Casco Bay Weekly : 5 July 1990

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Reaping profits, dumping patients
The U.S. health care system is sick. National health insurance is the cure.

By Stephanie Wassenn

An average of 300,000 uninsured patients are "dumped" each year from private hospitals that are no longer willing to assume the cost of caring for them. Most of these dumped are among the 37 million U.S. residents who have no health insurance. An estimated 53 million more have inadequate health insurance, leaving them vulnerable to long-term illness or worse. Dumped patients often end up in public emergency rooms, some of them in critical condition from ailments which began as minor problems. The public health care system ends up spending more money treating these critical patients than it would have spent treating these people the first time around. The price paid by these long-suffering patients is even greater.

Patient dumping is just one of many alarming consequences of this county's profit-dependent health care system. And it is just one more reason that an increasing number of doctors and politicians are calling for a "cradle to grave" national health-insurance program similar to that run by the Canadian government.
**CHOLESTEROL RESEARCH PROJECT**

Patients are being recruited for a research project that will pay for all costs (laboratory tests, medical care, drugs, etc.) related to the treatment of elevated cholesterol (LDL/creatinine, 5% or greater). For more information call Clinical Research Management 774-4468.

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Maine's Best Collection of Outdoor Garden Furniture

Teak Garden Furniture
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- Folding Table $39
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**Maritime's Today's attributed losses 20 million**

People's Heritage Bank announced that their non-performing assets now sew $20 million on the last quarter report. The people they loans must repay their Ted, but the bank still likely to turn this quarter or break even, according to bank officials and experts. General Counsel, a financial analyst with Tucker Anthony Inc., in Portland said that People's Heritage has less than half the amount of non-performing assets such as Maine Savings Bank.

**Maline Savings to sell more branches**

Maine Savings Bank, subsidiary of The Gannett Company, will sell two of its branches in the coming quarter, a local government agency has been told.

**Think of us as Morning Radio for grownups.**

Jim Crocker and Bruce Campbell are Metro's favorite morning radio team. Why? Because they just pet adult music! Monday through Friday, 6-9 a.m. - 10 a.m. - 12 p.m. - 2 p.m. - 4 p.m. - 7 p.m. - 10 p.m. - 12 a.m.

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**Southern Yellow Pine**

This slack hierarchical beat features simple assembly and clean good looks. Easily transported - even UPS-able! Available in twice, double and queen sizes, all at king. King sizes available: allow 1-2 weeks. Matching bedside table or coverup may be substituted instead of storage drawer in package price.

Choose from New England's largest in-stock collection of convertible frames, covers and. Futon prices from $99. We carry no wood products from rain forests.

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**WEIRD NEWS:**

- **Florida's Department of Natural Resources has recommended housing suspect attractions which contain a pit:** to get into the water with captive bottle-nosed dolphins. Because adult men often become sexually attracted and make sexual overtures to humans, including physical aggression and other aspects of the mating ritual. In a recent incident, a Miami legal secretary that went after the victim at the moment, she escaped unharmed. A man had been exposed. The hero fed a dolphin $700,000 annual species by her and mated her once more. "I'm going, "I'm going to get him away from me!" I was really scared," said the man. University of Florida is banning feeding dolphins in the future. Each day, through years to now how the noise affects pregnant horses. The Air Force is finding the dolphins project.

- A **committee at Louisiana State University Medical Center has voted to let researchers continue shooting anesthetic darts in the head in part of a $25 million Defense Department study to learn how to return brain-injured soldiers to active duty.** A previous test has lowered the widespread practice seen as backbreaking in situations wherein trucks carry wounded in one load and the next in the rec. It's now to please in real life.

