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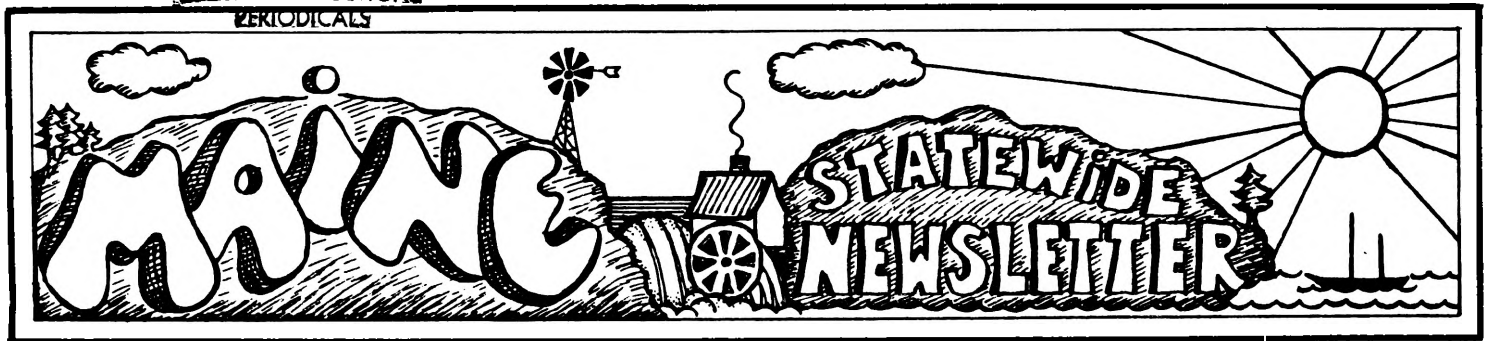
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Number 73

"All the News That Fits to Print"

February, 1986

BIRTH REBORN

Did you know that the hospital has never been proven safer than home for birth? That the only recent controlled study comparing home and hospital births showed fewer infections, less maternal hemorrhages, fewer cervical tears, and no birth injuries at home (compared to 3% at the hospital)! Alternative birth options are worth checking out, and here's a great chance:

Midwives of Maine is pleased to announce Maine Midwifery Week, Feb. 8-14, highlighted by a benefit concert Sun. Feb. 9 featuring humorist Tim Sample and singer/songwriter David Mallett at 5 pm at the University of Southern Maine Portland Gymnasium. Tickets are \$6.50 for adults and \$3.00 under 16 in advance, available from Recordland and Record Exchange in Portland, or \$7.50 and \$3.50 at the door. Students & Senior Citizens, \$5.

Also scheduled are film programs which will move around the state documenting innovative alternatives in childbirth care and capturing the beauty and intimacy of family-centered birthing. Area midwives will be present to answer questions about the unique services they provide, at event locations throughout the state. "Birth Reborn" will be shown at each location.

Sat. Feb. 8: Railroad Square Cinema, Waterville, 3 pm, proceeds to benefit M.O.M. \$2.50 adults, \$1.50 kids. "Midwife" also shown. Contact: Heather Stamler, 923-3258.

Mon. Feb. 10: First Congregational Church, Farmington, no charge. "Midwife" also shown. Free child care, refreshments, contact: Marnie Cooper, 897-2050. 7 pm.

Tues. Feb. 11: Unitarian Church, 126 Union St. Bangor 7 pm, no charge, "Midwife" also shown, refreshments, contact: Ariel Wilcox, 257-3943.

Wed. Feb. 12: Belfast Library, 7 pm, no charge, "Midwife" also shown, contact: Ellie Daniels, 589-4519.

Wed. Feb. 12: Univ. of So. Me. Portland,

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WASHINGTON IMITATES HOLLYWOOD

"Star Wars" may have been great on TV, but it's a lousy way to prevent nuclear war, according to Robert Bowman, director of the Institute for Space and Security Studies. Ronald Reagan's Strategic Defense Initiative (Star Wars) proposal will be condemned by Bowman when he speaks in various Maine communities in late February.

Bowman is on tour to try to "prevent an arms race in space." As a former administrator of space-based weapons programs for the Air Force, Bowman speaks with personal knowledge about what it will mean for the US to adopt a large-scale space weapons program. Besides violating several signed and unsigned treaties by the deployment of space weapons, these so-called defensive weapons can be used offensively to destroy an opponent, claims Bowman.

Bowman's whirlwind tour will begin on Feb. 24 in the evening when he speaks to the Foreign Affairs Council of Maine in Portland. He will speak at the Damariscotta Baptist Church on Tues. Feb. 25 for CONA (call 832-4080). He will be in Bangor on Feb. 26 for appearances at UMO and in Bangor (call 866-3098 for times/places). And on the 27th he will talk to the Maine legislature in Augusta in the morning, at USM in Portland at 1 pm, and at Bates College in Lewiston at 7 pm. For details on his talk in southern Maine, write Marby Payson, 13 Andrews, Falmouth 04105 or call 781-4769 or 772-1953.

