



You WILL subscribe! (Won't you?)

from the staff

I will definitely have a payment in the mail by...oh, sorry...wrong letter. Layout weekend has that effect on me. We should have known better than to wait til the last moment to fill this space. Anyway, to introduce you to the members of the band...

As this is written, Gerri is accompanying the group on the Moog typewriter. Gerri has set a new endurance record on that instrument this weekend, and is presently being kept going with sniffs of Liquid Paper.

Char, doing a riff on the blue pencil, has spent a good portion of the day taking out and re-inserting her contact lenses. She can't be made to understand why (after 48 hours of proofreading and spelling Gerri on the typewriter) her eyes should be bothering her.

Susan, our virtuoso of scissors and glue, is continuing the vain attempt to bring melody from cacophony. The highlight of her weekend so far has been the discovery of a roll of 1/32nd tape.

Sandy, playing counterpoint to Gerri's typing on an upstairs instrument, appears every few hours. As the paper-building process plugs along, Sandy (who's just recovering from a lesson in hepatitis) seems to be talking less and shaking her head in disbelief more.

Kay--who has the good sense to do her work solo several blocks away, stops by occasionally. A recent suggestion for an easy way to support the paper is that you just keep asking for it at paper-selling places.

Meg--not generally known for long periods of silence--has been doing more and more staring at various walls as the hours pass. The only two sentences she's been heard to utter recently are: "Is there anything simple to be done?" and "Is there any more wine?"

And despite all that (or because of it) you are in possession of evidence that the issue was produced. We'll do it all again in a couple of months, and hope you (and many more) will be with us next time. Meanwhile, have a fine, full fall. Subscribe. (If you already have, get somebody else to.) Eat all your vegetables. Bundle up. Close cover before striking. See you in December.



MAINE FREEWOMAN'S HERALD

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SONNET XXXIII from *THE HARP-WEAVER*

I shall go back again to the bleak shore
And build a little shanty on the sand,
In such a way that the extremest band
Of brittle seaweed will escape my door
But by a yard or two; and nevermore
Shall I return to take you by the hand;
I shall be gone to what I understand,
And happier than I ever was before.
The love that stood a moment in your eyes,
The words that lay a moment on your tongue,
Are one with all that in a moment dies,
A little under-said and over-sung.
But I shall find the sullen rocks and skies
Unchanged from what they were when I was young.

-Edna St. Vincent Millay

Edna St. Vincent Millay (Feb. 22, 1892-Oct. 19, 1950), poet and feminist, was born in Rockland, Maine. She lived in Camden until 1913, when "discovered" by Caroline S. Dow, a wealthy Maine visitor, who subsidized her way to Vassar College. After school Millay settled in Greenwich Village, New York City, and returned whenever possible to spend time in Maine.

Photograph of Millay by Berenice Abbott

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toward better daycare in maine **pages 2&3**

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beyond intramurals: women in high school sports **page 9**

the candidates on women's issues **pages 10 & 11**

AND MORE !

staff

Charmaine Daniels
Sandy Lucas
Susan Lundquist
Meg McMullen
Gerri Merola

special thanks to:
Susan Breeding
Kay Lucas
Bob Yambor

Cover Photo
By Berenice Abbott
"Mitten Knitting Contest
in Greenville, Maine"



DAY CARE:

the merry-go-round with no brass ring

by Charmaine Daniels

Unlike inflation, publicly-funded child care is not a hot "bread-and-butter" issue. Unlike national health insurance, it's not an idea whose time has come. It's an idea whose time came and went--about five years ago when Mr. Nixon must have been looking the other way as he said: "We must provide a national commitment to the first five years of life."

Nixon's veto of the Child Development Act in late 1971 postponed firm national support for child care indefinitely. Meanwhile, the need for more and better child care has increased because more women want to work outside the home and because, as one Maine observer put it, "with only one income in this state, you're hurtin'."

The number of child care slots (public and private) in proportion to the population in Maine is less than half the national average, and the national average is below the actual need. Because there are few slots, little choice of program is offered. For the most part day care (there is no night care to speak of) is available to the poor who can afford it through subsidies, and the rich who can afford to pay high fees.

Furthermore, there are those who still think a woman's place is in the home caring for her children. In the public realm day care is not necessarily seen as a woman's right, a child's right, or a public mandate. Only if a woman works as a direct result of receiving this service is the service considered justified.

Many people in Maine rely on relatives to care for their children while they are at work. Others rely on group or family day care homes, licensed by the state. Still others rely on day care centers, also licensed by the state.

In Maine those who care for more than two children in their homes (or anywhere else) must be licensed. In general, family day care homes care for 3-6 children, group day care homes 7-12 children, and day care centers 13 or more children. Group day care homes usually have a staff of two adults and centers average a pupil-staff ratio of five to one.

As compared to a day care home, the staff at a center is usually more highly trained and the program more developmental, offering a broad range of social and educational activities including outdoor time, field trips, art work, structured learning time, naps and meals. In some centers attention is paid to health services such as eye exams, lead poisoning detection programs, and dental care.

Day care homes that are supervised by an agency are similar to day care centers in that their staff is usually more trained and the program is more developmental; however, most day care homes in Maine are not supervised by an agency.

Day care homes are allowed to care for infants whereas centers can only accept children 2-1/2 years or older. In addition homes offer a smaller group atmosphere. In rural areas where a large center is not needed, day care homes can offer "decentralized services".

Brenda Nelson of Freeport recalls her predicament as a single mother working outside her home and desperately needing someone to care for her young son. She found a family day care home for him, but it was crowded beyond the legal limit and "the attention got spread too thin." She worried about the overcrowding in case of fire. "Could the woman in charge get

all the children out in time?"

"Another thing I didn't like was that the woman could pretty much do what she wanted," Nelsons adds. "She was the only adult and she was unobserved. Kristian came home complaining of being spanked. And he loved playing with dolls but she told him boys weren't supposed to play with dolls."

"It's left pretty much up to luck," she added. "There are good homes with developmental programs and responsible people but I couldn't find one. Now I would shop around more but I was desperate for a place for my kid. There's not much choice...in the summer you can get a high school kid or you can get an older woman to babysit--but they're really expensive. Some people leave their kids home alone."

Nelson paid \$20 per week for the day care home service, made \$30 per week at her part-time job, and received public assistance. When she found out her son could get in free at the day care center in Brunswick, she placed him there even though it meant driving over five hundred miles per month to drop him off and pick him up.

Because of her disappointment over the lack and quality of facilities in Freeport, she tried to start one there in 1972. After working three months, an offer from a member of the community to use a building for the center was withdrawn. The group was discouraged and decided not to try again at that time.

But now Nelson works with a small group of women from the Freeport area who form the core of Blue Spruce Day Care Consulting Service. Their goal is to improve the quality and quantity of day care in Maine by learning how to manipulate the day care system so other people can do it too. "Now

only a few people can manipulate the system. We'd like to prove that an ordinary group of people, working part-time for a year, can start a center," she says.

Currently their efforts are focused in Freeport, where they've been working for six months gathering community support, searching for seed money, and trying to find a site for a center. "Some of us have had experience working in day care centers and in starting one," she notes. "After we get this one going we'll consult with other people who are trying to start a center or who want to improve their center or their relations with the community they're in."

According to Nelson, people who are trying to start a day care center come up against strict state regulations and difficult licensing procedures. For example, to acquire federal Title IV-A matching money on a 3-1 basis, 25% in seed money must be raised locally. But seed money cannot be matched until a site is licensed. However, a site cannot be licensed unless the required improvements have been made to meet the regulations, involving costs for which the seed money is needed. But--Catch 22--seed money should not be spent on improvements because there will be none left to match. This is where "manipulating the system" comes in.

Improvements on buildings can cost thousands of dollars. Either the contractors must be convinced to wait for payment until the center is funded (ever try to convince a contractor to give you credit?) or money which is not needed for matching purposes must be found to cover the cost of improvements (which ain't easy).

In finding a site, unless it's donated, a landlord must be convinced to delay rental of the building until the license is approved and funds are received--which could be as long as a year. The local share of funds, sometimes as much as \$25,000, is difficult to raise, especially for people who don't have connections or power.

Nelson concludes, "The process of starting a day care center is so difficult and so poorly coordinated that masses look into it, a few more try it and 99% of those who try, drop it."

Ann Loth, who works with Nelson on the day care project, was coordinator for four years of the Family Day Care program at Portland's Community Counseling Center. The program lost its funding when local seed money could not be raised.

After many "funding headaches", Loth is now very bitter about the day care situation in Maine. "It shouldn't be such a hassle. City and state governments are reluctant to give seed money. The money cities do give is a drop in the bucket here and there... the funding scramble has to be straightened out. It takes a lot of sophistication to approach county commissioners and local people for money and it's a very political game."

Loth believes people need to be educated about why day care is necessary and hopes that licensing regulations will become less restrictive so that infants can be accepted in day care centers. She adds that safety regulations are over-restrictive, often bypassing common sense measures to insure safety. She supports state-subsidized child care, but notes that few groups in the state, if any, are actively advocating expansion of services and funding.

The need for expanded day care facilities in Maine, based on the number of women working outside the home, is not to be doubted. In 1970 almost 40% of the state labor force were women, and one-third of those women had children under six. The number of women working outside the home in-



photos by Meg McMullen

creased by 26% from 1960-70 and is likely to continue increasing.

As of August, 1974, there were only 2,796 licensed day care slots available in Maine. Yet in 1970 there were over 22,000 mothers in the labor force with children under six, meaning that there were a lot of children who were not in licensed facilities. Of course, according to national surveys, many parents can make other arrangements, and prefer to do so--for example, having a relative care for the child in the parent's own home.

But for parents who can't use a relative and can't find or pay a baby-sitter, some form of day care is a pressing need. According to a June, 1973 survey conducted by Tri-County Community Controlled Child Care (4C's), 2,200 additional publicly-funded slots were needed (slots refer to licensed day care homes as well as centers) in York, Cumberland, and lower Oxford Counties. Need was defined as requiring day care in order to work, and those questioned were all low-income families who were eligible for subsidy and who needed to work in order to have a survival income.

The study showed that less than 25% of the people in that region who needed the service were obtaining it. Figures did not include women in families whose income was just above the cut-off point for subsidy, women who needed day care because they wanted to work outside the home or who needed time away from their children. The people questioned listed day care as their fourth highest priority in the field of needed social services, after eye care, health care, and transportation.

Just as the need for day care is high, so is the cost. Dave Bittenbender, who was Region I director of the Tri-County 4C's for three years, estimates that privately-funded day care centers, which charge fees for their services, cost \$20-\$30 per week for one child. He notes that a single mother working full-time with a \$60 per week paycheck cannot afford that, especially when there is more than one child involved. Privately-funded day care is used more by higher income families who can afford to pay the fees. Currently about half of the

day care centers in Maine are privately-funded. However, Bittenbender maintains, these centers, if they're doing a good job, do not make a profit. The cost of "doing a good job" (providing adequate space and equipment, trained staff, and "more than just a baby-sitter" program) is high and, theoretically, parents could not afford the service if the price included a profit for the center.

Publicly-funded centers estimate their costs at \$48 per week per child. Bittenbender states that the difference in cost between private and public centers may be in the training and quality of the staff and the more pleasing 5-1 ratio of children to adults at publicly-funded centers.

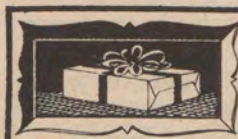
Publicly-funded centers serve, for the most part, mothers who receive AFDC (Aid to Families with Dependent Children) and families with an income of \$7,800 per year (assuming a family of four), wherein a parent can work as a direct result of day care. To these poor families services are free, paid for by government subsidies.

Bittenbender says 98% of the people using publicly-funded centers in Maine are working as a direct result of the service. The other two percent are AFDC mothers who may need a respite from their children, or who are seeking counseling or some other social service during the day.