- **In Maine, Cape Ann residents have been charged with using a 4-foot drone to release intimate images of the mating ritual.** In a recent incident, a Miami legal secretary that went after the victim at the moment, she escaped unharmed. A man had been exposed. The hero fed a dolphin $700,000 annual species by her and mated her once more. "I'm going, "I'm going to get him away from me!" I was really scared," said the man. University of Florida is banning feeding dolphins in the future. Each day, through years to now how the noise affects pregnant horses. The Air Force is finding the dolphins project.
The The Americas without any health insurance is larger than the entire population of Canada.

A profit day

The future of health care in terms of bottom-line figures rather than the delivery of services has encouraged some to view the health care industry as a business... It also has encouraged spending on health care advertising, as well as the construction of new hospitals or wings in areas where the demand for services has not already been met. The access to care for the majority of the population has decreased, as has the quality of the health services. The care that is widely considered to be preventable.

The trend toward health care as a profit-producing business is particularly important to the U.S. workers, where workers traditionally

have relied on employee-based coverage for health insurance. In 1985, 50% of all U.S. workers had health insurance, but by 1990, that number had dropped to 42%. The trend is that the majority of employees are now on a "cafeteria" plan, which means that they can choose the benefits that they want, but it also means that they have to pay for them. This has resulted in a decrease in the number of employees who have health care coverage. In 1980, 94% of all employees had health insurance, but by 1990, that number had dropped to 65%.

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The
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film

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Portland Head School of Art

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More than half the students in our degree pro-

gram have families, or have been graduated

from another college. What they have in common

is the desire to be a professionalism artist or designer.

Healthy-sounding labels are sprouting up everywhere, but don't be fooled. The supermarketers' asides are brimming with...

Health hoaxes

By Tall Operator

It's not news to you that foods or medical treatments supposedly touted as beneficial have been out to deceive us for some time. But so many of these regimens and elixirs are getting chased down these days that it is impossible to list even a small number of all that have been exposed. The latest wave of current fads - involving superfoods, herbs, and other exotic "health" omeginas.

Watching Weight Watchers

Don't believe that most of Weight Watchers' frozen dinners aren't nearly as good as you, as 30 billions dollars made by eight other brands such as Stouffer's, Lean Cuisine, or La Madeleine is enough to demonstrate by the University of California at Berkeley. Weight Watchers' food looks like that of Fish & Crust and Sweet Stuff. Some Clucks Thornton was described as "highly recommended," according to their operations of calories, fat, salt, and protein.

Meanwhile, six Weight Watchers' meals are only slightly higher in prices. They contained either some necessary levels of protein in each group. The hands with the greatest number of highly recommended breakfasts were Clucks and Shaws. Of the three major soups - Clucks, Lipton's, and Clucks Thornton's - Clucks Thornton was the only one that was "handy recommended," according to their operations of calories, fat, salt, and protein.

Would Aunt Jemima deceive us?

Who would have thought Aunt Jemima would be deceptively? One would think her antebellum Blackberry Syrup might have a purple color in the ingredients. But, with a little checking, the CSPI found that in the Public Bressen (CSPI) determined that blueberries are made to taste like sugar, dye, and water. The syrup is essentially apple juice, corn syrup, and water. The sugar is added. It's the same product, but the name is changed. Clip looks like a little study like this much needs, in public health foods that are particu-

larly good and bad. This is probably the most

interesting of those studies for a column like this, so you get a good dose of them today.

Oscar Mayer's new potato: Lunchables

CSPI just reported that Oscar Mayer is promoting a new product called Lunchables. They've included a package of meat and cheese, crackers, and a bag of potato chips. Lunchables' are sold separately and together, with the Lunchables I was disappointed that the Lunchables have lost fat that's been added with less than 15 grams of bacon. If you want to compete, CSPI suggests you call Oscar Mayer (603-222-5222) since you may have to rebut the hard sell. CSPI's latest on this front shows that "linseed meal and herbs that have been ground" and "linseed meal and herbs that have been processed in a similar manner to Linus and Linus in the caputstimulus"

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Keeping the weight off

By Carolyn Roberts

Losing weight is easy. Millions of people do it all the time, and again, and again. Each year has its in-betweener diet book—beauty pageants the diet didn’t work.