REMINDER: FINANCE THE REVOLUTION

H.O.M.E., Inc, the Maine Haymarket People's Fund and the Maine Coalition for Peace and Justice in Central America are sponsoring a two-day training session in fund raising on Jan. 31 and Feb. 1 at H.O.M.E. in Orland. It may not be too late to get in on some or all of the sessions. Contact H.O.M.E., Box 10, Orland 04472, 469-7961 for details.

BIRTH REBORN AGAIN..... 2

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Payson Smith Hall, Rm. 1, 7 pm, no charge, refreshments, "Daughters of Time" also shown, contact: Cathy Heffernan, 985-3911.
Thurs. Feb.13: Rockland area, tent. "Midwife" also shown, no charge, contact: Susie Harris, 789-5288 or Jane Hasty, 845-2545
Thurs. Feb.13: Brunswick area, tent. "Daughters of Time" also shown, contact: Bridgit Mahoney, 729-0394, no charge.
Fri. Feb.14: Norway area, tent. "Daughters of Time" also shown, no charge, contact: Karen Johnson, 743-6954.
Fri. Feb.14: Downeast area, "Midwife" also shown, contact: Diane White, 367-2671.

Maine Midwifery Week is co-sponsored by Midwives of Maine, Maine Friends of Midwives, Women's Wellness Project, and the Maine Chapter of the American College of Nurse Midwives. The focus of the week is to give the public an opportunity to meet local childbirth caregivers and to learn what resources are available, and why women and families are choosing birth alternatives. For more info on Midwives of Maine, or on the week, contact Jill Breen, RFD 1, St. Albans 04971, or call 938-4129.

CELEBRATE WOMEN!

"A Celebration of Maine Women" is this year's theme for Women's History Week (Mar. 1-7), and, true to its title, the Univ. of Maine at Augusta will remember Me. women from the past with two big events--the Women's Information Exchange (Mar. 1) and the Heroine's Ball (Mar. 7).

A wide variety of Maine women will be highlighted on Mar. 1, 9-3:30 at Jewett Hall, UMA. Penobscot natives Sadie Mitchell and Priscilla Attean will remember some of their ancestors. Historian Laurel Ulrich will speak about "Martha Moore Ballard, 18th Century Midwife." There will be a tribute to Samantha Smith, a film about women in history, and music by Terry Eisen/Claudia Finklestein and composer Kay Gardner (all events free except lunch).

Then, dress as your favorite women in history at the Heroine's Ball on Fri. Mar. 7, 8 pm at the Augusta Holiday Inn.

For a schedule of events or costs, contact Carol Young, Univ. Heights, Augusta 04330, 622-7131x330.

SEND IN THE CLOWNS

The Franklin County Children's Task Force is celebrating Children's Festival '86! To be held on Feb. 15, the celebration of and for children will be from 11-4 at the U.M.F. Student Center, Farmington. Folks attending can participate in games, hands-on activities, and singing groups. Dancers, puppeteers, actors, and clowns will perform. There will be crafts, displays, workshops, and a variety of concessions. Free admission!

If you'd like to be involved with the Children's Festival or want more info about the event, contact Joyce Murphy at 684-3354, or call Franklin County Children's Task Force at 778-3556.

ARTICLE'S DULL, CLASSES AREN'T

The Univ. of Maine at Augusta's Community Programs division will again offer a wide variety of useful, interesting classes at their educational centers in Augusta, Auburn, Bath/Topsham, and Thomaston/Rockland. Here is a sampling of classes under general categories of "Discover Yourself," "Personal Growth," "Be Creative," "Be Successful," "Stay Healthy," and "Be Your Own Boss."

Woodlot Management (all 6:30-9:30 pm): Mar. 4 (+ next 5 Tues.), Augusta; Mar. 5 (next 5 Wed.), Thomaston; Mar. 6 (next 5 Thurs.), Topsham.
Organic Gardening--Nature's Way: Mar. 8 (+ next 3 Sat.), 8:30 am-12:30 pm, Augusta.
Astrology: Mar. 6 Augusta. Call for time.
Self-Esteem: (all 5:30-7:30 pm): Mar. 5, Augusta; Mar. 6, Auburn; Mar. 10, Thomaston.
Assertiveness Training (both 5:30-7:30 pm): Mar. 12, Augusta; Mar. 13, Auburn.
Skills in Listening (both 5:30-7:30 pm): Mar. 19, Augusta; Mar. 20, Auburn.
Dealing with Anger and Conflict (all 5:30-7:30 pm): Mar. 13, Bath; Mar. 18, Thomaston; Mar. 26, Augusta; Mar. 27, Auburn.
Intro to Holistic Health (both 5:30-7:30 pm): April 2, Augusta; April 3, Auburn.
Industrial Hygiene/Occupational Health Hazards Mar. 3, Augusta, call for time.
Therapeutic Touch Mar. 8, 15 10-5 pm, Bath.
Wellness Wkshp Mar. 8 9-3 pm, Thomaston.
Starting Your Own Small Business (all 6:30-9:30 pm): Mar. 4 (+ next 6 Tues.), Bath; Mar. 4 (next 6 Tues.), Rockland; Mar. 5 (next 6 Wed.), Augusta; Mar. 5 (next 6 Wed.), Auburn.

For details on costs, locations, etc., write UMA Community Programs, Univ. Heights, Augusta, 04330 or call 622-7131x331.