He goes on to say the cost of publicly-funded day care at a center is about \$2,500 per child per year, yet many cities feel it is not their obligation to provide seed money. Currently, however, Bridgton, Biddeford, Orono, Old Town, Portland, Bath, Brunswick, and Bangor are among the towns contributing money for day care.

The cost of day care homes is also high--about \$20 per week. Similar to day care centers, low-income families are eligible for free services if the home is publicly-funded. However,

Cont'd on page 14



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letters



praise for nettles

Dearest Darlings,

I have a few short things to say. I am moving to Bridgton, Me. Recently I walked through the town's drug store and noticed the *Maine Freewoman's Herald*. Of course I bought it. I was very amused by the "Nettles" column by Meg McMullen. She really put it across (by the way, I know a lesbian with 40 DD's). I was totally impressed by the whole paper. I only wish there were more, so I have decided to contribute a few of my own poems.

Thank you for being here.

Kristina Kolb and
Susan Chandler
Bridgton

Dear Sisters,

For visitors from Pennsylvania--absolutely content with Maine's rocks, ocean and clear blue sky--the *Freewoman's Herald* was a real bonus. Yours is one of the most deftly put together feminist gazettes we've seen. Please accept our enclosed subscription fee, with special thanks to Meg McMullen for a funny, sensitive and all in all right to the point review of *Going Down with Janis*.

Good luck.

Jeanne Boydston
Susan Davis
Shiremanstown, Pa.

man overboard

Dear Freewoman's,

I want to thank you for not publishing my bead poem. I'm going to place my bead poem else were for a profit. Your a life saver!

Truthfulness,
Anthony Pace
Monmouth

lauds and laments

Sisters,

Enclosed is the subscription money and a small contribution. I used to work on the newsletter when it came out of Bangor in mimeo form. Am truly pleased to see the new form the newsletter has taken and the variety of topics it covers.

Cheryl Giles-Migner

To the editors,

Reading the August-September issue carefully, page 7, "Cancellation", [letter from a reader] does interest me, and I semi-agree. The word "freewoman" scares the hell out of most Maine women. I liked the *Maine Women's Newsletter* better too! The new issue is like the ones in Cambridge and Boston and I guess I hope all of you get back to a broader base.

This is my hope--that you will solicit for the October issue some testimonial from a broad spectrum of women, such as my testimonial for whatever it's worth:

"I think the most important one concern of all Maine women should be our State o' Maine *Freewoman's Herald*. YES--more important than our political candidates, than the Augusta legislation, than abortion, or day care! It is the one source of information all groups have...We need a coalition of all women's groups to work for it as they did for the E.R.A. Please volunteer."

Best wishes,
Ramona Barth
Alna

more on health

Dear Sisters,

I feel it is important to answer Mabel Wadsworth's letter in the last issue of the *Maine Freewoman's Herald*.

We fully support nurses, nurse practitioners, midwives, and paramedics. But that is not enough. What the Maine Feminist Health Project and other self-help groups across the country are trying to do is to change medicine to meet our needs, to demystify the role of the doctor and to put control of our bodies back into our own hands. That is not the same as practicing medicine without medical knowledge.

When we teach our sisters breast and cervical self-examination we are helping them to gain that control. Some cancers, for instance, can progress in a period of only six months from a very minor to an extremely serious point, one where major surgery may even be too late. Yet women are advised to have a pap smear only once a year (unless they are post-menopausal) and most women don't even go that often. By teaching a woman to check her breasts monthly for unusual or abnormal lumps, we are giving her a good start. Every woman can learn what her breasts feel like normally. She then will know right away if a growth of any sort develops and can seek medical attention immediately. That can mean the difference between life and death.

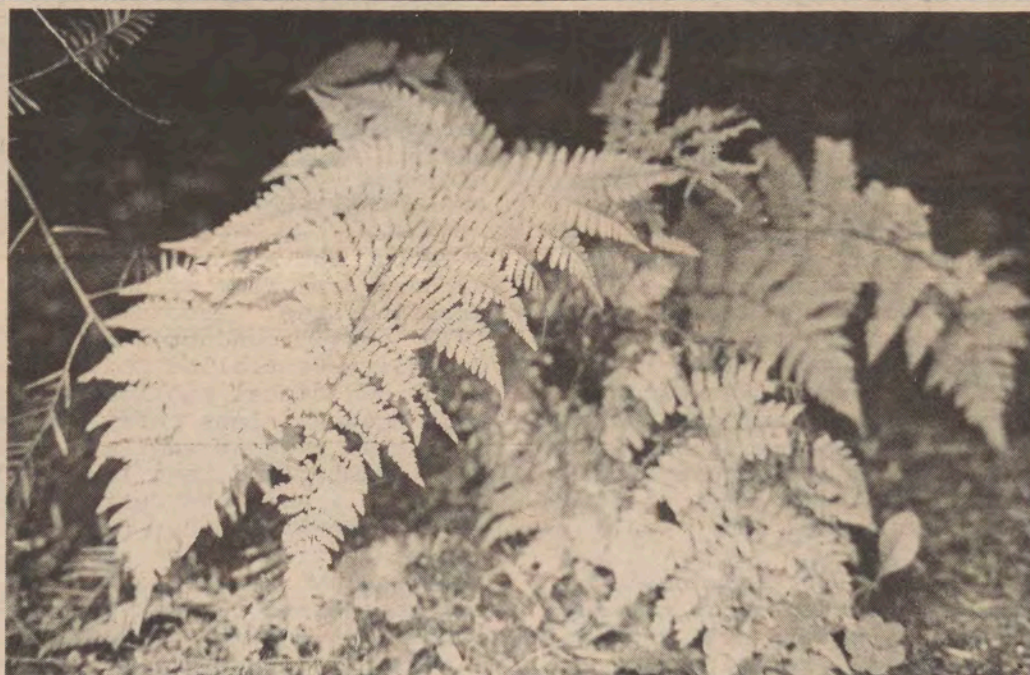
Cervical self-examination, too, can help provide early detection of cancer, as well as pregnancy, trich, and monila infections and sometimes gonorrhea and syphilis. If a woman watches the changes that occur in her cervix she

will learn what is normal and what is not. She will recognize and therefore treat a yeast infection in its early stages before it becomes unbearable. She can watch a case of cervicitis to see if it's a minor irritation which will soon clear up or if it's lasting and requires medical attention. She can see her IUD strings and will know if they grow shorter (as the IUD re-treats) or longer (as the IUD is being rejected). She may see VD chancres on her cervix or vaginal walls that can't be seen from the outside and be able to seek treatment before the disease is spread to others and/or becomes a serious problem to her.

As women learn techniques of self-examination and become more familiar with their bodies, we can begin to demand more adequate health care. As we begin to know what questions to ask our doctors we will begin to get real answers. A woman who knows the dangers of a certain contraceptive method will never settle for an answer of "Let me worry about that, dear." She will demand to know the effects of what she is doing, both short and long term.

As we begin to know our bodies we can begin to control what happens to them. We will demand an end to being used as human guinea pigs (especially without our knowledge or consent) by doctors, drug companies and others who seek to profit from the control of women's bodies. We will begin to control our bodies and therefore our lives.

Yours in health &
sisterhood,
Rockie Graham
Portland



"The Fern in the Shadow" photo by L. Murray Jamison

where does the imitation end?

The girl and the woman, in their new, their own unfolding, will but in passing be imitators of masculine ways, good and bad, and repeaters of masculine professions. After the uncertainty of such transitions it will become apparent that women were only going through the profusion and the vicissitude of those (often ridiculous) disguises in order to cleanse their own most characteristic nature of the distorting influences of the other sex. Women, in whom life lingers and dwells more immediately, more fruitfully and more confidently, must surely have become fundamentally riper people, more human people, than easygoing man, who is not pulled down below the surface of life by the weight of any fruit of his body, and who, presumptuous and hasty, undervalues what he thinks he loves. This humanity of woman, borne its full time in suffering and humiliation, will come to light when she will have stripped off the conventions of mere femininity in the mutations of her outward status, and those men who do not yet feel it approaching today will be surprised and struck by it. Some day (and for this, particularly in the northern countries, reliable signs are already speaking and shining) some day there will be girls and women whose name will no longer signify merely an opposite of the masculine,

but something in itself, something that makes one think, not of any complement and limit, but only of life and existence: the feminine human being.

"Letters to a Young Poet"

Ranier Maria Rilke
translated by

M. D. Herter Norton

W. W. Norton & Co., Inc.
NYC 1962

Rereading Rilke again and perusing the *Freewoman's Herald* and other women's publications has made me think very seriously about communication between people. And what we should be considering in such publications. Where does the imitation end and the truly creative begin? What is this creature, the feminine human being? So many distinctions have been made: between races and cultures, masculine and feminine...where is the human love between people, totally unqualified? I ramble and wander, searching and growing as a human being. Only others categorize me. I tend to think that the answers or means that come to me are intensely personal. I see the ferns hidden in the shadows. Does anyone care?

L. Murray Jamison
Wiscasset

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abortion: is 'legal' enough?

by Gerri Merola

January, 1972. The Supreme Court, in a monumental ruling, recognized abortion as a woman's right. The decision was celebrated by women across the nation.

Maine women rejoiced as well. Abortion would no longer be a rich woman's alternative. No longer would Maine women be forced to travel hundreds of expensive miles for a safe legal abortion.

There was talk of community clinics, staffed by women and offering comprehensive gynecological services, where concern would come first and profit last.

Almost two years later, how has the Supreme Court ruling benefited Maine women? How available are quality-care, low-cost abortions?

Getting information on where abortions are available isn't easy. There is no agency or directory with state-wide information. Aside from the referral services at Family Planning and other organizations scattered around the state, finding a doctor who will perform an abortion remains about as dependent on word-of-mouth ("I know a woman who knows a woman who knows a doctor") as before legalization.

And as before, having an abortion is a luxury available most readily to women with money. The lowest doctor's fee is \$125 for the vacuum aspiration method, a ten-minute procedure performed up to 12 menstrual weeks (12 weeks from the beginning of the last menses) of pregnancy.

Where does the money for an abortion come from? Until recently Medicare paid for abortions but no longer, thanks to James Buckley and a predominantly-male Congress. The state covers the cost of abortions for AFDC (Aid to Families With Dependent Children) recipients; under a new ruling, a pregnant, single, low-income woman can get on AFDC during pregnancy (previously she had to wait until after the child was born), except the application procedure takes 30 days. Most women electing to abort don't have that much time. Some hospitalization insurance policies cover abortions for married women; a few cover single women also.

But for an uninsured working woman, or an unemployed woman, or any woman faced with an unwanted pregnancy and not much money, abortion remains a financial as well as an emotional crisis.

The woman who decides to abort before her pregnancy reaches 12 menstrual weeks has more choice of facilities, since she is eligible for the vacuum aspiration method, the safest procedure short of menstrual extraction (which can only be performed up to six days after a missed period).

This woman, if she consults Family Planning, or knows a friend who knows a friend, will possibly go to Brunswick or Bar Harbor for her abortion.

Dr. Robert Carson of Merrymeeting Medical Group in Brunswick performs abortions in his office, under local anesthesia.

While some might wonder whether a fee of \$125 is reasonable for an office procedure (terms are cash and time payments are allowed only rarely), reports from several women he performed abortions for reflected satis-

factory conditions; competent medical care, a sympathetic, if not empathetic, attitude from doctor and staff. Only one woman reported a negative experience: Carson could not locate the fetal tissue and the ten-minute procedure stretched to a painful half hour, resulting in "cramps and bleeding for almost a month after the abortion."

Counseling at Merrymeeting is restricted to a description of the procedure and methods of contraception.

Dr. Nancy Stewart performs an estimated ten abortions per week in a procedure room in her Bar Harbor offices.

