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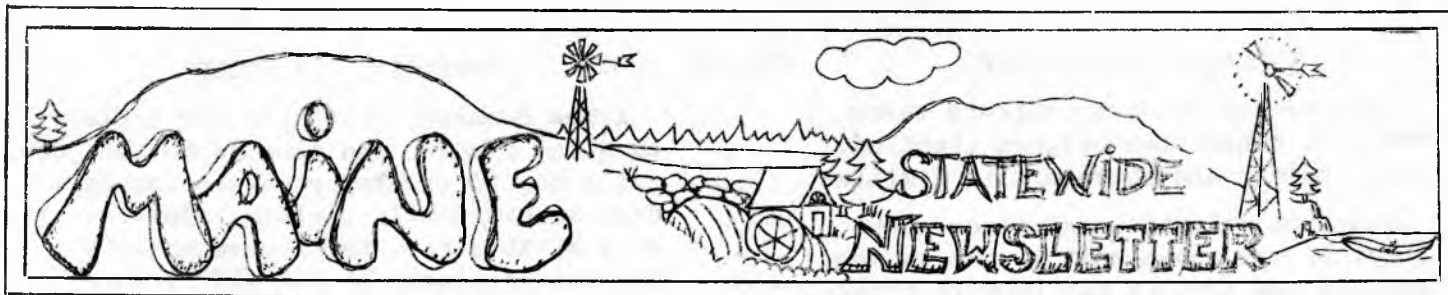
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VOL. 1 NO. 7 AUGUST 1980 HOT OFF THE PRESS

HIROSHIMA & NAGSAKI BOMBINGS RECALLED

August 6th is Hiroshima Day, the 35th anniversary of the first deliberate use of the atomic bomb against people. August 9th is Nagasaki Day, the 35th anniversary of the last such deliberate use.

Between the two bombs dropped, 150,000 people died quickly and many more died slowly. No one in Japan was unaffected.

Each year there are international activities to make those deaths and the opening of the Atomic Age. Maine events the last few years have tended to focus on the atomic power plant at Wiscasset, with a balloon release there in 1977 and a rally there in 1978. For 1980 Maine events emphasize more of the military aspects of nuclear power, but people in Canada will be making the connection between weapons and power this year.

PORTLAND VIGIL: a sleepless night

An overnight vigil from 9 PM August 5th to 7 AM August 6th, in Portland's Monument Square, will mark the bombings. The vigil will be preceded by a rally at 7 PM August 5th, with speakers and music. The rally and vigil are part of the "Survival Summer" campaign. For more details contact Marby Payson, 257 Foreside Rd., Falmouth 04105 (781-4769) or Denise Ewell, 83 Summitt St., S. Portland 04106 (767-4193).

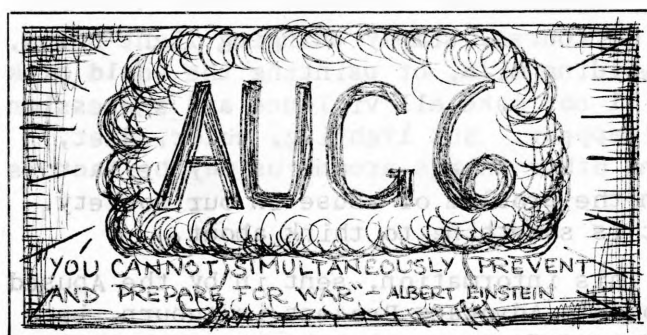
AUGUSTA RALLY: dummies gather

The State House (unofficial rally capital of Maine?) will be the site of a rally at noon on August 6th based on the theme: "If we had a nuclear war, there would be no one left to bury the bodies." Dummies representing dead bodies and labelled "draftee," "victim

of Hiroshima," etc., will be dragged through the streets of Augusta and brought to the State House to listen to some short readings about the effects of nuclear war, including a description from a Hiroshima survivor. People wishing to accompany a dummy should come to one of three starting points-- Augusta Armory parking lot, Cony High parking lot, or South Parish Church parking lot--by 11 AM. Some spare dummies will be available but people are encouraged to make their own. Nancy Button and David Neufeld, Box 64, Temple 04984, (778-3717) are contacts.

