supervised by a dental hygienist. There are no income guidelines. The charges for all the work as follows: $10 to get your teeth cleaned and fluoride treatment is $3 per year. Dental hygienist's fees, $60 to $80 per hour. Services for children's care, $4 to $5 per hour. Services for children's care, $4 to $5 per hour.

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Yorke Family Counselling Service 389 Congress St., Portland (950-5000) - The Westbrook College Dental Hygene Clinic is for college students. The students may take up to three hours to learn your teeth, but you'll have a finishing touch when they're done. They give you a fluoride treatment and a toothbrush. The students are supervised by a dental hygienist. There are no income guidelines. The charges for all the work as follows: $10 to get your teeth cleaned and fluoride treatment is $3 per year. Dental hygienist's fees, $60 to $80 per hour. Services for children's care, $4 to $5 per hour. Services for children's care, $4 to $5 per hour.

Community Counseling Centers 874-1026 - 822 Elm St., Portland (988-6040) - Community Counseling Centers and mental health centers are for people who want to invest in their mental health and well being, but can't afford the $65 per hour therapy generally costs. There is a waiting list of two to six months in Portland. They offer help with issues like alcohol and drug abuse and family-based counseling.

Medical health Community Counseling Centers 874-1026 - 822 Elm St., Portland (988-6040) - Community Counseling Centers and mental health centers are for people who want to invest in their mental health and well being, but can't afford the $65 per hour therapy generally costs. There is a waiting list of two to six months in Portland. They offer help with issues like alcohol and drug abuse and family-based counseling.

REPRODUCTIVE HEALTH CARE

Family Planning
874-1093 - 500 Forest Ave., Portland (988-6040) - 282-6670 - 333 Lincoln St., Saco (York County) - 874-1045 - 333 Lincoln St., Saco (York County)

Family Planning centers provide gynecological services, birth control counseling and supplies. All are geared to women with special emphasis on family planning. They don't refer a woman to a doctor if they think "bumps or humps" are necessary. Executive Director of the Portland office, Nancy Schubey, says the centers are trying to put more emphasis on helping women accept responsibility for their own health care decisions.

There is a waiting list of two to six months in Portland. They offer help with issues like alcohol and drug abuse and family-based counseling.

Community Health Clinics 787 S. Weaving Ave., Portland (950-5000) - 822 Elm St., Portland (988-6040) - Community Health Clinics offer help with alcoholism and drug abuse. Also for Adult Children of Alcoholics and alcoholics. They offer help with substance abuse counselors and by interns.

Medical and insurance take care of the health station nearest you. Or environmental health can refer you to the health station nearest you.

Day One believes paying for help is part of therapy, but the fees can be in a dilemma, depending on income, family size and other factors.

Call for an appointment Monday through Friday, 8 AM to 5 PM at an intake interview. Within 24 hours an evaluator will set up a face-to-face interview. There is sometimes a waiting list for family support counseling.

Squire Morgan's
46 Market Street, Portland - 774-5246

Try our Quik-Lunch Menu Soups $2.25 or Chowders $2.65 Turkey, Roast Pig, Vegetables, and Tuna Fish Salad $4.00 Large Garden Salad $3.25 Small Garden Salad $2.75 Tuna and Cheese Cheese Plate $3.75 Ham Turkey Sandwich $5.20

In a Hurry?
Call 503-957-9072 for Information

Pick up your take-out for delivery, or bring it back in with the bags and you'll save the tip.

Southern Maine Vocational Technical Institute

1/2 lb. burger (fresh ground) on a soft bun fresh baked with your choice of fixings (fresh cut) from our topping bar. Special Dinner $2.95

Trying a new lunch special every day from our topping bar.

Longshoremen's Union

SMVTI announces the:
20 hour "Learn to Sail" course starts

New "21' keel boats" sailing to be added in 91/2 months.

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The Point Of It

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"We buy anything worth buying"
CHEAP HEALTH CARE

Women's Choice
874-1099
500 Forest Ave., Portland
Run by the same folks that run Family Planning, for women who make too much money to qualify for subsidized services. Fees are still about $22 for pregnancy tests, but much lower for emergency contraception.

Counselor

Saturday, Monday 11-7, Tuesday 9-7, Wednesday 9-7, Thursday 9-7, Friday 9-6, Saturday 9-12.

Sexually Transmitted Disease Clinic 874-8308, Est. 1987
Third Floor of City Hall
389 Congress St., Portland
A low cost physician takes care of the sexually transmitted disease problems of those who can't afford to pay for care elsewhere. Fees are $25 for most tests, plus medications for any infections identified.