Before the favorable Supreme Court decision, Stewart was co-plaintiff against the State of Maine, suing for the right of a woman to have an abortion in Maine, and of a physician to perform one. At that time she said, "I'm putting my career on the line, but there comes a time when you have to stand up for what you believe in."

Dr. Stewart's usual fee is \$125 for the abortion, \$25 for laboratory fees, and \$20 for pathology (fetal tissue is examined for early detection of diseases such as cancer).

When a woman has no money, according to Stewart, "I worry about the abortion first and the payment later. I'd never tell a pregnant woman that I won't deliver her baby until my fee is paid, so I certainly wouldn't say that to a woman needing an abortion. We work something out for them to pay as they can."

Stewart counsels women personally, discussing their feelings about the pregnancy, explaining the procedure and methods of contraception. "Everyone leaves with her chosen contraceptive method in her hand or with an appointment with Family Planning or a doctor for contraception."

When a pregnancy is between 12 and 14 menstrual weeks (12 to 14 weeks from the first day of the last menstrual period), Stewart performs a D&C (dilation & curettage), requiring at least an overnight stay at Mount Desert Hospital. At first MDI resisted the idea of abortions being performed there, but Stewart persisted: "I've taken on the state; I'd just as soon take you on too." The administration reluctantly gave in.

The cost of a D&C depends on the length of stay necessary. Initially, MDI insisted on admitting D&C patients a day before the procedure and not releasing them until a day later. At \$68 a day just for the hospital room, this meant a large profit for the hospital and an unnecessary financial hardship for the woman. Stewart fought this too, declaring that the length of stay is a medical, not an administrative, decision. Again, the administration gave in.

But Stewart prefers doing abortions in her offices. "I do the hiring and firing, and can control the attitudes of those who work here. At the hospital I have no control, and it's not fair to subject a woman to cutting remarks and judgmental attitudes of hospital personnel."

Dr. Peter Shrier of Rockland performs abortions at Knox County Hospital, on an out-patient basis. His fee for vacuum aspiration is \$126, plus hospital and lab fees. According to his office, "The hospital has been understanding. Dr. Shrier is new to this area, and they have been going along with his new methods."

And the Women's Medical Center in Portland, Maine's largest city, performs abortions for \$200, the highest rate known in Maine. A married woman must have her husband's consent.

Surprisingly, many relatively large Maine cities such as Augusta and Bangor do not openly perform abortions.

Of course, some doctors do abortions for regular patients, but few are willing to make them a large or regular part of their practice. Physicians often fear becoming known as the "town abortionist", a reputation for which they would be ostracized by their colleagues.

A spokesperson for Family Planning of Bangor reported that Bangor's Eastern Maine Medical Center had talked since legalization about doing abortions but "nothing ever seems to be done about it."

Dr. William Shubert heads the obstetrical/gynecological department at EMMC. His office stated that EMMC was doing abortions for awhile on an in-patient basis, but the cost was prohibitive for patients. When asked why they didn't do abortions on an out-patient basis, the reply was, "Abortion patients were taking up operating room space and time." According to Shubert's office, there was also some objection from staff doctors and nurses to assisting with abortions, as well as resistance from the board.

Rumors have circulated for several years that Dr. Shubert insists on sterilizing women for whom he performs an abortion. His office denied this, saying that in some cases, when the abortion was done to protect the health of the woman, he "suggested", but did not insist, that sterilization be done simultaneously. However, a counselor who had worked at the former Bangor Women's Center states she spoke with Shubert two years ago about a woman with five children who was pregnant and wanted an abortion, but had no money. According to her, Shubert said he would do the abortion for her, but only if the woman consented to sterilization.

Northern Maine, with its dense French-Catholic population, offers no help at all to the woman with an unwanted pregnancy. According to Debbie Canfield of Presque Isle Family Planning, A. R. Gould Hospital in Presque Isle occasionally does a therapeutic abortion to save a woman's life, but even then the hospital board must approve of the reason.

"If abortions are being done else-

START →	MISSED YOUR PERIOD — GO TO PANIC!	"The doctor can see you in two weeks."	RABBIT DIES — GO TO BANK	PANIC!
TOO LATE! (HAVE A CIGAR)	<div>THE ABORTION GAME</div>			LOSE TWO TURNS LOOKING FOR CLINIC OR DOCTOR
NEED SALINE (ALSO NEED \$350-450)				\$ BANK \$
LOSE DIGNITY, LOSE TURN				UNDER AGE — CAN'T PLAY
PANIC! (Again)	GET TO CLINIC — FILL OUT FORMS	PAST 12 WEEKS — GO BACK TO BANK	LOSE ONE DAY WORK, TWO WEEKS' PAY	

graphic adapted from an illustration in "The Abortion Game", a booklet by the Women's Health and Abortion Project

where in Northern Maine, they are being done under cover," says Canfield.

So a woman from Northern Maine must travel south for an abortion, assuming she can find out where to go, and then can raise the money.

Not every woman knows about pregnancy counseling services. A Bangor woman in her 30's learned about Brunswick's Merrymeeting Medical Group through Bangor Family Planning, but says, "I'm active in community affairs, so I knew where to go for help. If I'd been 19 and didn't know where to go, it might have been a different story."

It is this woman, who doesn't know where to go for help, who finds herself trapped in a cul-de-sac.

She is generally young and living in the town where she grew up. Everyone in town knows her, so if she went to a local doctor to confirm the pregnancy or seek an abortion, everyone would know that. She doesn't

Cont'd on page 18

BERENICE ABBOTT:

behind the lens

by Sandy Lucas

About three months ago, Kay Lucas (my mother) and I were in a Portland bookstore when we came across a book about photographers: *The Woman's Eye*. We were trying to look at it simultaneously, having a noticable tug-of-war in the store, debating if we dared spend \$6.95 on it, when the book opened to page 77 about Berenice Abbott.

Berenice Abbott! The name was immediately familiar. She's a subscriber to the *Freewoman's Herald*, I told my mom, but Kay shook her head and said no, I must be mistaken. It says here she lived in Paris.

We looked at Abbott's photographs: strong, arresting images. I told my mother that I absolutely knew we had a subscriber by that name and I distinctly remembered it because of the address.

Maybe she had moved to Maine. We flipped back to the biography, scanning quickly, and found the sentence, "In 1968 Berenice Abbott moved to Maine."

Maybe it was the same person and maybe we could interview her for the paper, I practically shouted.

Ssh, my mother warned, not so loud! We don't want the *Maine Times* to scoop us.

So we carried the book to the register, as nonchalantly as possible, paid with a bad check, and ran all the way home (to deposit some money).

By the time of the interview some of our initial excitement had worn off. We were still tremendously exhilarated, but on another level. During the period in between, we had found several books about Berenice Abbott and read about her photographic career, her single-minded dedication to it, her scientific discoveries in the area of photography. We had pored over her photographs of New York City and Maine, struck by her undistorted, straightforward approach; recognizing her immense artistic talent.

We wanted to meet this woman who took pictures hanging out of a New York City skyscraper holding an 8 x 10 view camera in her hands; this woman who was now 78 years old and living in Abbott Village. We wanted to hear her talk about her life and her ideas, and share with her our own developing hopes of becoming photographers.

Berenice Abbott in Abbott Village. I pictured a kindly old woman, small and obscure inside her stately "village". Kay envisioned a sophisticated woman of the world.

We were both wrong.

We arrived for the interview on the afternoon of Friday the 13th. We were met at the door by a small, lively woman with straight short hair and large round glasses; a woman who looked not a day over 49.

The house was an old Maine two-story building, roomy and well-kept, overlooking a small brook. As it turned out, Abbott Village was only the mailing address. She lived in Blanchard, the next town over.

As soon as we sat down, Abbott started talking about the women's movement. And during the whole time we were there, the majority of time was spent talking about it.

And again we were wrong in our before-visit guessing. From prior reading I had expected Berenice Abbott to be somewhat hostile to the move-

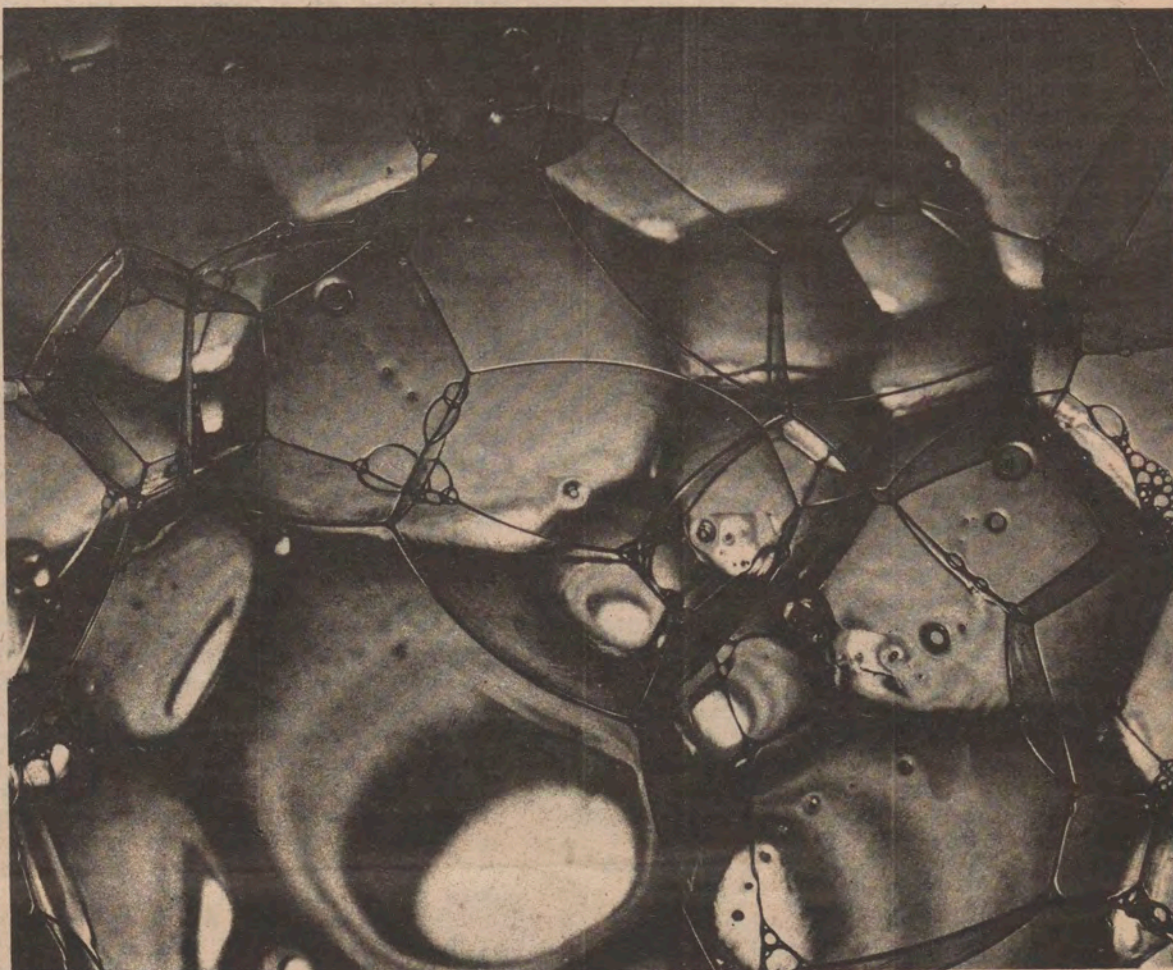
ment. I thought her attitude would be, it's bullshit--women are liberated already, if only they knew it.

But instead we heard her saying that the women's movement was the most important aspect of her life. She desperately wished women would realize their tremendous, undeveloped potential and use it! If women got together, she said, the power in their little pinkie could change the world. She couldn't understand how women could not see their talents and why they did not use them.

She spoke of her own life. At the age of 10 she made the firm decision not to marry. Her mother had been divorced twice, and all around her she saw unhappy marriages. At that age she decided that a career as a wife was definitely not for her. She wanted to be a farmer, a doctor, a journalist, an artist--many things while growing up--but she never changed her mind about marriage.