POINT LEPREAU: balloons and bottles

An 80-mile walk will begin August 6th at Fredericton, New Brunswick, and end August 9th with a balloon and bottle release (radiation travels differently in water than it does in air) at Point Lepreau, site of a soon-to-go-on-line nuclear plant. Janice Brown, Box 905 Station A, Fredericton, N. B. has more details. Mary Dunn or Bo Yerxa, Sunshine Community Land Trust, S. Princeton 04668 (427-3459) may know what Maine folks in that area are planning to do in relationship to this walk.



Some recent studies indicate there may be a connection between lighting, diet, color, and abuse within families.

Research on artificial fluorescent lighting has shown that it can weaken muscles and that it may produce hyperactive behavior in some school children. Similar results were found for window glass, eyeglasses, and dark-colored sunglasses, all of which filter out certain kinds of light. The hyperactive behavior reduced considerably when the lighting was replaced by full spectrum lighting.

If these things have similar effects on adults it could lead them to become abusers or victims of abusers. Some ways to reduce the harm might be to spend more time outdoors (sunlight is full spectrum light), wear eyeglasses that transmit ultraviolet light, and avoid dark sunglasses (neutral gray ones might be better for people who must wear sunglasses).

Diet may also be related to abuse. An article "Orthomolecular Psychiatry" by Junius Adams reports that behavior of people with case histories of abuse can change markedly with a change of diet. Milk, processed foods, refined sugars, and chemicals were noted to be present in large amounts in the diets of juvenile offenders surveyed. (The April issue of Omni reporting on this notes that heavy consumption of milk was the most significant-appearing of these factors in this study.)

The color pink works effectively to reduce aggression and cause muscle relaxation. In one experiment only 2 of 153 people tested failed to lose strength when exposed to a certain shade of pink. Even color blind people seemed affected.

Of course, simply changing light bulbs, avoiding milk, or painting the world pink will not make all violence and aggression disappear. But lighting, color, diet, and other things around us may be factors in the problem of abuse in our society. It is something to think about.

This information, sent in by the Abused Women's Advocacy Project in Auburn, is adapted from material in the book Violence in the Family by G.L. Kuchel and S.J. Kuhle.

A new booklet, "Breaking the Cycle," by Ellen Lindsey and Raun Rasmussen, details how to develop programs for children within family violence centers. It is available from the Abused Women's Advocacy Project, PO Box 713, Auburn 04210, for a \$4 donation, which will be used for supporting the shelter.

CRISIS INTERVENTION COUNSELOR TRAINING

The Spruce Run Association is starting a 40-hour training session for volunteer crisis intervention counselors. It will begin the last week in August.

Spruce Run is a non-profit association concerned with the victims of domestic violence. Their address is PO Box 653, Bangor 04401, or call 945-5102.

E. R. A. WALK-A-THON

The National Organization for Women (NOW) is holding a Walk-A-Thon in Bangor on August 23rd to raise money for the Equal Rights Amendment campaign.

How the walk-a-thon works: walkers talk to friends and neighbors and get them to promise to contribute money for every mile the walker walk. After the walk-a-thon, the walker collects this money and sends it to NOW.

The walk-a-thon will be preceded by a rally and music at 10 AM at Pierce Memorial Park (next to Bangor Public Library). The walk will begin from there at 11:30, follow a 5-mile route, and wind up back there at 1:30 for a wrap-up.

People interested in taking part in the walk-a-thon should contact NOW to obtain information and a sponsor sheet. The address is: Joanne Dauphinee, 23 March St., Bangor 04401, or call 942-2830, in the evenings, preferably.

ELECTRIC CHARGE

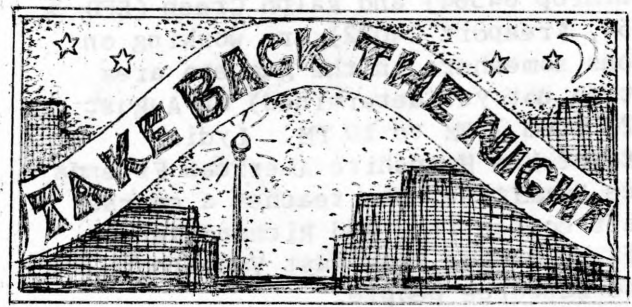
An all-day and evening hearing at the Public Safety Building in Portland on August 4th will consider the \$5.70 basic charge and other aspects of CMP's \$35 million rate hike request. People interested in testifying can contact Suzanne Hunt, People's Building, 155 Bracett St., Portland 04102 or call 775-0105 for more information.

