I've moved hurriedly, silently, bloodlessly, not hearing myself walk through life," says artist Alexandra Merrill. Merrill and Katarina Weslien's installation exhibit "A Circle of Nine" at the Portland Museum of Art causes both artist and viewer to stop and listen. See story, page 15.

Sean Conner labors through the night at Dunkin' Donuts: "You have to be a little crazy to work the night shift."

It's midnight on a cold Thursday in Portland. Stoplights are flashing yellow and the store windows are dark. The Burger King shut down two hours ago. Most of Portland is asleep. But for others, this is the start of the working day. Continue along Forest Avenue from downtown and you'll see the pink and orange lights of the night worker's ground zero: Dunkin' Donuts.

"I need 14 tonight." A mail sorter from the post office has punched out to pick up coffee for her co-workers. "Four large regulars: all sugar, no cream; three large hazelnuts: two black, one with everything; five medium regulars: three black ...

The two-person night team, Jennifer Bragdon and Sean Conner, spring to action: They slosh in the joe, squirt in cream, flip in sugar, slap on lids and, one by one, fill the spaces in the cardboard tray. Conner says they empty about 15 pots per hour during the post-midnight hours. By morning they'll be up to 70 pots an hour to fuel the rush of day-shift workers.

The amount of coffee served nights and mornings by and large reflects the number of shift workers who drive these. While no figures are available for Portland alone, the "National Survey of Families and Households" indicates that 20 percent of U.S. workers or 20 million people — work nonstandard hours. A study in the New England Journal of Medicine shows that 7.3 million Americans start work after 10 p.m. on a regular or rotating schedule.

Despite their numbers, night-shift workers still tend to be on when everything else is off — banks, stores and restaurants open at hours when night-shift workers are sleeping, prime-time television airs when they're gearing up for work and nightclubs serve beer when they're thinking about coffee.

Folks in this working minority also have to contend with their body's resistance to night-shift work. Eating and sleeping — usually considered times for relaxation — become sources of anxiety as night workers struggle to adjust to their odd hours. This kind of extra baggage makes night-shift work more than a job — it's a way of life.

Continued on page 8

HUNGERING FOR SOMETHING NEW & DIFFERENT? READ OUR DINING SECTION.

BULK RATE

US POSTAGE:
PABO PORTLAND ME 04101
PERMIT NO 255

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A conversation with Bill Linnell

Bill Linnell is a fisherman, boatbuilder and a member of the Cape Elizabeth Town Council. He's also the spokesperson for the Campaign for Safe Nuclear Energy, a statewide organization based in Portland. The goal is to educate Mainers about the danger of nuclear power through talks with public groups and discussions with the media. After students visit the Maine Yankee Visitors Information Center in Wiscasset — a decommisioning center, so he plans to call it — Linnell is happy to visit schools to tell the students the other side of the story.

So, how many Americans do you think oppose nuclear power?

At least 50 percent. And if you try to put a high-level waste dump in your backyard, that becomes 100 percent. Well, we have a high-level waste dump in Maine right now. It's at Maine Yankee. It has 20 million curies in a building that was never designed for that amount.

What attempts to shut it down have been defeated.

Maine Yankee spent $20 million in advertising during one shuffle — an attempt. That's for every man, woman and child in Maine. This is the information age. When people receive millions of worth of information — whether it's right or not — people start believing it.

We raised 10 percent of that amount to tell the other side of the story. And yet in the referendum campaigns we came within 40 to 45 percent, even though we were so repressed. The Maine Yankee spokespeople have the bra to call it, a mourning victory for the nuclear industry. They say, "The people of Maine have spoken." If they were a referendum campaign and both sides were limited to $10,000, then Maine Yankee would be out of business.

What can nuclear opponents do?

They can push Maine Yankee and the current candidates for office for the truth about the decommissioning costs at Maine Yankee. It is of paramount importance that we stop Maine Yankee's attempts to renovate or extend the spent fuel pool with some 10 times the amount of high level nuclear fuel that it was originally designed to hold.

Maine Yankee is supposed to shut down in 2006. Any chance of it closing earlier?

We probably will have a big accident somewhere in the U.S. People would then realize that an accident at Wiscasset would destroy the Gulf of Maine fishery. It would ruin Maine and probably Nova Scotia.