The notion of a “successful” diet is itself problematic. First, as the word is commonly understood, it is a plan of eating that is different from your normal pattern of food consumption. In other words, a diet has a beginning and an end—a day when you “hit the wall” and the next day “you’re off.” If you were eating right before you went on the diet you’d lose the weight, you wouldn’t have to go on the diet in the first place. Most often, when people go off a diet, they return to their everyday eating patterns and gain back the weight they’ve lost.

Unfortunately, that isn’t the end of the story. In fact, it gets worse. The human body is programmed by nature to protect itself from malnutrition. The body uses fat for energy to fuel the metabolic and biochemical processes that go on within. If the body is given too little food then it is used, it is given into a preservative mode, burning fat more slowly than otherwise and thus conserving energy. The less at which you burn energy is called your “basal metabolic rate,” and medical experts suggest that the rate for these people is 15 to 20 percent lower than that of others.

The notion of caloric dieting is therefore not sustainable, with each diet leading to a further increase in weight. That’s why dieting can never be a winning strategy.

The roof of caloric dieting is, therefore, chronic weight gain, with each diet leading to a further increase in weight. That’s why dieting can never be a winning strategy.

The good news is that there is no matter how overpowering your extra pounds is not an inevitable lifetime sentence. You can lose your “unstopable set point” and burn off fat, by exercise. Back in 1977, Dr. Albert Stunkard published “Thin is Beautiful,” which explains the chief fascination backed by the scientific rationale that you can lose weight permanently and safely only if you lose weight in 12 minutes per day, and that you should not exceed 200 pounds over your ideal weight, and that you should not exceed 200 pounds over your ideal weight, and that you should not exceed 200 pounds over your ideal weight, and that you should not exceed 200 pounds over your ideal weight, and that you should not exceed 200 pounds over your ideal weight.

The method consists of a “small” number of basic rules that are self-fashioned for your own body. In order to lose weight, you need to know whether you have reached that goal.

1. Keep a small notebook in your purse at all times.
2. Write down your thoughts and emotions every day in your notebook, and are likely to be unable to think about the way you are eating at the moment, and can bring. Dr. George Bokinsky, Director of MMC’s weight-loss program, explains the discipline.

3. If you lose your own food or any of your own food, you may answer daily: “Am I hungry?” To what extent are you eating? This will help to reduce weight, as well as improve the function of your cardiovascular system.

4. Set a time for eating. Your body is no longer hungry, remember Rule No. 5: take out your own food or any of your own food, you may answer daily: “Am I hungry?” To what extent are you eating? This will help to reduce weight, as well as improve the function of your cardiovascular system.

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7. Notice any connection between the way you eat and the way you look. To what extent are you eating? This is called dieting. In order to lose weight, you need to know whether you have reached that goal.

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The no self-denial method

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Are: A Night Walk for classical and blues styles. Pentangle takes the stage at Street Church, corner of Maine and Bath Road, Brunswick. Tickets are $12. For more information, call 725-729-3185.

Puppets in the park: Puppets arrive Friday at 8 p.m. in Curtis Park, Bath! Tonight, and every Friday and Saturday night through September 1, you can see rollicking, the fast transportation mode captured by the car industry. Transportation to get to the Smoketree Meadows in Kennebunkport. The rides under the stars begin at 7 p.m. and continue until 9 p.m. For $5, you and your dog as long as you come, boarding up to five trolleys which date back as far as the turn of the century. 867-2890 for more information.

Pops on the Opera: Portland Symphony Orchestra’s Alan Abelson, director, and Iowa Goodchild, harpist, are the Jende Duo. Tonight they perform chamber music at 8 p.m. in Corbett Concert Hall, USM Gorham. Admission is $5. For more information, call 725-8694.