TAKE BACK THE NIGHT

Women in the Portland area are holding a march Saturday, September 27, to "take back the night."

The day will begin with workshops on violence against women and women's responses. These will be followed by dinner, speakers, and a march through Portland. Details of the march are still being worked out.

Day care and overnight housing will be provided for those who need them.



"Take Back the Night" marches have been held in many cities over the last few years in an effort to combat violence against women and to assert women's right to walk city streets at night without fear.

The Portland organizing group is looking for help from women in other parts of the state with local organizing, publicity, and involvement in the march. Betsy Whitman of the University Women's Forum, 94 Bedford St., Portland 04103 (775-0232 or 780-4086) is a contact.

CLAMSHELL CONGRESS MET IN MAINE



About 40 people from around New England gathered in York, Maine on July 12th for a Clamshell Alliance Congress. It was decided to close the Seabrook Clam office as there is no longer money to pay the expenses. However, Clamshell will continue to exist. Another Congress is scheduled for October. For more details of the Congress, contact Jim Freeman, Box 176, York 03909. Minutes may be out soon.

"The land belongs to those who work it."
--Zapata

COMMITTEE TO SAVE MAINE YANKEE

The Committee to Save Maine Yankee is a pro-nuclear group working to defeat the September 23rd referendum. The address and phone are: PO Box 986, Augusta 04330, 623-5112.

NUCLEAR REFERENDUM COMMITTEE

The Maine Nuclear Referendum Committee (MNRC) has recently opened three new offices in Augusta, Lewiston, and Bangor.

The Augusta office (300 Water Street, 622-4395) serves as a central clearinghouse. Representatives from local groups gather there each Sunday evening to talk together, compare notes, report on work being carried out, etc.

A Lewiston office (129 Lisbon St., 786-2151) is open daily 9-5 (and some evenings). A meeting, open to the public, is held there Monday eves at 7:30 to discuss nuclear power and the referendum. The official grand opening (bring your own whatever) will be on August 9th.

Finally, Bangor's office (23 Hammonnd St. #215, 947-2701) is open Tuesday & Thursday 1-9, with meetings on Wednesdays from 7-9.

The Greater Portland Nuclear Referendum Committee (GPNRC) also has an office, located at 154 Middle St., Portland (772-5340). It is open daily 9-5 and at other odd hours as well.

LABOR PROGRESSING

In a surprise decision, the Maine AFL-CIO Committee on Political Education (COPE) refused to follow a pro-nuclear national policy and took no position on the September 23rd referendum. Although a resolution proposed by local 82, Amalgamated Clothing and Textile Workers Union to support the referendum was not accepted, a statement asking all union members to seriously consider the questions and to make an individual decision was adopted.

Local 82, based at Laconia Shoe in Sanford, and locals representing electrical and shipyard workers have endorsed the referendum, following the lead of several national unions. Details on union involvement in the referendum are available from Peter Kellman, Maple St., N. Berwick 03906, 676-2642 after 5 PM.

Maine Country Dance Orchestra, and ember bands, are among those attempting to preserve Maine's traditional French and British Isles music and dancing. Armed with fiddles, banjos, melodeons, accordions, guitars, and penny-whistles, the bands travel around the state, playing at contradances, and give occasional concerts and workshops for Maine citizens.

Summer brings the music festival season, with two of the better known being the East Benton Music Festival in late July and the 7th Annual Buttermilk Hill Old Time Music Festival scheduled for Sunday, August 17th, 1 PM-dusk, in Belgrade. (Turn up a dirt road off Route 27 between Belgrade and Belgrade Lakes--look for signs.)

The Maine Country Dance Orchestra Newsletter offers a monthly schedule of MCDO contradances and other traditional Maine music events. Send \$3 to MCDO, Box 350, Albion 04910 or pick up a schedule at any contradance.

SCHOOLS MEET IN SUMMER

August 15-16 are the days and the New Country School (NCS) in West Baldwin is the tentative location of the next Maine Alternative Schools Coalition meeting. A talk on Jean Piaget (a proponent of cognitive learning for children), a booth at the Common Ground Fair, and a report from the National Alternative Schools Meeting, at which Peter Zack of NCS was elected to the board, are discussion topics. Contact Peter at NCS, West Baldwin 04091, 625-8126 (days) for details.