By Deb Dalfonso; photo by David Courter
Hats by “Lid…”

... in linen, straw, hats, bronze, and satin. All beautifully and romantically ornamented with flowers, ribbons and bows. Only at

AMARYLLIS

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774-4497

AMARYLLIS CLOTHING CO.

A review of the top news stories following Greater Portland March 23 through 29

Top educators got raises while up to 40 of their lowering-earning peers were laid off. The Portland School Committee approved salary hikes for seven top school administrators on March 23 over the objections of committee members Paolo Contogoulas, Jon Hardesty and David Reay. “We’re considering cutting [salaries] to stay within our budget goals, but here we were looking at pay raises for the central office,” said Banks. “I just don’t get it.”

The salary increases finally passed 6-3. The pay hikes will inflate Superintendent Tom Edwards’ paycheck to $85,314 in the 1994-95 academic year — that’s $4,035 more that Portland will pay City Manager Bob Ganley during that same year.

Uncle Sam wants young Malamurs to join the new National Civilian Community Corps (NCCC). The national service program for 16- to 24-year-olds is kicking off a recruitment drive in Maine and 12 other Northeast and Mid-Atlantic states. Recruits will serve at the NCCC’s first campus in Abbeville, Maine, starting in late June. The goal is to fill the 55 slots available.

“An opportunity is available for young Americans to build confidence, citizenship and technical skills,” said Susan Malamut, program director. “There will be no housing and no enlistment fees.”

Students served for more sea ed and random availability in local schools. The only case before Portland residents required a ballot about making cuts available at the city’s high schools:

More than 150 students from Portland, South Portland and Biddeford gathered in Monument Square March 26 to say the “no tax” for local school bonds to hide my education.

“Education should go beyond books to teach how to earn a living,” said South Portland High School student Erin Ludd. “Conditions are not easy to get and they’re expensive.”

Collins said some of her sister’s seventh-grade friends are sexually active, but ignorant about sexually transmitted diseases and contraception.

When student Jennifer Cameron said making condoms available wouldn’t make students more promiscuous.

“There is no difference between using them and not using them,” Cameron argued. “Just because condoms are available, it doesn’t mean students will use them, especially if their parents insist values against premature sex.”

Portland’s school system held its first town meeting style forum on random availability at its high school.

It was at the Portland Regional Vocational Technical Center.

Fleet Bank execs received big raises while they were planning mergers throughout New England. Fleet Financial Group Chairman Terence Murray’s total pay package increased 14 percent, to just under $2 million in 1995, while his deputies were rewarded with increases of between 10 percent and 15 percent.

Last month, the Fleet execs launched the “restructuring” plans that will see 80 to 100 of the 1,200 bank jobs, including 15 percent of the executive teams, up for grabs.

In 1994, Murray also was granted an option on 90,000 shares of stock, which will vest if he stays with the bank through March 31, 1995. At 55 cents a share, the restriction would boost stock prices according to The Wall Street Journal. He already owns over 55,000 shares.

Lee Davis

IAmY

I WANT YOU!

JOIN US!

A good samaritan was sued by a black restaurant-

woman, even though he helped her from racial harassment.

Gary Leach, who owns a Maine Avenue restaurant in Portland’s Old Port, said he was shocked to learn he was a defendant in the city’s $5.4 million bond. Harris testified that the manager of the restaurant had been too lenient and that the city’s

Blue Cross was ordered to give refunds to about 25,000 Maine, NCCC members will tackle community

Looking for recruits from Mid-Atlantic that same year.

Wilmotome, looking for recruits from Mid-Atlantic that same year.

NCCC members will tackle community

service program for 18- to 24-year-olds.

Last summer, top Fleet execs went beyond books to teach how to...
Woolrich still in the game as race heats up

Brennan backs casinos

Joe Brennan got off the sidelines and backed a plan to build a casino in the state. But Brennan continued to advocate a revised casino plan, which contained three possible changes in the form of a slot machine lottery. Brennan's backing of the revised plan could bring the initiative back to the ballot in Maine.

Brennan, explaining his position, said that the revised proposal would allow for the creation of a state lottery and for the establishment of a new casino in Maine. Brennan also said that the revised plan would be more inclusive of local communities and would ensure that the state would receive a fair return on its investment.