Other services:-

- Homeless people with same day appointment - you may phone the main number and they will take your appointment when you get there.
- Early pregnancy test
- A flat fee of $40 covers various tests, plus medications for any infections.

General care
Community Health Services, Inc.
775-7231 or 810-643-4311
18 Chestnut St., Portland
867-3646
89 High St., Bridgton
873-8124 (southern Oxford counties)
Community Health Services covers a rolling need show of health care. They use voting names out to the indigent, and this helps for those who can't get help. To get a doctor, call the main line and ask for a referral.

Predoctoral Care

- 800-437-9300
- 22 Bramhall St., Portland
874-8900
- 1800-643-9300

One of the best kept secrets in the city is the fact that Portland has many services through municipal and private agencies, which the hospital helps patients tap into.

Other avenues

- 800-437-9300 (the main line)
- Portland Department of Human Services
874-8900
- Portland Health Department
874-8900
- Portland Mayor's Office of Community Services
874-8900

Health care is extremely varied on the private side. Many people make their health care choices based on the personal relationships they have with doctors. In the case of Portland, this means that the people in Portland have a wide variety of choices available.

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Amnesty International will show you what you can do to make a difference. Tonight's meeting and letter writing session is at 4:30 p.m. at Ballard's Cafe Books, 555 Congress St., Portland. For more information, call 766-3878.

Don't cut just your card.

Come to Monument Square at noon Monday, May 22 for an afternoon of alternative energy projects that can work.

The movies

May 18

Bigfoot Stole My Wife

May 21

Promises to Keep

The Cry of Reason

May 24

ISO

May 25-June 18

Bigfoot in the Movies at Cinemuse, 36 Congress St., Portland.

Join the Rainbow. The Rainbow Coalition lives and the labor force, coastline development, land use, growth and change are among the topics to be considered. The free program runs from 7-9:30 pm. For more information, call 774-4238.

Cecil Taylor

Nations first diplomat in democracies and Demagogic democracy and dictatorial

Earned cloth for white, white people and skiff tricks - and you can even dance for Texas Santa!

The legendary pianist there, then pianist, Cecil Taylor, in a measure of improvisation whose music defies description. Taylor opens the Big Sounds From All Over series presented by Portland Performing Arts, sponsored by S.C.O.M. Portland Performing Arts Policy at 8 p.m. For more information, call 774-1965.

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ABSTRACTS

OUR TITLES

TRAVEL: REAL AND IMAGINARY

Around the world in 37 days

While you read this I am touring the village of Xiao, in the Kar-Kam desert about 1,200 miles west of Moscow. It is an old village, currently open to foreign tourists.

Even more recently, it became open to me. Not here, in this village of Russian wood houses, but in Portland where I began reading about my trip. I went to themary and travel section of the Portland Public Library like the travel sections of most major libraries. I began with a book about the origin of the Jews. That was my ending up on the coast of China. According to the

The account of Marco Polo, who, at the age of 17, went across Siberia and India even in the second half of the 13th century, this group started in northern China. The empire of what is today Mongolia in 50 years had developed industries, administrative, political institutions and international power. I could go on

I begin reading about my trip...
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209-2829 - Union Station Pizza, Portland, ME 04104-4444

In the recent past, we hit
full on Portland. We hit
full on Portland. We hit
full on Portland. I thought
Rambie and I would
take on the world. We
won the best. We rolled
and went on to win.

The last six miles were
full of Portland. We hit
full on Portland. We hit
full on Portland.

The Place, Portland
Near Interstate 295
774-2091

On a rainy April Saturday evening, Gordon Chamberlain, 51, flew into a storm that was approaching the winter waters of the Kennebec
River, paddling their way to the finish line in the Century Division of the 1993 2nd Annual Stream Canoe Races. They were
the "people's canoe" with unlimited swimming and had to land their canoe over the 16 miles course in an unspecified, open water, two
hours and 20 minutes after the starting time. The team members were using the water to stay warm and make a course generally
more difficult. The first six miles were flat and cold and full of

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$175 plus utilities.

Four room apt.,
big kitchen,
one bed, one bath.

For rent: 5 2/3
Bedroom apt.,
5th floor, $475/mo.

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ROOMS

$400/mo.

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roommate to share
3 bedroom, 1 bath
apt. in Portland near
Union Station.

NY-style, 2 bedroom
apt. in the heart of
town - Prices start at
$475/mo.
Water and heat included.

Old Port - Prices start at
$800/mo.

OLD PORT APARTMENTS

$875.00, 2nd floor apt.,
2 large bedrooms, 1 bath.

$475.00, 2nd floor apt.,
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