MAGIC/MAINE CLAMSHELL



At the July 12th Maine Clamshell meeting in Temple, it was proposed that remaining MAGIC money (\$400-500) be given to the Maine Nuclear Referendum Committee. This will be discussed and decided on at the next meeting, August 6th, 1 PM, at the Augusta MNRC office, 300 Water St.

"Many soft voices are as good as, or better than, one loud one."

"Draft politicians, not soldiers."

About two dozen people showed up for a rally July 20th at the State House sponsored by CARD (Coalition Against Registration and the Draft). One reason for low attendance may have been confusion that weekend over whether registration was on or off.

Picketing and leafletting of post offices is taking place in Bangor, Portland, Waterville, Augusta, Castine, and Farmington, to name a few.

Plans for draft counselor training are still tentative, but Tom Sturtevant (RFD 3, Winthrop 04364) and Ralph Green (RFD 3 Box 254, Freeport 04032) are working on sessions somewhere in the Augusta area (location not yet determined) on August 13 & 20 from 7 PM to 10 PM. Lydia Willits of New Hampshire American Friends Service Committee, who teaches a course on draft counseling, and Richard Jenney, a draft counselor from East Vassalboro, will be resource people.

There may be some costs connected with the training--perhaps \$3-5, depending on how much of the written resources people want to take home with them. A flyer about these sessions giving more details and encouraging people from around the state to attend should be available from Tom Sturtevant shortly after you read this.

A session is also being planned in the Bangor area for some time in August or September. Tom Smith, Box 88, Orono 04473, 866-3289 has details.



TRAVELLING CIRCUS COMIN' TO YOUR TOWN?


Beginning with the September issue, we will be taking our "travelling circus" to different parts of the state for help in putting together the newsletter. If there are 5-8 people in your home, community, or county that could give part of a day to help us fold, staple, and put address labels on about 1,800 Maine Statewide Newsletters, we would like your help. Contact INVERT to make arrangements.

INSTITUTE FOR ADVANCED THINKING

The Institute for Advanced Thinking is a place looking for things to happen. It has space for artists wishing to exhibit (indoor space for painters, outdoor space for sculptors), offers private study courses in painting and writing, and has an outdoor platform with seating for up to 1,000 people, plus extensive grounds, woods, lawns, parks, etc.

The Institute will be open daily, with special cultural programs every Sunday at 2, until November.

There is no phone. To get in touch write Institute for Advanced Thinking, 22 Salmond St., Belfast 04915.



VOTE YES ON SEPTEMBER 23rd:

An Anthology by Maine artists

\$3.00 each (postpaid) from:

The Maine Nuclear Referendum Committee
Box 346
Edgecomb, Maine 04556

On September 23rd, the people of Maine will be the first in the nation, and perhaps in history, to vote on whether or not to close an existing nuclear plant. This book is a testament of that effort, and a fitting one — for the arts lend to life. . .

from the Introduction, by Raymond Shadle

"NORMA RAE"

The Amalgamated Clothing & Textile Workers Union (locals # 667, 725, and 615-A) and the J.P. Stevens Boycott Committee will be showing the movie "Norma Rae" around the state.

The J.P. Stevens Company is being boycotted for its anti-union practices. The movie, based on conditions at J.P. Stevens, tells the story of a working woman who becomes a labor organizer.

Admission is \$2. The film will be shown:
in Augusta -- Thursday, August 21, 7:30 p.m.,
at the American Legion Hall;
in Portland -- Friday, August 22, 7:30 p.m.,
at State Street Church (165 State St.);
in Brunswick -- Saturday, August 23, 7:30,
at St. John the Baptist Parish Hall;
and in Waldoboro, Sunday August 23, 7:00,
at the American Legion Hall.

If you would like to keep receiving the newsletter but have not yet written to tell us so, please do so soon. We will be glad to send the newsletter to anyone requesting it. A donation of \$4 a year is helpful but not required.

Our address is: INVERT, RFD 1, Newport Maine 04953.

☐ I'd like to keep receiving the newsletter but don't have any money to spare right now.

☐ I'd like to keep receiving the newsletter and do have money to spare right now; here is \$4 (or whatever: _____).

☐ I'd rather not keep receiving the newsletter; please take my name off the mailing list.

I (do / do not) want my name and address given out for use by other groups or used for special mailings.