Brennan acknowledged that the revised plan had not been approved by the developers, but he said that it was likely to be approved by the voters. Brennan also said that the revised plan would be more likely to be approved by the voters than the original plan.

The revised plan would include a lottery tax, which would provide a source of revenue for the state. Brennan also said that the revised plan would include a casino that would be located in the city of Portland, which would provide jobs and economic development for the local community.

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The all-night Dunkin' Donuts worker is in the 20th century. For centuries, bakers have worked in "night kitchens" to ensure that their loaves were fresh in the morning. And records dating back to the 13th century disclose European craftswomen stitching and hammering through the night. And as long as people have worked out of sync with the sun, they have hit the consequences. According to the New England Journal of Medicine, doctors are finding higher occurrence of heart disease, depression, alienation, gastrointestinal problems, obesity, reproductive disorders and complications among night-shift workers.

\[\text{It's not just night workers who get a \textit{night shift}.} \]

\[\text{Julie Jones has never been a morning person. She works nights at Portland High School. Last year at 5 a.m., she'd be in the janitor's office, where she received a few handfuls of plastic bags, a collar-popped uniform with sprays and sprays, then headed to the elevator. We rode the second floor to the third floor, which would be her territory for the next night and a half hour.} \]

\[\text{As a teenager, she kept her light in the night and fell asleep in study hall after the school day. "I'd stay up all night listening to WBBM," she said. "And in the morning, I couldn't get up at all." It just couldn't.} \]

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...
Mighty ducks

Invitation to a policy slam

Ever see that film of Old McDonald’s “reappraising” a lobster by stroking it and talking gently? Maine voters will be exposed to it if they begin to feel that their candidates are more than just a set of ideas and policies to be discussed, but are also561

Tagalong

I would like to preface the debate about graffiti with Mr. Mulatero’s letter. While Mr. Mulatero’s letter is a welcome addition to the debate, I believe it is also a call for action. The issue of graffiti is a complex one that affects many communities and individuals. The following points will hopefully shed some light on the issue:

1. Graffiti is a form of expression that can be seen as both positive and negative. On one hand, it can be an outlet for creativity and self-expression, but on the other hand, it can also be a form of vandalism that destroys property and violates community standards.

2. The problem of graffiti has become more widespread in recent years due to a variety of factors, including a lack of public art spaces, a decrease in neighborhood watch programs, and an increase in gang activities.

3. There are several solutions to the problem of graffiti, including increased police patrols, the use of graffiti suppression technologies, and community-based prevention programs.

4. It is important to recognize that graffiti is not just a problem of urban areas, but it also affects rural and suburban communities. Therefore, solutions must be developed that are appropriate for all types of communities.

5. Graffiti is a public problem that requires a public solution. It is time for our leaders to step up and take action to address this issue.

In conclusion, graffiti is a complex issue that requires a multifaceted approach. By working together, we can create a safer and more beautiful environment for all.

Casco Bay Weekly

Great acoustics

First of all I must say I have always enjoyed your public forum and your progressive approach to political issues. However, in your “best” issue (11.14.94) I found the questions to be somewhat shallow.

Somebody between “best” and “public forum” and “best local acoustic” may have experienced the same problems I have.

Having experienced firsthand the latest “best local acoustic” event, I may be able to offer a little perspective.

As a struggling Portland musician of 5 years myself my own name had not appeared, I could suggest players - Thomas Blank, New Crotch, Ann Clark, to name a few, who are definitely not “best local acoustic.”

You may not believe me, but I was talking to a few random people in the audience, and I’m sure that any of the “best local acoustic” players would agree.

商用车

Men as victims

The more these days a lot to say about domestic violence and victims against women. The problem is not new and cannot be ignored, but from what I’ve seen, it is all too often ignored. As a person who has assumed that the guilty party is a man, I have been surprised to hear that women are also victims.

For that matter, when I need theFrom physical violence being had. It is not just a matter of physical harm being done to women; it is often a matter of emotional trauma as well.

The author, Richard A. Shweder, in his article “The Young Man’s World” discusses the idea of men as victims. He argues that the idea of men as victims is an anathema to the cultural stereotypes of masculinity in our society. However, the author also points out that the idea of men as victims is becoming more accepted as we begin to recognize the need for gender equality.