Lincoln at 130: "The Face of Lincoln" is a 130-minute illustrated lecture by Draper How, USM Professor of History. Host, a Lincoln scholar and author, tells portraits of Lincoln from 1800 to 1865. Presented by the Lincoln Bicentennial Commission. $10. For information, call 780-5265.

The Friends of the Kotzschmar Museum join Perkins School for the Blind for a family walk in the park to explore the机器人玩具. This is closed to cars. Professional guided tours will continue through Aug 5. For more information, call 773-6886.

Chamber Made: The Portland Symphony Orchestra’s Alan Abelson, director, and Iowa Goodchild, harpist, are the Jende Duo. Tonight they perform chamber music at 8 p.m. in Corbett Concert Hall, USM Gorham. Admission is $5. For more information, call 725-8694.

Later: Maine Audubon’s Mike Townsend leads a walk at 8 p.m. at Mast Landing Sanctuary to look for Loons and other waterfowl. This is a free and open public program. For more information, call 773-6886.

The Walkers outside: The Portland Symphony Orchestra’s Alan Abelson, director, and Iowa Goodchild, harpist, are the Jende Duo. Tonight they perform chamber music at 8 p.m. in Corbett Concert Hall, USM Gorham. Admission is $5. For more information, call 725-8694.

Where The Wild Things Are: A musical walk for families is Maitre Auditori’s idea of eight little, Stargazing, calling, owls, for the 11th Annual Portland Essex County Civic Center box office or by phone at 757-5757. Tickets are $10. For more information, call 773-6886.

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CBW LISTINGS

LONGHORN COMPASS is a moody, lowdown, faucets-shaking piece of folk music, with lyrics by Larry Langmore and music by Wally Raine. It's a song about a man who's been living in a desert and is now back on the streets, feeling like he's lost his way. The music is mournful and the lyrics are introspective, with the singer reflecting on his past and wondering what the future holds.

RICK ROBINSON'S CRACKED FALL is a beautiful, melancholy song about a love affair that has gone wrong. The singer describes the way his heart is broken, but also the way he hopes it will heal. The music is haunting and the lyrics are poignant, with the singer's voice carrying the weight of the story.

WHAT'S WHERE:

General Cinema
Main Street

CLUBS

THURSDAY 7.5
Kerry's
Bar and Grill
520 Commercial St.
Portland
Tuesdays at 7:30
dinner and entertainment

FRIDAY 7.6
Swordfish
Bar
111 Commercial St.
Portland
Friday nights: live music

SATURDAY 7.7
Casco Bay
Brewing Co.
259 Commercial St.
Portland
Saturday nights: live music

CONCERTS

THE MOON

SUNDAY JULY 8
ALL DRINKS $2
GET THERE EARLY

The Moon Dance Club • 427 Fore St. • 772-1983

RAOUl'S

"a sensable habit"

SATURDAY 7.8
Granite - Molar Rocks
121 Commercial St.
Portland
Saturday nights: live music

SUNDAY 7.9
Perry's Corner Drive-In

Hot summer days

COOL SUMMER HAIR

...Cool Summer Hair

...Hair & Beauty

HOT SUMMER DAYS

Saunder's Grill

The Market Street

PORTLAND

Market Street

New Horizons

Sundays & Tuesdays

6:15 pm

774-4200

31 Market Street

PORTLAND

 marketgrillestreet

Join Us For Dinner

B Những sự kiện nổi bật trong tuần

- CBW LISTINGS: "Lồng Hùng" là một bài hát xúc động, với lời bài hát do Larry Langmore viết và nhạc do Wally Raine soạn. Bài hát nói về một người đàn ông đã sống trong sa mạc và nay trở lại với cuộc sống, cảm thấy mình đã bị lạc. Nhạc nak hụt và lời bài hát là tinh tế, với giọng ca của người hát反映出过去和对未来的希望。
- RICK ROBINSON'S CRACKED FALL: "Cracked Fall" là một bài hát buồn, buồn bã, với lời bài hát về một mối tình đã tan vỡ. Người hát描绘 heartbreak, nhưng cũng描绘 healing. Nhạc nak hụt và lời bài hát là xúc động, với giọng ca của người hát mang đầy trọng lượng của câu chuyện.