☐ Enclosed is some news that might be of use for the next issue of the newsletter.

COMMENTS:

My correct address is:

The post office charges us 25¢ for each incorrectly addressed newsletter, which they return to us rather than forwarding. If your address has changed or is about to change, please let us know.

(A feedback form with room for additional comments is on the back of this page.)

HOMEBIRTHS

(1)

Martha Blown and Denis Ledoux write: "We have a good library of books on home-birth to share with parents-to-be in the Lewiston area. Our first child, Zoe, was born in our downtown Lewiston apartment in April. It was a wonderful experience we'd like to share with couples that may be considering homebirth. Write 105 Pierce Street or try us at 782-2201 (or at 353-2614 for this summer)."

(2)

The Piscataquis Valley Childbirth Education Association will be holding a series of childbirth education classes over the coming year.

The course costs \$20 per couple and lasts for 7 weeks. It covers relaxation exercises, breathing techniques for labor and delivery, prenatal nutrition, and breastfeeding.

The classes will be held Thursday evenings at 7 p.m. at Central Hall in Dover Foxcroft. The course will be run for the following dates:

August 28	-	October 9
October 30	-	December 18
January 8	-	February 19
March 19	-	April 30
June 4	-	July 16

(3)

Maine Access to Alternatives in Childbirth Care (MAACC) is a quarterly newsletter that serves as a statewide resource on birthing. The newsletter has listings for state and national conferences and events; carries articles on mid-wifery, home birth, legal issues, women's health, modern obstetrics, etc.; and prints extracts from national journals to provide technical information.

Maine Access also offers a referral service for people who are seeking alternative birthing people/groups/facilities in their area. A self-addressed envelope is appreciated.

A single copy of the newsletter is 50¢, and subscriptions are \$3 for 6 issues (a year and a half). MAACC, c/o Ariel Wilcox (editor), RFD 1 Box 74, Dismont 04932.

This space is provided for you to write comments, suggestion, criticisms, etc. about the newsletter. A few questions that you can answer or ignore are included to give an idea of the kind of things we would like to hear from readers.

What do you like most about the newsletter?

What do you like least about the newsletter?

What would you like to see more coverage of?

If you would like your name given out to groups to receive mailings on particular issues, list the kind of groups you would like this information given to (anti-nuke, women, health, coop, organic farming, gay, labor, anti-war, etc.)

The Maine Council for the Humanities and Public Policy has given a grant of \$19,135 to the State Town Meeting Committee to put together a series of eight "issues forums" around the state between now and the November election.

The aim of these forums will be to focus attention on the issues and to reveal what the candidates for state and national office really believe.

In addition to the issues forums, the State Town Meeting Committee will publish special materials about the issues, do an advertising campaign on the importance of the issues in choosing how to vote, and train a team of people to question the candidates aggressively.

The forums will include workshops during the day where people can talk about the issues, followed in the evening by a chance to question some of the candidates (or their representatives).

One of the earlier forums, to be held before September 23, will center on energy and the nuclear power issue.

Planning meetings are open to the public, and anyone may join the committee. For information about their work or about future meetings, write them at Hubbard Hall, Bowdoin College, Brunswick 04011 or call 725-8731 ext. 367 between 9 AM and 1 PM.

MBC ENERGY FACTS

Randy Mardres of the Maine Bicycle Coalition (PO Box 4544 DTS, Portland 04112) sent an MBC newsletter, an energy fact sheet, and this note:

"Jane Backwith, 10 Oakwood Rd., Cape Elizabeth, has agreed to mail out copies of the neergy fact sheet #1 to anyone who sends a self-addressed stamped envelope....You might also want to mention the newsletter and the fact that for \$3 a year people can have it mailed to their door.

"We have about 800 of the fact sheets left and I would like to use them up this summer. Any help or suggestions you might be able to give will be gratefully received."

"Everybody's paper is nobody's paper."

The Group Against Smokers' Pollution (GASP) is a non-profit organization "formed exclusively to combat the problems of tobacco smoke." Membership is \$5 a year. New members receive a "Nonsmokers Survival Kit" containing posters, stickers, buttons, and other material.

GASP
PO Box 101
Hallowell, Me. 04347

WAREHOUSE OPENING AT FEDCO

Fedco (Federation of Cooperatives) is looking for a person to join the collective staff. The job involves paperwork, frequent intense working conditions, supervising and teaching jobs to volunteers, and driving large trucks once or twice a month. It also involves working collectively and making decisions by consensus.