The state of Maine and the city of Portland have taken steps to address the issue of domestic violence. The Portland Police Department, in cooperation with the Maine Domestic Violence Coalition, has launched a campaign to raise awareness about the issue of men as victims.

The campaign, titled “Men as Victims,” aims to educate the public about the reality of domestic violence and to encourage men to speak out about their experiences. The campaign includes a series of events, such as workshops and lectures, that are designed to raise awareness about the issue of men as victims.

We, the people, must tell our story and share our experiences with others. By doing so, we can help to create a safer and more understanding society for all.

As a society, we need to understand that the victim of violence is not just a woman, but also a man. This is an important step in the fight against violence.

I hope that the campaign will be successful in raising awareness about the issue of men as victims.

Graffiti is a lunging “the signs” Graffiti is often used by nonhuman fiction to have its debts forgiven while the nonhuman fiction to have its debts forgiven while the nonhuman fiction to have its debts forgiven.

Word's, not drugs

Words can have a profound effect on us. They can inspire us, motivate us, and even change our lives. However, words can also be harmful and destructive. Words can be used to hurt and oppress, to silence and trivialize. Words can be a powerful tool for both good and evil.

Words can be a double-edged sword. They can be used to bring people together, to promote understanding and compassion. However, words can also be used to tear people apart, to spread hate and division.

Words can have a lasting impact on us. They can shape our thoughts and beliefs, our values and priorities. Words can be used to shape our reality and our understanding of the world.

Words can be a force for good in the world. They can be used to bring about change, to promote justice and equality. Words can be a powerful tool for social justice.

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what's where

Silver screen

LIVE AT ZOOTZ
Thurs 3/31: Sil recording artist SAT DO JETS with the HUMPHAS HAV, Sat 4/1: CORKY with Tree 4:35 big block
Sat 4/7: Abby's recording THE MINDS VIN THE CRISSE, Sat 4/15: DREW GUNN, all with special guests GOR
Always The Best In Live Music

Silver screen

Pianist envy

"The Accompanist" goes lost in the translation.

In the world nowadays, artists are often forced to compromise their artistry to fit mainstream expectations. "The Accompanist" is a film that explores this phenomenon through the story of a talented pianist who becomes a mere accompanist to a singer, sacrificing his own musical identity for fame and fortune.

The film, written and directed by Richard Curtis, tells the story of a gifted pianist played by Nicolas Cage. Cage's character, Oskar, is a wily barrister who makes the most of his situation and becomes a household name. However, his success comes at a cost, as he must adapt to a new persona and lose touch with his own musical identity.

The film's narrative focuses on Oskar's struggle to maintain his integrity in the face of commercial pressures. It highlights the challenges faced by artists in the entertainment industry and the importance of staying true to oneself.

"The Accompanist" is a poignant reminder of the need to preserve artistic integrity and the value of original talent. It is a must-watch for anyone interested in music, art, and the film industry.
**thursday 3**

According to the Maine Community Children's Hunger Initiative Project, one out of five Maine children under the age of 12 is hungry or at risk of hunger. University of Maine Professor Susan L. Kebele-Margrove speaks on the subject of childhood hunger at the Dining Center on UMaine's Orono campus at 6 p.m.

Margrove, who is the featured speaker of the Cumberland County Extension Association's 1994 annual meeting, will回馈 help us save 250,000 pounds and replace it with food security.

The conference and open to all residents of Cumberland County.

---

**friday 1**

Widely disliked. Mosting to their big-shoed forebears of Chicago. The Orson Welles being "The Second Coming" to Onion Killers' 55 Market St. at 9:30 p.m.

The four-piece band is about as happenin' as America's best lookalike can stand — Dillitad and known as "one of the hottest combos in the city of Chicago." Aside from their New Orleans roots, and the band recently acquired in Michael Ayers' blues band, they're the perfect meeting of musical minds.

---

**saturday 9**

Working it out. Local music enthusiast, the cool Spaulding and rear points for the 10th annual "ROUND UP TO TEN" of Towns of Four Fronts, from 11 a.m. to noon.

This year's most international fundraising event of the year, which raises money for AIDS research at the City of Hope National Medical Center, involves participants of all ages and shapes read. You needn't be a handicapped one to join in.