She spoke of the difficulties she faced as a photographer and artist. Not being paid the same as a man; her ideas, particularly her self-invented photographic techniques, being dismissed by manufacturers. For more than 20 years, her interest in scientific photography was denied the necessary financial support until finally, in 1958, she obtained a job with the Physical Science Study Commission of Education Services.

It is only within the last few years that there has been a recognition of her work and a demand for her prints. Her feelings about her long-coming recognition are that it's not important to her anymore. The money helps her get through, but money has never been important in her life since she lived through



Science looks at soap suds

the great inflation in Germany, when baskets of money couldn't buy a loaf of bread or a pair of shoes.

Abbott was born in Ohio in 1898 and attended the University of Ohio for a few semesters. Unhappy at school, she went to live in New York for three years and at the age of 23 left for Paris, seeking artistic fulfillment. She studied sculpture and drawing until her money ran out and financial circumstances forced her to accept an apprentice job with a photographer. Thus she was introduced to photography and after a three-year apprenticeship she opened her own studio.

We talked about her few years in Paris when she photographed the "literary and artistic greats" of the 1920's, but she seemed relatively unimpressed with the grandeur of the city or the fame of her photographic subjects. She said she was younger than most of those in that prestigious literary circle, and was looked upon for the most part as the "poor, orphaned waif".

On a return trip to America in 1929, she was struck with a desire to document New York City, "to preserve its flavor before it was gone." In a 1939 *Life* interview, Abbott is quoted as saying that New York City is "the most phenomenal human gesture ever made."

She had decided after many years of portraiture photography that more could be told about people by the buildings they erected than by their noses. She also commented on how in a city like New York, human beings had become dwarfed by the colossal monuments of their own hands.

She began a very systematic documentation of the city, often waiting for hours until the lighting was right or until distracting action had

stopped. She struggled to find financial backing for her project and, finally, the Federal Arts Project sponsored her.

In 1954 while photographing Route One along the Atlantic Coast, she discovered Maine and immediately fell in love with it. She bought a house and for 12 years lived part-time in Maine, photographing the state from Aroostook County to York. In 1968 her book, *A Portrait of Maine*, was published and in the same year she moved permanently to Maine.

The rest of our time was spent talking about the *Maine Freewoman's Herald*, with Berenice Abbott more or less interviewing us. She was excited about the publication and glad to see the women's movement growing stronger in different parts of the state.

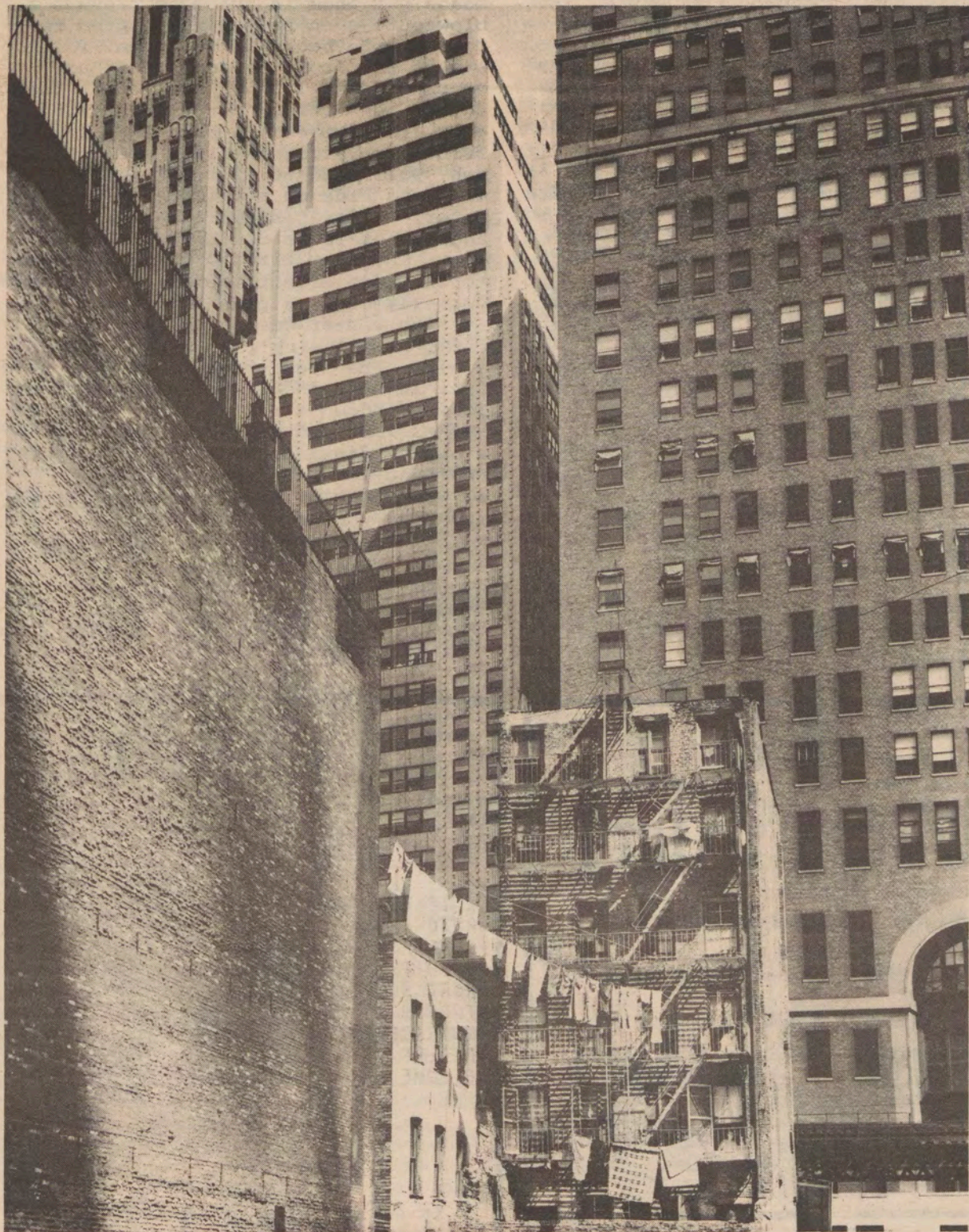
Abbott was confident, straightforward and vibrant, and we were impressed by her openness and disinterest in personal gain.

She's an artist, in our definition of the word. A person concerned with portraying the realities of human experience: the joy and the sorrow, the good and the corrupt, without pretentiousness. We ate candycorn and gingersnaps together, enjoying one another's company, toured her darkroom, and departed friends.



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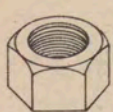
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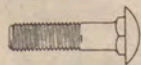
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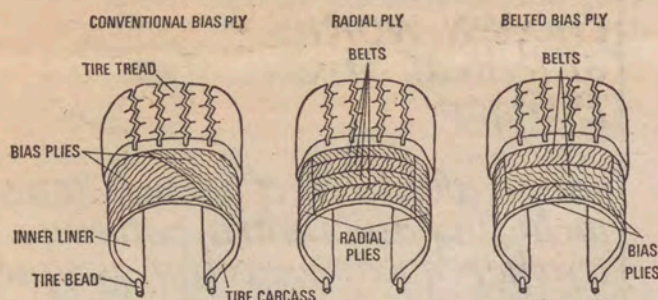


After introducing tools in the August-September issue, it was planned to begin the auto maintenance series with tire-changing.

But as we thought about the subject we realized how little American consumers know about tires, and how easily it is to be duped into bad deals and downright dangerous tires. So before we talk about tires, we should know how to buy them (the idea being we might then have fewer to change) as well as care for them.

First a look at tire construction. The body or carcass of a tire, to which the tread rubber is fused, is made up of two or more plies (layers) of reinforcing material such as nylon, polyester, fiberglass or steel impregnated with rubber. These plies must provide the strength and rigidity to return the tire to original shape as it is distorted by high speeds, heat, rough roads and sudden starts and stops.

Plies are like a fabric that is more difficult to tear in one direction than in the other, so the direction in which the "grains" of the plies are layed on the shell becomes important in determining a tire's qualities.



In the conventional bias ply the fabric was layed on diagonally. Later it was discovered that adding belts of fabric beneath the tread added to strength by decreasing overall distortion. This became known as the belted bias ply. Meanwhile, the European manufacturers, who always seem to be more safety-conscious than Detroit, came out with the radial ply tire, in which the plies run straight around from rim to rim instead of diagonally and this structure, properly

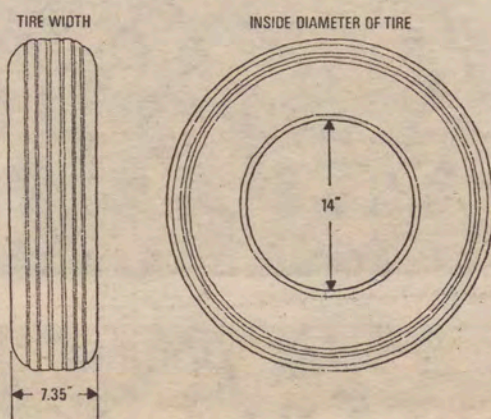
built, allows flexibility in the sidewall combined with distortion recovery, which tends to keep the greatest amount of tread on the road when the car needs to turn quickly.

By adding additional steel on fiberglass belts to the radial ply tire they were able to stiffen the tread area, lessening the "out of round" distortion which reduced heat build-up here and added to fuel economy.

The initials D.O.T. (Department of Transportation) means that the tire meets minimum standards. Since all new tires must meet minimum standards, regardless of price, don't be confused by tread pattern commercials. It is the internal structure that matters most.

Retreads are another matter! Before buying them be satisfied that your car will always be driven well below turn-pike speeds. When retreads fail, they literally fall apart--the tread breaks up. Used tires should be avoided.

Wear is the most serious problem of improper inflation. Check your car manual for any recommended difference in pressures rated on the tires for front and rear tires. You may want to add a few extra pounds to the rear tires if you are carrying a heavy load or a trailer. Overinflated tires give a stiff, bumpy ride and are hard on your car's suspension.



In tire-size language, 775x14 means 7.75 (7-3/4) inches width and 14 inches inside diameter. This means it will only fit a 14-inch wheel. Size 600x13 means 6 inches by 13 inches diameter. You can vary the width of the tire if you use the same width on both sides of the car.

Tires with inner tubes are almost extinct, for a good reason. When they fail, they deflate fast; hence the term blow-out. Tubeless tires have a thin layer of flexible rubber on the inside that slows the loss of air, preventing the rapid blow-out.

They can be repaired by applying the traditional patch to the inside rubber lining or by inserting a rubber plug in the hole. Have this repair work done at a garage. It's cheap and they have a machine for "breaking down" the tire (removing it from the wheel rim). By the way, if done too often, slow leaks can result

from the breaking down process, so try to get individual wheels for your snow tires.

Keep caps on the valve stems. Salt and corrosion can cause slow leaks.

Radial tires are in general the best on the market. Although more expensive, the extra mileage and safety make them a better buy.

When buying tires, the number of plies is no real indication of quality. Two-ply tires can be better than four, because additional layers often rub against each other when the tire distorts, increasing the internal heat which adds to wear.

A spinning wheel has two centers: the center on which it is spinning (the axle of the car) and its center of gravity (the point at which the whole weight of the wheel might be thought of as concentrated). These centers should coincide. If they don't you will get a bumpy, uneven ride.

Balancing is done by two methods: static, with the wheel of the car remaining stationary, and dynamic, most preferred for accuracy, done by spinning the tire on a machine up to 100 mph until the exact point of imbalance is located. The center of gravity is then brought to coincide with the center of rotation by positioning lead weights on the wheel rim. Bent wheel rims or out-of-round tires may be a reason for this imbalance, also, in which case they should be replaced.