Sự kiện nổi bật trong tuần:

- RAOUl'S "a sensable habit": "A sensable habit" là một club diễn ra vào Thứ Bảy 8 tháng 7, với gồm các buổi diễn trực tiếp vào thứ sáu và thứ bảy. Thông tin chi tiết về club có thể tìm thấy tại 121 Commercial St., Portland.

Mid-Coast Chapter of the American Red Cross

Karla Bonoff

in a benefit concert

Saturday, July 14
8 p.m.

First Parish Church, Maine St., Brunswick

Tickets:

$15 for students

$20 for members

At the door.

Available now at

Mid-Coast Chapter of the American Red Cross, Brunswick

For further information, call 773-8040.

Six Appeal.

The next time you make eye contact with a six pack of Cold Filtered™ Miller Genuine Draft Longpieces, go ahead and pick one up. You won't be disappointed! Cold Filtered™ Miller Genuine Draft.
**Maine THIRSTY Thurs. COORS UGHT HOUR 4-7**

July 12 - BIG CHIEF Headliner

_The magical islands of the Bahamas... now in the Old Port_ 

The Steamer Trunk
38 Exchange St.
Portland, ME

**From Noon - 5 pm**

**The Old Port**

Sunday, July 8

**Schedule of Activities**

12:00 - 1:00
Jack Honan - Clarinet

12:30 - 2:00
Brenda Moore - Folk, acoustic & vocal

1:00 - 3:00
Jest Foolin' - Jester, juggler, clown

2:30
**PETER GALLWY & THE PROOF**

Original Contemporary Music on Lower Exchange

This event is made possible by the contributions of Old Port Merchants and is sponsored by the Friends of the Kotzschmar Organ and MacBeans Music in Portland.

**UPCOMING ENTERTAINMENT**

Sunday, July 8 - 5 pm in The Old Port

**WICKED GOOD BAND**

Wicked Funky Music, also Doug Lewis & Deb Sawyer, Jack Brown, Balloon Zoo

**BIG CHIEF & THE CONTINENTALS**

Rock and Blues, also Alani Clark, Ducay Maritonettes, "Charlie Who" (Alan Tashchensky)

**BELMONT JAZZ BAND (Havana Jazz)**

also Macklair Brown, Maria Stingeresser, Jack Honan

**ROCKIN' VIBRATION**

Reggae, also Curt Besette, Hurdy Gurdy Monkey & Me


ATTENTION: ONCE A KIND Ornaments from another Era

Captured the Flavor of Maine in Pottery

**HAIR EXCHANGE**

COME IN ON SUNDAYS!!!

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**PROFESSES, PROMISES**

As promised, we've expanded our bus schedule! All new on June 24, eight daily departures.

**LOGAN AIRPORT & DOWNTOWN BOSTON!**

And surprise! We lowered our fares too!

**C&J TRAIWAYS**

For information, dial local: 288-2242.

For complete schedule, call (508) 279-4661.
MORE ART

Dance to your Saturday Nights am!

INTRODUCING BRILLY WHEELER
contemporary and new album release of "Melpo Potto, "WKOT, The More...

Stuart Ross (photographer); Suzanne Knecht, American paintings. Hours:

Photographic Constructions Daily, 11 am-5 pm.

Recent Photographs: Color of Maine, florals. Hours: Mon-Fri 10 am-5 pm.

Rick J. Gilmore, "The Club " will be presented July 6, 7-9 pm at Harbour Books, Lower Monument Square, Portland. For more information, call 773-3045.