Salary: \$90 per 28 hour, 4-day work week, with possibility of making more on extended interstate truck runs.

Benefits: 13¢/mile commuting allowance, vacation with pay, discount on food.

A one year commitment is required. Resumes describing experience, qualifications, and interests much reach Fedco Warehouse, Box 236, N. Vassalboro 04962 (873-0716) by August 15th.

NEW LIFE NOW BEGINS AUGUST 1ST

New Life Now is a quarterly newsletter on the healing arts published by the New Life Polarity Center. The first issue, with articles on the first Maile Healing Arts Festival (held August 29-Sept. 1), the New Life Trade Exchange, health and healing, natural living, and resources will be out about August 1st. It will be distributed free or for donations at coops and natural food stores. For more information, write New Life Polarity Center, Box 355, Athens 04912 or call 1-800-462-6630 toll-free.

There are lots of big events next month, such as the Common Ground Fair, conferences for rural gays/lesbians and women, and the Nuclear Referendum. Please send information on these and other events, articles, and graphics by August 20th to INVERT, RFD 1, Newport 04953, 938-2219.

CALENDAR						
						
SUN	MON	TUES	WEDS	THURS	FRI	SAT

August 1-3--Maine Festival, Bowdoin College, Brunswick 04011. 725-8731.

August 1-3--NOFA Celebration of Rural Life. Talks, slide shows, workshops, displays. Univ. of N. H., Durham.

August 2-3--Solar Greenhouse Workshop in Wells (also Belgrade & Wiscasset later in August). MOFGA, Box 188, Hallowell 04347 or call 622-3118.

August 3--Sunday Festival w/Dick Curless. MNRC Benefit. Pour Farm Rest., Biddeford.

August 4--Rate Hike hearing, Portland.*

August 5--Citizens Party Meeting (bi-weekly), Alpha Rho Epsilon, 238 Maine St., Brunswick, 7:30 PM. CitP, Box 2041, Augusta 04330, 865-4037.

August 5-9--Hiroshima/Nagasaki events.*

August 13 & 20--Draft Counseling sessions.*

August 15-16--Alt. Schools Coalition meets*

August 16--Dan Fogleberg benefit concert for GPNRC. Cumberland County Civic Center, 8 PM. GPNRC, 154 Middle, Portland, 772-5340, 775-3336 for tickets.

August 17--Buttermilk Hill OTMF.*

August 20-28--Paul Jacobs films.*

August 21-23--"Norma Rae" showings.*

August 29-Sept. 1--Maine Healing Arts Festival, Hidden Valley, Freedom.*

*More details in the newsletter.

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INVERT
RFD 1
Newport, Me. 04953

Address Correction Requested

NATURAL RESOURCES COUNCIL ENDORSES NUCLEAR REFERENDUM, EXPERIENCES FALLOUT

On July 11th the board of directors of the Natural Resources Council of Maine voted 14 to 12 to support the upcoming nuclear referendum which seeks to close down Maine Yankee and ban nuclear power in Maine.

The NRCM is a large environmental coalition which is active in trying to save the St. John River from Dickey-Lincoln and to save Passamaquoddy Bay from the Pittston oil refinery.

The decision to endorse the referendum was a difficult one and left the council divided. Some members have left or threatened to leave the group. Letters of support for the decision are urgently needed. Send them to Rob Gardiner, NRCM, 335 Water St., Augusta 04330 or call 622-3101.

"The fallout mounts each day," writes the member who asked us to run this story, "and I only hope that it can be countered by a new influx of members to replace the ones who left over this decision."

The NRCM office is in financial trouble. Annual membership dues are \$20 for an individual, \$30 for a family, and \$12 for students, elderly, or low-income.

DOUBLE FEATURE

A Paul Jacobs double feature, "Paul Jacobs and the Nuclear Gang" and "Power to Choose," concerning radiation and nuclear power/weapons, will be brought to Maine on August 20-28 by Clay Colt. For booking or details on film showings (he wants to show them around the state), contact Clay at Box 271-W, New Vernon, N. J. 07976, 201-538-6676 (preferable) or try Tory Leuteman, RFD 2 Box 275, Cumberland Center 04021, 772-5340, 829-6698.

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