Tire alignment can be thrown off by striking large bumps or bending a tie rod. This can be corrected only by a garage with the proper equipment. Improper alignment, which hastens tire wear, can often be detected by a "pull" to either side felt in the steering wheel.

If only two of your car's tires have any tread to speak of, by all means put them in front to prevent a blow-out, even if you're tempted to put them in back for traction. A blow-out of the front tires is serious, causing total loss of control of the car in most cases. Another reason for good front tires: A bald tire on the front, traveling on a wet road at 60 mph, will tend to lift off the pavement and ride on a thin wedge of water. This is known as aqua-planing and is not to be confused with surfing. The rear tires are not subject to the same effect, as the front tires normally clear a path for them.

With winter coming on fast, snow tires is becoming a household phrase again. The deep treaded type are good only in snow and are of little use on ice. Studded tires (little steel spikes imbedded in the tread) improve stopping distance by up to fifty percent and can mean the difference between getting up a hill and home or freezing your bun in an ice storm.

Illustrations from *The Car Owners Handbook*, Ray Stapley, Doubleday.

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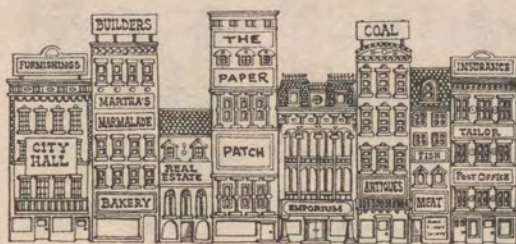
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WOMANBRIEFS

Nov. 12

BEYOND INTRAMURALS

high school women's sports

by Jane Lundquist

What is it like for a boy to play a team sport? Is it rewarding, enjoyable and hard work? It is all these things. What is it like for a girl to play a team sport? It is all these things plus a little more. For a girl to participate in sports seems ridiculous to some people, strange to others, and not worth any recognition at all by most others. But as for me--to succeed, to win, to accomplish anything as a team regardless of sex is a great privilege and I take great pride in doing so.

I am a junior at Bangor High School in Bangor, Me. As a sophomore I played field hockey, basketball and softball. Our teams were all good, especially softball which placed first in the Penobscot Valley Conference. As a junior I am running on the varsity cross country team and hope to compete in as many other varsity sports as possible. There is only one other girl on the varsity cross country team.

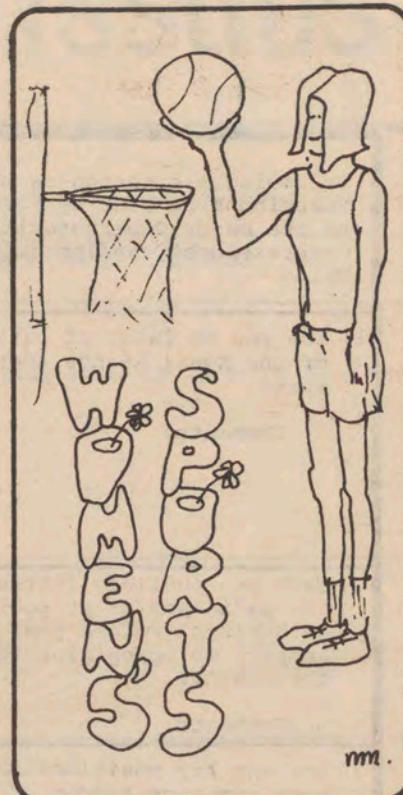
Field hockey was a lot of fun. We had practices almost every night and had about seven games. The desire to win and to play well made the games very exciting. Our uniforms consisted of a Bangor High T-shirt provided by the school and shorts, socks, sneakers,

etc. of our own.

I enjoyed basketball the most. Our practices were long and hard and our record was 4-9, but it was all worthwhile. We played two games at the Bangor Auditorium, previously used only for boy's games. While the boys take playing there for granted, we were very excited and held our own as we showed people that we could play basketball.

The Bangor High School girl's softball team placed first in the Penobscot Valley Conference with a record of 13-4. Although the important thing was to play hard and win, we were disappointed at the lack of support our city paper, The Bangor Daily News, gave us. Somehow it seems that if we had their support perhaps we would have seen more students, faculty, and members of the community at our games. I wrote a letter to the editor of the Bangor Daily News, asking why our games were given such little coverage. It was never printed.

Something else is evident when girls are playing--enthusiasm. I have watched boys on the bench sit still and act indifferently in a close game. That would be impossible for us. The kids playing give all they have and



just as important, the girls on the bench jump up and down, scream, and slap each other on the back. I suppose this is why I enjoy playing girls' sports as much as I do. There is always the thrill of playing and of giving everything of yourself, to win for yourself and for others.

womanbriefs

STERILIZATION RESUMED, Montgomery, Ala.: The Alabama Board of Health announced the resumption of federally-funded sterilization operations this August, after a one-year hiatus. Last year attorneys filed a suit asking for \$6 million in damages, alleging that sisters Minnie and Mary Alice Relf were sterilized without parents' permission. The suit also charged that Katy Relf, another sister, was improperly given experimental birth control drugs. The sterilization program has resumed, board officials say, because new federal guidelines assure protection of patients' rights. The new guidelines call for a 72-hour waiting period and that the patient be mentally able to comprehend the effects of the operation. Also, no minors may be sterilized, and patients may not be threatened with loss of government benefits for non-sterilization.

A NATIONAL APPEAL, sponsored by the USLA (US Committee for Justice to Latin American Political Prisoners) and the Women's International League for Peace and Freedom, is being made to feminists to come to the aid of women prisoners in Chile.

Political prisoners in Chile are held under the worst conditions possible. Torture is widespread and systematic, and has been documented by several groups.

The worst victims are women. The USLA has received a document detailing brutal sexual torture of women political prisoners. Women are blindfolded and raped en masse, their genitals destroyed by electricity, among other atrocities.

International pressure against the Chilean government is the most effective way to defend these women. Telegrams and letters can be sent protesting use of torture and demanding the release of women in Buen Pastor and Jegas Verdes prisons. Send telegrams to General Sergio Arellano, Ministerio de Defensa, Santiago, Chile. Also, letters and telegrams to Congressional representatives, and to Henry Kissinger demanding and end to U.S. aid to Chile.

The USLA requests that copies of messages be sent to their office at 156 Fifth Ave., Rm. 703, N.Y.C. 10010.

Bucharest, Rumania: The first delegate to oppose a drafted plan concerning birth control at the recent 141-nation UN World Population Conference was Msgr. Edouard Gagnon of the Vatican. Among other items, the draft calls for birth control information to be available to people in all countries of the world by the end of the next decade. Msgr. Gagnon said, "Life is one thing that cannot be attacked, and the source of life is sacred."

New York, N.Y. A Berkeley, Calif. writer, Stephanie Mills, and Boston novelist Dan Wakefield were crowned "Nonparents of the Year" at this summer's National Organization for Nonparents convention in Central Park. Those attending the Central Park crowning ceremonies also witnessed an anti-fertility rite performed by several classically-costumed dancers. Stephanie Mills, an anti-population growth activist, said she was involved because "There's no dearth of children now, but there is about to be a dearth of earth."

\$18,000 A TRICK (CPF): A Washington Superior Court Judge has estimated that it takes \$18,000 to arrest one prostitute or gay man for soliciting. This figure includes police training, court procedures, and the cost of maintaining a vice squad.

MEN TRAILING, Brunswick, Me.: Dr. Matilda Riley, head of Bowdoin College's sociology and anthropology department, reported recently that women's work-life expectancy seems to be increasing, while men's shows an opposite trend. Dr. Riley said the conclusions were drawn from a summer conference of social scientists. She noted that the contrasting trends may call for changes in social policies.

Atlanta, Ga.: The Rev. Alice M. Henderson, who received her officer's commission in the Army this summer, became the first woman ever appointed as an Army chaplain. Capt. Henderson of Indian Springs, Ga., holds a masters degree in divinity/philosophy from Turner Theological Seminary in Atlanta.

IUD RECALLED: Up to 200,000 Copper 7 intrauterine devices are being recalled by the Food and Drug Administration, because G. D. Searle Co., the manufacturer, received complaints from physicians that the package seals were defective. A broken seal indicates a danger that the IUD may be unsterile, and could cause infection. Questions have been raised previously about the Copper 7 IUD, which releases small amounts of copper into the bloodstream, the long-term effects of which are as yet unknown.

Bar Harbor, Me.: Pregnant virgin mice have been found in a strain of inbreds at Jackson Laboratory this past summer. The doctors, at first believing they must have made a mistake, said the embryos carried by the virgin mice were carried for about half of the 20-day gestation period and then aborted. Researchers deduce that as yet undiscovered processes make the egg "act" fertilized. It begins division, gets stymied, and then develops into a teratoma--a kind of tumor. The Jackson Lab mice represent the first documentation of parthenogenesis in higher mammals.



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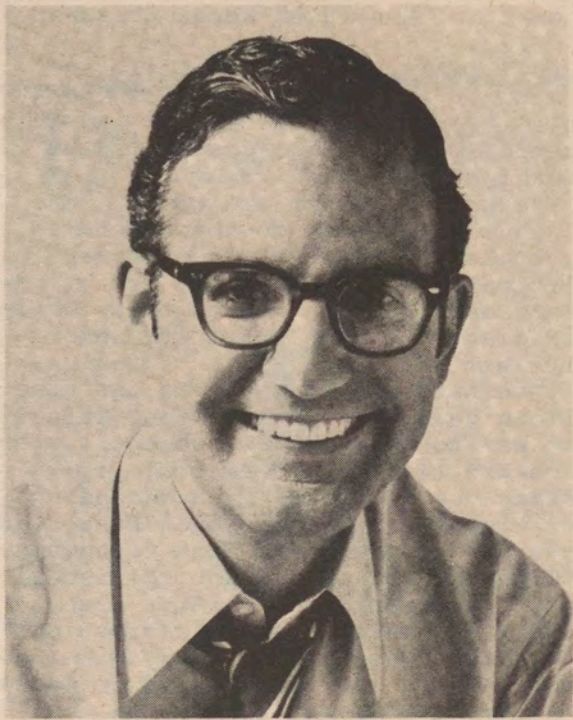
Following are responses to a questionnaire sent by <i>Freewoman</i> to the major Gubernatorial and Congressional candidates in Maine.	GUBERNATORIAL RACE				Peter Kyros
	George J. Mitchell DEM.	James E. Erwin REP.	James B. Longley IND.		
	1. Are you in favor of passage of the Equal Rights Amendment? Comments:	Yes Because the Me. Legislature voted to ratify the E.R.A., Maine should act now to implement the intent of that Amendment by searching for and eliminating any Maine statutes which are discriminatory on the basis of sex.	"Dear Ladies: "...since your candidate's questionnaire requires yes or no answers, I prefer not to reply in the form that you have requested. My views on every issue in the State of Maine will be substantially and clearly stated during the campaign's orderly progress. There will be more than two dozen questionnaires such as yours requiring yes or no answers from various groups in the State of Maine, none of them strictly compatible with each other. If I were to limit myself strictly to yes or no answers to the complex and interrelated issues in the State of Maine, I would appear something less than intelligent to the voters. "I am sure you realize there are no simple or simplistic answers to any of Maine's problems and that most of them have relationships each to the other. I can assure you that you will not be in doubt as to my stand on any of the issues when the campaign is over, but I prefer to develop my own campaign, my own issues, and my own statements on my timetable. "Thank you for writing. Sincerely yours, James S. Erwin"	From a position paper draft on "Equal Opportunity for Women"...	
	2. Have you publicly (through the media and/or at public gatherings) voiced your support or opposition to the E.R.A.? Comments:	Yes		Women--without reservation or qualification--should have equal opportunity for jobs, status, appointments, education, advancement, election to public office, and pay. But by the same token, I think women are willing and should accept equal responsibility. Equal opportunity is an ambiguous term and it is easy for a political candidate to make a flat statement that he [sic] is for equal opportunity. Throughout my own campaign, I have asked to be judged for my performance in given areas, not promises for future action. I feel the same way about equal opportunity for women. If one would take a look at my private business they would see women in some of the most responsible positions. Of the eight key people at the core of my campaign organization, five are women. Of my three campaign co-chairmen [sic], two are women--my own daughters. The appointment of persons to direct one's campaign for the highest office in the state cannot be taken lightly and the appointment of my daughters, Kathryn and Sue, was not based on sentiment nor are they figureheads. They proved they could perform before they were appointed and have continued to perform. My philosophy of performance over promises is the criteria by which I judge all people whether they be men or women.	
	3. Are any key positions in your campaign and/or office held by women? If so, please list:	Yes I have women at all levels of my small campaign staff, including the co-chairperson of the campaign. I employ a woman as county coordinator, one as scheduler, one as writer and two as executive assistants.			
	4. Do you feel that the present welfare system is adequate to meet the needs of poor women with children? Comments:	No			
	5. If your answer to #4 is yes, do you feel that a large share of welfare recipients take unfair advantage of the welfare system? Comments:	Not applicable			
	6. Do you feel that the choice to have an abortion should be a personal matter between a woman and her physician? Comments:	I believe that any regulation of abortion would best be left to the individual states. However, the Supreme Court has ruled that states cannot restrict a woman's right to an abortion during the first trimester of pregnancy. That is, therefore, the law of the land and must be obeyed.			
	7. If your answer to #6 is no, should the right to abortion be: (a) a federal decision; (b) a state decision; (c) a Supreme Court decision; (d) a physician's decision (i.e., to preserve the life or health of the woman; (e) other				
	8. Do you support (check as many as applicable): (a) federally funded child care centers, paid for by parents on a sliding income scale; (b) state funded child care centers, paid for by parents on a sliding income scale; (c) community controlled child care centers; (d) federally funded group child care in private homes; (e) 24-hour child care centers; (f) tax exemption on money spent by families for child care; (g) none of the above; (h) other. Comments:	I support: A, B, C, D, and F. If established, 24-hour day care centers would be new to this state. In view of the many demands upon day care centers and considering the additional expense of 24-hour centers, I question the need for such centers in Maine at this time. Let's first solve the problem of the lack of ordinary day care centers.			
	9. Do homosexuals presently have sufficient protections under the law? Comments:	(No response)			
	10. If elected, what steps will you take to improve the status of Maine women?	I have proposed an 8-point program on equal opportunity for Maine women, including such steps as elimination of sex stereotyping and discrimination in education and vigorous enforcement of the state affirmative action program. For a copy of the complete program, write me at P.O. Box 4862, Portland, Me.			