Those wishing to participate in the workshop should pick sponsor sheets from Terence's Main. Those wishing to help in a more skilled manner can call the "Vanity Graft," drink beer and eat the participants on. All are encouraged to bring their own goals and gear to local AIDS hospices.

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**calendrad**

- **thursday 4**
  - **Tuesday 3**
    - **Wednesday 6**
      - **Thursday 7**
        - **Friday 8**
          - **Saturday 9**
**Spring Guide**

**Caravan Beads**

Spring Classes

Write, call or stop by soon for a copy of our new April-June schedule of bead classes. Learn to make earrings, necklaces, bracelets, beaded rings, and lots more! Write, call or stop by soon for a copy of our new April-June schedule of bead classes. Learn to make earrings, necklaces, bracelets, beaded rings, and lots more!

**Family Practice**

**ACTING CLASSES**

**For Ordinary People**

**SINGING CLASSES**

**For Ordinary People**

Spring Session begins April 11th!

For more information call 774-2776

**31 AEROBICS CLASSES**

To Fit your schedule

Call 722-6000 for more information

**B.B. KING**

The Shaboo All Stars

**April 14, 8 PM**

MORRILL GYM. 207-761-2503

**FAMILY PRACTICE**

**OCEAN**

192 Forest Avenue, Portland, ME 04103

**PRESCHOOL**

210-761-2503

**TICKETS**

192 Forest Avenue, Portland, ME 04103

**31 AEROBICS CLASSES**

To Fit your schedule

Call 722-6000 for more information

**FIFTY POINTS**

**Jewelry Designs from Nature**

**Spring Guide**

**Spring Guide**

**Spring Guide**

**Spring Guide**

**Spring Guide**

**Spring Guide**

**Spring Guide**

**Spring Guide**

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Finding a place to eat and smoke in town is becoming a real difficulty. More and more of my favorite haunts — the Chain of Islands, for instance, or a certain speakeasy with a great chef in the basement — are cutting off the smoking option. The food tastes better when you can't smell smoke, and the staff is friendlier. It's a shame more restaurants don't do this.

My new rule is to always make a reservation. It's just too easy to fall into the trap of going to a place where you can smoke, and then ordering the perfect food, only to regret it later. I've found that if I call ahead, I can usually get a table without a hassle.

The atmosphere in restaurants where smoking is allowed is often quite different. You can feel the smoke in your lungs, and it's hard to concentrate on the food. But in non-smoking restaurants, the air is fresh and the conversations are more meaningful. I've noticed that people actually talk more when they're not distracted by the smell of cigarette smoke.

Another benefit of smoking-free restaurants is that you don't have to worry about climbing over trays or dealing with ashtrays. It's a small thing, but it makes a big difference in the overall dining experience.

I hope more restaurants will follow the lead of those I've mentioned above. It's time we all started enjoying our food without the distraction of secondhand smoke. No one should have to sacrifice the quality of their meal just because someone else is smoking.
art

Fiber Workshop by Maine Women's Book Committee. Call for complete schedule listing. Located on the grounds of Maine College of Art, 310 Gannet St, Portland. 775-1444.

Open House Night: The Center for Visual Arts, 130 Middle St, Portland. 592-1381.


Writing Workshops: Lain on the second floor, 166 Congress St, Portland. 770-9912.

Family Art Workshop at Memorial Middle School, 1310 Spring Hill Rd, Falmouth. 865-9220.

Jewelry Making Workshop. Call for complete schedule listing. Call for registration.

Open House at the John F. Kennedy School's Senior Center, 63 Lunt Rd, Falmouth. 871-1013.

Meet the Artists at the Portland Women's Center, 12 Pleasant St, Portland. 799-4449.

Sewing Class for All Ages. Call for complete schedule listing. Call for registration.

Unitarian Universalist Congregation of Greater Portland. 771-1700.

Nutrition Class for the Old. Call for complete schedule listing. Call for registration.

Family Health Class for All Ages. Call for complete schedule listing. Call for registration.

Adult Education Department: 327-3157.


Stop & Shop Supermarket. 874-1111.

Seminars and Workshops at the High Pointe stable. 195 Main St, Falmouth. 871-1700.

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