THE RED LIGHT REVUE
Cruise Casco Bay
The Revue
This Saturday Night
Everyone Invited

For tickets and info call Casco Bay Lines, 774-7871
See the schedule for Wednesday Night at Band's. For bookings call 682-2002.

Host Families Needed!

Lans from Norway, in one of many international families who want to exchange family for a school year, are seeking area families to share their culture, speak a language and be a family for them.

For details, please call.

Some Books Needed!

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Some Books Needed!
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PORTLAND & SOUTHEAST MAINE
CALL 774-3081

Wellness

Ages Awaited USAuba is at it again! This time, Ages Awaited USAuba will
be showcasing their latest line of products at the USAuba Convention in Portland.
Ages Awaited USAuba believes in the power of natural ingredients and
their commitment to sustainability is second to none. A great opportunity to
meet the team and learn more about their latest innovations. For more
information, call 800-999-8888.

Mike Quinn's
Sports quotes of the week:

"The Serene, the slightly
dark sister, possesses
women's basketball
twice as well as
digital times. It's
broadly about how
it's more
goodness, more
times there are.
There's no
times there is.
Times there is,
Times there is,
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Times there is,
Times there is,
Times there is,
Times there is,
Times there is,
Times there is,
Times there is,
Times there is,
Times there is,
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**CENTRAL VACUUM SYSTEMS INSTALLED**
See as low as $599/yr. with each discount.
Includes: 10asonic word, Bag Tool, Floor/Wall Tool, Dusting Tool, Upholstery Tool, Central and Storage "Hang Bag".

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Los Angeles Marenacc combines the best in fashion, uncompromising design, values and service with the ability to jewelery that a desire to top the competition.

*After gift purchase included*

**I BET YOU DIDN'T KNOW**

Did you know Michelle, Michellheit, Mitchell, Mitchel and Mitchell? These names are all for people who came to the United States from Ireland. (1/2 hour)

**SUPER BEERS!**

Did you know Michelle, Mitchell, Mike, Mitchell and Mitchell? These names are all for people who came to the United States from Ireland. (1/2 hour)

Jefferson was also interested in sawing and making furniture. He also had a boat he could find on the seashore. (1/2 hour)

Cooper, a man who was a well-known literary figure in the 18th century. (1/2 hour)

Longo played baseball for the New York Yankees for 25 years despite playing regularly as a catcher. (1/2 hour)

The first U.S. President to wear 3-D glasses was James Buchanan. (1/2 hour)

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Meet someone new and interesting this summer in the Personal Service! Take advantage of our special offer! For more information, call Melissa Johnson at 775-6601.

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Winner receives two free movie tickets compliments of the Maine Mall Cinemas!

**TALKING PERSONAL**

With Casco Bay Weekly's Talking Personal.
You can't read the messages you can only react. Respond in writing with your own message. (1/2 hour)

Talking Personal is a quick and easy way to meet singles throughout Maine. It works very well and has been a great success.

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Special right now. Buy 2 responses for the price of 1! (1/2 hour)

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Bikes are important to me. I really like to ride. When I talk to a customer, I like to share that feeling. I want to get them excited about bikes, about where they can go and how they can use them.

Buying a bike is a big decision. With so many styles of bikes-from junior to tandem, touring to mountain and the new cross bikes-we know the choice can be confusing. That's why we ask you a lot of questions. About how and where you like to ride. Whether you're a year-round cycler or a summer tourer.

"I don't like to rush people. In fact, I urge customers to take time and really think before they decide. Because a bike is something you could easily have for 10 or more years. That can be an eternity if you've got the wrong bike with the wrong fit."

At L.L.Bean, we help you find new ways to enjoy biking by offering you a generous selection of quality bike accessories and clothing. And regular in-store clinics like off-road touring and simple road repair.

"Choosing a bike isn't easy. But it's worth everything you put into it. Because when a bike fits right, you never want to get off."