James S. Erwin


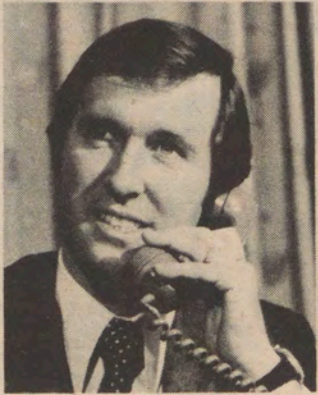


Peter Kyros



George Mitchell

male candidates on women's issues

	CONGRESSIONAL RACE			
	1ST DISTRICT		2ND DISTRICT	
	Peter Kyros DEM.	David Emery REP.	Mark Gartley DEM.	William Cohen REP.
<p>paper draft unity for</p> <p>ut reservation r--should have yfor jobs, ments, edu- ment, election e, and pay. ame token, I willing and qual respon-</p> <p>unity is an and it is tical candi- flat state- c] is for Y.</p> <p>own cam- ked to be performance in t promises n. I feel out equal women.</p> <p>take a look business they in some of sible posi-</p> <p>key people y campaign ve are women. aign co- two are wo- hters.</p> <p>nt of per- one's cam- ghest ate cannot and the y daughters, was not nor are</p> <p>hey could hey were ve continued</p> <p>of perform- es is the h I judge er they be</p>	Yes I sponsored the E.R.A. in every session since coming to the Congress.	Yes Voted for E.R.A. in Legis- lature	Yes 	Yes Very much in favor of passage
	Yes	Yes	No Question never came up.	Yes Wrote a letter to Me. Assem- bly, urging that they adopt the E.R.A.
	Yes Mrs. [sic] Alyce Canaday, Admin. Asst.; Mrs. Helen Savage, Office Mgr; Olga Grkavac, Legislative Asst; Liz Ross, Staff Asst	Yes Campaign Coordinator	Yes Campaign Coordinator, Scheduler	Yes District Mgr, Legislative Asst, Legislative Analyst, Case Worker, Executive Secy, 2 Field Representatives, Campaign Office Manager
	No ---	Yes	The present welfare system is inefficient, inadequate in many cases and is abuse- ridden.	No (1) Welfare benefits are often insufficient; (2) the welfare system has admin- istrative deficiencies, re- ducing its effectiveness; (3) not enough long range planning in welfare system, i.e., insufficient employ- ment opportunities for men and women who have completed job training programs.
	No	There is some advantage taken, but amount is uncertain	Certainly many take advan- tage of the welfare system.	We must curb the small per- centage of abuses which do exist, or the entire sys- tem will lose credibility and fall into public disfavor. The system must provide as- sistance to our poor rather than an alternative to those who do not wish to work.
	Yes Not applicable	No D	No The abortion issue should be decided by referendum by the people of Maine. By deciding an issue such as abortion, gun control, marijuana legalization, etc., we can move the center of power towards the people.	Abortion reform is needed. It is not the responsibility of the Federal government either in legislation or on the judicial level. Rather, it should be up to the states to determine this matter.
	A, B, C, D, E, F (I believe that 24-hour child care centers are not of the greatest priority, as the others are) Day care should be a joint venture involving federal, state, and community involvement and support.	A, B, C, D	C, F  Mark Gartley	A, C, F (tax deduction, rather than exemption)  William Cohen
	(No response)	Yes	I think that homosexuality is an unnatural sexual practice and should not be treated as normal.	Yes Homosexuals have the same protection under the Con- stitution as other citizens, as well as access to the courts to enforce and pro- tect those rights.
	I have sponsored legislation providing there will be no discrimination on the basis of sex or marital status in granting credit, providing for creation of a Nat'l Center on Rape Control, and for improv- ing the Social Security sys- tem for older women.	Support equal opportunities and equal responsibilities with men in all areas.	I will work for equality of women and men before the law. Women will have to work to improve their status themselves both individually and collectively.	Co-sponsored: a bill to end credit discrimination against women, legislation to reform Social Security benefits eligibility, a bill making it easier to prove rape and to prosecute. Sponsoring a bill to allow flexible working hours in federal jobs.

Music. Quick, define it.

Oh sure, it's a sound--a group of sounds--uh, put together to, uh... when you hear it...uh, well...a group of aesthetically pleasing sounds that make you feel, well, like, or...uh...

Whatever it is, music has a strange hold over humans and other creatures. Even plants, it's been discovered, grow better if soft music is played for them.

Music has been used in probably every civilization and religion for probably every conceivable purpose: to call nations to war; incite passions or calm them; elicit sentimental emotions; appease gods (or at least people's fear of them); tell stories; spread gospels; expound philosophies; sow love and hate.

There is a place, an essence, in all of us that words can't reach, a place touched only by music.

Put a message--lyrics--to music and you have an opening to a person's mind; a mind that might have been closed tight if you had just the message to offer. Once the melody enters the consciousness it roams in and out between conscious and sub-conscious, in and out. And the message is repeated and repeated and repeated.

You deserve a break today, da, da da da da daa, to McDonalds...

That's why Madison Avenue won't stop it with those jingles. They're stupid, so stupid, played over and over on the radio. But when we're feeling a bit low and rushed for time and want something quick to eat, where do we head? And what diabolical strains ring in our brains as we wait in line for a filet-o-fish sandwich and a small fries, extra catsup, please?

Twentieth century pop music, with the newfangled media as its vehicle, has reached billions of open, waiting minds.

And good or bad, what have these minds heard and assimilated?

Go-in' to the chap-el and we're gaw-na get ma-a-a-ried; go-in' to the chap-el and we're gaw-na get ma-a-a-ried...

The songs of the first part of the century glorified love, romanticism, and two major wars. And whether the romanticism came before the music or the music before the romanticism doesn't really matter very much. The point is, those songs etched romantic fancies onto a billion brains in a way that the artists' mere words never could have.

We are all outlaws in the eyes of Amerika...

In the 60's peace and/or revolution

the music is the message

by Gerri Merola

were for sale. So was the Rolling Stones brand of acid machismo--known as Cock Rock in feminist circles--which may one day be looked upon as male chauvinism's swan song.

The 70's brought us a mindless music. It doesn't say too much of anything aside from the occasional anti-abortion song, or the one that goes, *Havin' my baby, what a lovely way of sayin' how much you love me.* (Can you think of any worse reason for having a baby?)

This lack of a meaningful message, perhaps, is the reason for the 50's revival, a la Ringo Starr's lucrative theme, *You're 16, you're beautiful, and you're mine.*

It's very sad, this mindless music of the 70's, because the music of the 60's promised so much. Maybe all of the talk and music and action of the 60's frightened people, maybe they all backed off in a collective fear of success, fear of this new world promised--promised--if only we want it. (A sign, towering above the crowds at Times Square, New York City, Christmas, was it 1970? A big sign: *The war is over, if you want it.* Merry Christmas, John and Yoko) Perhaps everyone got frightened and ran away home.

Or perhaps not everyone.

*The mountain moving day is coming
I say so yet others doubt it
Only a while the mountain sleeps
In the past all mountains moved in
fire*

*Yet you may not believe it
O man, this alone believe
All sleeping women now awake and
move*

* *Mountain Moving Day*, an album featuring the New Haven Women's Liberation Rock Band and The Chicago Women's Liberation Rock Band, produced by Rounder Records, "an anti-profit collective", 772 Somerville Ave.,

Somerville, Mass. 02143. For the most part, *Mountain Moving Day* is gutsy and strong, like the women of the new world, present and future. And it's strange, we didn't know! We didn't realize about each other's lives/Oh forgotten woman, forgotten woman, sister witch

* *Lavender Jane Loves Women*, an album produced by Women's Wax Works, 215 W. 92 St., New York City 10025. Lavender Jane has become a lesbian feminist legend in a very short time, with Kay Gardner on flute, mouth harp, piccolos, and vocals, Alix Dobkin on guitar and vocals, and Patches Attom (who has since left the group) on bass guitar. "You get into the serious male composers and you'll hear trombones and tympani and drums. That's what brings the drama to men's music--this bombastic, virile stuff that's supposed to overwhelm you with its power. Well, women's power is more subtle. It can be shown with the harps, strings, flutes and soft, gentle instruments... It's a subtle power based on the quiet strength and understanding that women had to build. It's deeper, more aesthetic, more spiritual." (Kay Gardner in *Off Our Backs* interview, April '74)

* *Virgo Rising: The Once and Future Woman*, produced by Thunderbird Records, 325 Flint St., Reno, Nevada 89501. A collection of songs of women and, naturally, by women--such as Janet Smith, Malvina Reynolds, Charley's Aunts (Kate Butler, Helen Tucker, Rebecca Mills), Nancy Raven and Kit Miller. Many women, many styles, many moods.

* *Willie Tyson/Full Count*, on Tyson's new label, Lima Bean Records. All songs on the album are written and performed by Tyson. Order from Lima Bean Records, Inc., 217 12th St., S.E., Washington, D.C. 20003. \$5.95 including postage.

* *Revolutionary Woman*, Stanyon Productions, P.O. Box 1072, Toledo, Ohio 43697. "Stanyon splinters the air with her blues...proudly produced by women." Order direct, \$7.

Olivia Records, a new women's label, recently released a 45 to raise money to produce their first album. They are a non-profit collective. To order the 45, send \$1.50 plus 30 cents postage (50 cents in Canada) to Olivia Records, P.O. Box 1784, Main City Station, Washington, D.C. 20013.

Most of these records may be hard to find. We know of one record store that carries many of them and accepts mail orders: The Wax Museum, 372 Fore St., Portland. (We'd appreciate hearing about other record stores that carry feminist records; we'd mention them in a future issue.) Or try ordering direct from the record companies.

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34 CENT

SINGLE PARENTS...going it alone

article by Charmaine Daniels
photo by Kay Lucas

"Mainly the group is for moral support," says Alicia Clark, a 22-year-old single mother from Bangor. "It's working out well, and we have a lot in common."

Clark is an active member of the Single Parents group, a meeting ground for unmarried, separated and divorced women and men who wish to communicate with others about common experiences and problems.

As if raising a child alone isn't hard enough, society adds its prejudices ranging from "You're unreliable if you have a kid," to "You're going to put a red light in the window and become a lady of the night," according to Clark.

She and other women in the group state that single mothers with children face discrimination in housing, in jobs, and with men. Clark says she looked for six months for a house. She encountered landlords who, when they discovered she was an unwed mother, lectured her on her morals. And they assumed she wouldn't pay the rent if she didn't have a husband to provide income.

One woman in the group said when she applied for jobs, employers would ask, "Who is going to babysit your children?" or "Are you going to stay home every day your child gets sick?" or "Are you going to have bad periods?"

She was really angry when a company threatened to suspend her from a committee position when she missed two meetings because her son was sick and her babysitter was on vacation. She had spent every night trying to get a babysitter to watch him for the next day. When she couldn't find one, she had to stay home with him.

Clark says men, once they know you're a single woman with children, "think you're an easy lay, or they back off." One woman in the group who had been seeing a man for a long time recalled that he didn't want to see her after she joined the group, telling her that if she thought she was still single, she couldn't have much regard for him.

There are other problems as well. Sometimes an unwed father is not allowed in the labor or delivery room. Or an unwed mother doesn't have the option of natural childbirth. After the birth, she is sometimes segregated from the rest of the mothers in a private room.

Clark said in the Bangor neighborhood where she grew up, most people have baby showers for someone who gets pregnant, but she didn't get one because she wasn't married.

The members of the group are young and have low incomes. Several are receiving public assistance. They seem to realize that because they are low-income single mothers, they have few options in this society. But they are eager to change their situations.

At least three of the women hope that a college education will help. They will be attending the University of Maine at Orono on scholarships. In addition they will work in the home raising their children and at jobs outside the home.

The group does not have a political orientation or an analysis of their situation which relates to the overall condition of women. At this point they are not an advocacy group



Kerry Sack, member of the Single Parents group, with her son

and they are not trying to change institutions, but they are seeking to gain more control over what directly affects their lives. They want to know what their rights are with the Welfare Department and they complain that the Department won't tell them about programs that are offered--"they keep it a secret."

At some of their previous meetings, the group had speakers from the Bangor Tenant's Union and the Food Stamps Office, and one night viewed a film on Parent Effectiveness Training sponsored by the Counseling Center.

For future workshop sessions they want a lawyer to talk about the legal rights of single mothers, and someone from the financial aid office of the University to explain student help programs. They also want a psychiatrist to speak with the group, one who might offer counseling or insight into their situations.

One of their key interests is to expand the group through publicity and community outreach. They expect to contact clinics and "homes for unwed mothers" in order to reach young women who are pregnant and need support. Stressing personal contact to get more people involved, the group is willing to spend a lot of time recruiting and making the organization known.

Originally, the group started after a meeting last spring organized by Kerry Sack, a single mother from Bangor. She wanted to talk with other single mothers about their experiences. After reading the MOMMA newspaper put out by a national organization for single mothers called MOMMA, she decided to call a meeting.

The publicity was good and 30 people showed up--all ages and income levels. At the meetings, held at people's homes, everyone talked about their experiences. Gradually a question arose about the direction of the group--should they affiliate with Parents Without Partners, a national group which had a more social emphasis, or should they put emphasis on people who were actually raising children and the problems they face?

Some of the older people in the group with older children were more interested in the group's social

function. The younger people were interested in getting to know each other, identifying with each other and getting information to attack some of their problems as single parents.

The group decided that although they wanted to organize, they wanted to be their own group rather than a chapter of another group.

The regular membership is now about ten. There are few men and initially the group wanted mothers only. Some women resented the men, who weren't helping to raise the children, and the men felt unwanted. Now the feeling is that if a man is involved in rearing his child on a regular basis, he can be part of the group.

Linda Mickalowski, who works at the Bangor Health & Welfare office, has been working with the group as a resource person. She says people in the group are getting to know each other well, that they are doing things together outside of meetings.

She feels that the problem of isolation as a single mother is a big one to overcome, especially right after a divorce or separation. "You're all alone and you're not sure how to negotiate." After being so dragged out from a rough experience, the women in the group are now saying, according to Mickalowski, "I can do anything I want," or "I've had the same job for five years and I'm not getting a raise--why not?"

She notes the harsh economic problems single mothers face in getting a job, like high transportation and child care costs, if these services are available. Often they aren't. She says getting city welfare is a hassle as well as humiliating and debasing. "You end up apologizing for putting in an application."

"Single mothers have to pay more rent for a lousy apartment than married couples," she goes on, because "landlords assume that the kids will mess it up, that you'll have boy-friends over all the time, and that they will have trouble getting their rent. Plus now they require a security deposit and there's no way an AFDC woman can afford to pay that."

Mickalowski believes another problem these women face is in relating to men, in particular the father of their child, who they may resent because he didn't share the responsibility of the child and may not have been there when the baby was born. Yet they may still want to have associations with men. She adds that the women do not usually feel, "I'm in this situation because I'm a woman," but rather, "Rats, I'm in this situation because Johnny was an immature bastard."

She feels the primary importance of the group right now is in people getting to know each other and support each other. "If they can broaden that circle it will be effective--there's nothing like it in Bangor." She thinks people feel good about the group environment and points out that they are beginning to say "we" instead of "I".

"The best part is to see people coming out of their holes; to see that they're not passive. It's exciting to see people organizing and doing something."

Anyone who is interested in the group can contact Alicia Clark at 942-2603.

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DAY CARE cont'd

Bittenbender estimates only about one-fifth of the homes receive public funding.

Bittenbender believes private industry, although giving some consideration to providing day care in the workplace as happened during World War II, will "laugh in your face if you tell them you need \$500,000 to run a day care center. It's easier to say you expect them to be one unit of a partnership with local government and parents. Or you ask them to pay the difference between the cost of the service and what their employees can afford to pay."

He concludes that, given the current costs and lack of funding available, only upper-income families can afford to pay for day care and only very low-income families can get it for free. "In this state both parents have to work to have even a low standard of living. Middle-class families who are just above federal income guidelines are hurting because they have to use 'fee for service' day care and it's expensive."

Referring to day care's image, Bittenbender states politicians and funding sources are satisfied to hear that it enables people to work and secondarily, that it fulfills a child's need to have group experience and an opportunity to learn in the early years. From his perspective, day care also enables parents to use social services during the day, such as counseling. In addition, he believes day care can provide a good environment for children with developmental disabilities or other handicaps. From his experience a mix of handicapped and "normal" children has been very successful.

According to Bittenbender day care is not an ideological question in 1974, but rather a question of economics. The statewide 4C program which Bittenbender worked for has been defunded, due to drastic cutbacks in the State Health & Welfare budget. There is no state money available for seeding new day care slots. There is no state or national coordinating office for child care. Federal money is not easily obtainable and the funding procedure is difficult. A day care center at the University of Maine at Portland/Gorham took two years to get underway even though they had plenty of money.

Bittenbender feels day care is not a priority in Maine because there has not been enough community education and because bread and butter issues take priority--inflation, health care, taxes, etc. "It's not a visible problem to many people, yet I know a center that has a capacity of 60 slots with 200 on the waiting list...every day someone would come in to ask me how to start a day care center." According to one center director, waiting lists are very common.

Bittenbender goes on to say, "People don't find day care objectionable, it's just a matter of how it stacks up in their priorities." He adds, "At a state level this is the year people who want more services should be advocating that it be a priority. We should get after gubernatorial candidates...every woman should ask her representatives what their stand is."

He believes community education should occur by showing municipal officers hard facts and figures based on "how many people will lose their jobs if they don't have day care," or "this is how welfare costs can be lowered." An ideological pitch based on women's liberation from the home will not work, he believes.

But he agrees that day care should be a right, and that it should be publicly available and charged according to one's ability to pay. He points to the tremendous burden on working parents who are "always worrying if their child is getting good care...they can't work with dignity and confidence."

He also stresses the importance of after-school care and evening care

for parents who have to work evening shifts. There is only one licensed center in the state which provides after-school care and none which provide evening care.

Halfway between a day care center and a family day care home is an innovative setup in Bangor called Creative Corners Drop-In Center. Run by Dian Henderson who calls it "a place where parents can leave their children on a short-term basis," the center has been successful since its start in June. Henderson said the center offers a service for a parent who must go shopping, to a doctor's appointment, or who needs somewhere for her child to stay until she gets home from work. One mother happily told her, "I can't believe this place exists."

Henderson admits that her acquaintance with local and state officials helped her when she tried to get the center licensed, and that other people don't have that advantage.

In talking about the problems of getting a center started, she criticizes the restrictive state regulations which do not adapt themselves to specific situations. For all practical purposes, "you have to start with a new building, and who can afford that?" she ponders. She adds that the state was confused when they came up against an innovative and flexible program such as the one the drop-in center offers.

a complete listing of Maine day care homes and centers and a copy of the revised state regulations are available from:

the DAY CARE LICENSING UNIT, DEPT. of HEALTH and WELFARE, AUGUSTA, 04330

selected child care resources

Child Welfare League of America, 67 Irving Place, New York, NY 10003

Corporations and Child Care, by the Women's Research Action Project, Box 119, Porter Square Station, Cambridge, MA 02140

Day Care Accounting: A People's Guide Mass. State 4-C Commission, Room 246, Office for Children, 120 Boylston St., Boston, MA

Day Care: How to Plan, Develop, and Operate a Day Care Center by E. Belle Evans, Beth Shub, and Marlene Weinstein, Beacon Press, 1971.

Federal Interagency Day Care Requirements, U.S. Dept. of HEW, U.S. Office of Economic Opportunity, U.S. Dept. of Labor

Planning a Day Care Center, Day Care and Child Development Council of America, 1426 H St., N.W., Washington, D.C. 20005

In general she believes a change in attitudes about a woman's role is necessary. "Legislators still think a mother should stay at home...they don't see day care as a positive extension of the family, but as a last resort...if women had more power it [day care] would be a priority."

She also feels "women shouldn't be expected to cope with children all the time...but the legislature makes you feel guilty, as though you're 'breaking up the family'." Finally, she adds, "Day care is not seen as an integral part of society, not as something needed." Henderson, too, feels that the political process is the

answer and encourages people to make noise when day care legislation is pending.

According to Linda Capone, the director of "Children's World" in Auburn, programs in that area have closed rather than opened. The center where she works is now privately-funded, which she labels "a blessing".

She grew irritated with federal funding rules which were "narrow" and "very defined"; for example those which required the private agency she works for to raise seed money from the community rather than using its own money which was sitting in the bank waiting to be used.

She likes the fact that private centers have more slots available for fee-paying students, insuring a mix of income levels which she feels publicly-funded centers lack. At "Children's World" there are parents who pay a fee according to their income. The difference is picked up by the private agency. The center also receives subsidy from the government, enabling them to care for low-income children.

After working one and one-half years at the center, Capone feels that, from a child's perspective, being in a group of 25 kids for nine hours per day, five days per week, over two or three years, might be hard to take. Her idea for a more positive option is a center operating as a satellite for a group of day care homes. Children could switch back and forth and so could staff people. All staff would be trained, the center could provide resources, and the program could be designed more creatively.

With the system organized this way, women working in day care homes could share their experiences and work together with other staff, according to Capone. They wouldn't be as isolated, they wouldn't be home all the time. The children would have a more flexible situation--being able to choose group size or choosing only a small group atmosphere.

Key to this model, according to Capone, is some institutional form for this system to operate within so that parents have a sense of their power and their input. Otherwise, parents do not feel they have as much right to question an individual as they do an institution. In addition, Capone feels, a child care worker who works in her home is given some credibility when she operates as part of a larger group.

Capone is convinced that day care has to be subsidized even in an economy which demands two salaries for survival. She feels private industry should provide a stipend earmarked for day care as part of a salary check. The individual, however, should have the right to choose whether or not to use the stipend at an employer-sponsored day care center, if one exists.

Her arguments are, "What if the company day care center was crummy? What if you wanted it to be of better quality or run in a different way--what could you do about it?"

"Who controls day care is critical," she continues. Currently, federal law requires a parents board with a 51% parent majority to advise publicly-funded centers. There is no such legal requirement for private centers.

Capone hopes that people will go beyond convincing others that day care is needed and begin to show them what can be offered. She advocates that people get behind specific local projects, prepare budgets, search for sites and go to officials with specific needs concretely outlined. In her mind, blanket day care endorsements are not worth much if no one has a plan for how they should be implemented.

According to several people involved with day care, there is no organization in the state actively advocating increased funding and facilities. But Donna Hall of the state AFL-CIO Committee on Political Education (COPE), expects that her union local (AFSCME) will draft legislation this year in support of refunding and expanding

day care programs around the state. "My assumption is that we will research the issue this fall to determine an appropriate funding level and ask that a legislator submit the bill," she states.

At a state COPE convention in July a resolution was passed indicating that the Maine AFL-CIO would "actively pursue the passage of legislation to refund and expand day care facilities for the children of working men and women in Maine."

Hall goes on to say that nationally, AFL-CIO is very involved and actively supports social welfare legislation. "COPE's goal is to elect a veto-proof Congress so that bills such as the one providing funds specifically for day care ultimately will be passed into law."

Hall believes the state organization is more conservative in that it only deals regularly with issues most directly related to labor--such as unemployment benefits. As a member of AFSCME, she feels people working with social welfare agencies and institutions are more familiar with the needs of low-income or disadvantaged citizens. "I think we have an obligation to raise these issues, social welfare issues, so they also become 'union/labor' issues," she adds.

On a national level Senator Walter Mondale (D-Minn.) and Representative John Brademas (D-Ind.) have introduced the Child and Family Services Act, labeled a comprehensive national day care program. The bill emphasizes programs for pre-school children and provides funds to states and localities to upgrade and expand their services. According to the bill, parents will have a key role in deciding kinds of programs and how they are run. The programs would be administered through state and local government "prime sponsors", as well as educational institutions and other public and private grantees.

While people continue to lobby for increased government and industry financing of child care with local control, they are also creating their own alternatives which they feel may

be more responsive to the needs of children and women.

One example is the parent cooperative, often called a playgroup. In this situation parents come together to arrange space in their own homes, work out a weekly schedule, and a fee. Thus, they share in the cost of hiring a teacher and they take turns assisting or rotate the responsibility themselves.

One proponent of parent cooperatives, Mary Jo Bane of the Child Care Resource Center, argues that public spending on day care has not benefited the large majority of middle-class Americans. In addition, she says most people want day care small, informal, and close to their homes and values.

She advocates public policies which ease the financial difficulties of families with young children so that parents can get the kind of day care they want, and policies which support the formation and continuation of cooperative child care arrangements. In her proposal one method of supporting families financially is to allow them to borrow on their future earnings. For instance, a person might draw half-earnings, based on individual wages in the previous three years, for a maximum of two years, with no questions asked. These payments could be used to subsidize parental leave, child care expenses, etc. She concludes that equal job opportunities for men and women and more part-time jobs will allow child care to be divided more evenly between men and women. And the ability to borrow against future earnings will allow one or both parents to work at paid jobs less than full-time; thus they can care for their children themselves or arrange care cooperatively with other families.

The Women's Research Action Group, in a publication called *Corporations and Child Care*, criticizes large corporations who run day care centers as a profit-making business and who put the profit needs of the corporation ahead of the needs of the children and workers.

In exploring the alternatives to corporate child care, the book says the following about child care cooper-

atives: "Many people, enthusiastic about cooperative child care, have little time and energy for extensive parental involvement in child care, which low-cost playgroups demand."

In addition, according to the book, cooperatives "tend to exclude families where one or both parents may have full-time factory or office jobs, where the woman may have many other children to care for, welfare mothers, the poor in general."

However, the book points out, cooperatives tend to offer parents a unique satisfaction because they have a chance to participate on many levels. In addition, "cooperatives can provide a focus for parents and teachers to meet and work together on local needs such as health care, food co-ops, skills exchange, community schools, etc."

In noting the relationship of child care to a broad social change movement, the authors state many parents are seeking programs which foster cooperative values, new kinds of personal relationships and sharing of property and skills. They note the importance of programs which reflect different racial, ethnic and class backgrounds, which use non-sexist materials and promote freedom from sex-role stereotypes, and which encourage the participation of male parents and teachers.

The book concludes, "Child care is not an isolated phenomenon...child care centers can be a meeting place for parents, teachers and children to form these ties and create a network of people to work for a better society. Good child care is a foundation upon which these people can continue to re-make and build anew their own neighborhood and local community. In the process of organizing themselves around a human need--free, community controlled child care--parents, teachers and children can grasp their right to organize around other human needs: good health, good housing, good work, good public education and recreation, and a good environment."

See the MFH survey, pp. 10 and 11, for the candidates' views on day care.

There's more to this than just talk!



"BREAKING BARRIERS THROUGH SPEECH"
AT THE PARKER HOUSE, BOSTON OCTOBER 29-31

WOMEN'S TRAINING & RESOURCES CORP.
142 HIGH ST., CONGRESS BLDG., PORTLAND, ME. (207) 772-5481

WHAT'S HAPPENING WHERE

Maine Feminist Health Project

The Maine Feminist Health Project is conducting a self-help education group and planning a Feminist Health Clinic. On Nov. 7 they will do a presentation at the YWCA in Portland. MFHP is seeking new members and would be pleased to conduct a slide show and demonstration of self-examination technique for any group of women (six or more). Write Feminist Health Project, c/o Rockie Graham, 265 York St., Portland 04102. Or contact Peggy Paine, 799-5465 (Portland), Joanne Costanza, 865-4393 (Freeport) or Laura Goldbaum, 567-3100 (Bucksport).

Now Chapters

There are now eight NOW chapters. Following is a list of contact people and addresses: York County, Anne Hazelwood-Brady, Box 534, Kennebunkport; Mid-Coast, Barbara J. Warner, Box 5, Bristol; Portland, Eleanor Robbins, Box 733, Portland 04104; Augusta, Sue Chandler, 54 Central St., Hallowell; Bangor, Natalie Smith, Box 1166, Bangor 04011; Ellsworth, Judith Calman, RFD 2, Ellsworth; Presque Isle, Penny Goldberg, 105 Dudley St., P.I.; Houlton, Pamela Thompson, 6 Washburn St., Houlton

Spruce Run

Spruce Run is a new organization formed to help women and children in times of marital crisis and emergency situations. (See feature article in April/May issue of *Freewoman's Herald*). Temporary shelter, transportation, help with child care, and women to talk to, are the services needed. Can you help? Bring your ideas to organizational rap sessions in Bangor, Portland, and Brunswick.

Bangor: Sue (942-7397), Pat (947-4631) or Lulu (945-3760) or write P.O. Box 653, Bangor, Me. 04401. Bath-Brunswick: Kay (725-7047) Portland: Chris or David (774-8211) or write P.O. Box 545, Bath, Me. 04530.

IMPORTANT: Spruce Run is only in an organization stage and is not yet ready to offer assistance.

There Is Life After Bangor! (and we'd appreciate hearing from Northern Maine)

women's community forming

Women gathered recently near Albion to discuss formation of a woman's land community in Maine.

Nan Stone, who arranged the gathering, said she got interested in the idea of a women's community several years ago.

"I became increasingly annoyed," she recalls, "that the women's movement was so city-oriented. My upbringing was on an Iowa farm, and I saw how a women's center in my home town could have made life much more meaningful for people like my mother and friends. I wanted women like them to be able to experience the support and strength I had found within the movement."

"I recognized how much more peaceful and centered I felt in the country. I saw strength being sapped by the demands the concrete jungle around us put on our lives."

Stone feels that a community of women in the country could help women realize their own beauty and strength

Pro Se Divorce

The pro-se divorce movement is getting larger, with three areas in Maine now offering training and counseling. A pro-se counselor offers guidance and information about the pro-se process, gives moral support, and "court-sits" at divorces. Many of the counselors have gone through recent divorces themselves. Women wanting to train as counselors can contact the following people: Sandy Lizott, c/o Lewiston Tenant's Union, 42 Bates St., Lewiston, 783-6550; Mary Smith, Augusta, 622-4731; Carl Forsythe, 61 Main St., Rm. 53, Bangor, or call Pat Arnold, 947-4631.

Center for a Woman's Own Name

The Center for a Woman's Own Name is a national organization concerned with helping women retain (or regain) their birth surnames after marriage. The Maine contact person is Mary Hermon in Calais, who is willing to help and direct women with legal problems concerning name-change. A new booklet is also available for \$2 with information on court procedures and laws concerning marriage and name change. Write Mary Hermon, Box 388, Calais, Me. 04619.

Maine Gay Task Force

The Maine Gay Task Force is a coalition of various homosexual organizations in the state. The purposes of the organization are to serve as a clearinghouse of information for the Maine gay community and to coordinate statewide action in working for the repeal of discriminatory laws and for the enactment of protective legislation.

The Task Force also publishes a newsletter, with subscriptions \$2 a year. Write: MGTFF Newsletter, Box 4542, Portland 04112.

Gay organizations which belong to the Task Force are located in Bangor, Orono, Ellsworth, Lewiston, Brunswick, Waterville, and Portland. For addresses, write Box 4542, Portland 04112.

Blue Spruce Day Care Consulting Service

A group of women in the Freeport area are trying to start a day care center there. Also, they hope to serve as a consultant agency to help other day care centers get established. Anyone with skills, interest and/or time should contact BSDCCS, c/o Roberta Zur, So. Freeport Rd., Freeport.

and offer a supportive atmosphere for other women in the area. Maine, she feels, is an ideal location. From the response Stone has had to ads she has placed, she is optimistic there will soon be such a community.

Most women at the recent gathering felt the need of "a room of one's own" within a community, whether it be a cabin in the woods or a private room within a collective house. The women also agreed there should be enough versatility within the group for each to put a major part of her efforts into a project most interesting to her.

Divorce Reform, Inc.

The pro-se divorce manual, *Do Your Own Divorce In Maine*, written by Chris Hastedt and Meredith Malmberg is now at the printers. Hopefully the book will be ready within the next two months. It will be distributed through bookstores and women's centers and will sell for two or three dollars (the final price to be determined by the printing bill). Women's groups interested in making advance orders contact Chris Hastedt, Box 37, Freeport, Me. 04032.

Maine Women's Political Caucus

The Political Caucus is a statewide organization concerned with helping women candidates to successful positions. Recently a statewide meeting was held in Augusta with over 100 women attending. There are two Chapters: one in Portland, one in Augusta. In Portland contact Barbara McGough, 28 Birch Lane, Cumberland Foreside, Me. 04110. In Augusta contact Pat Ryan, Box 138, So. Gardiner. The Political Caucus also published a monthly newsletter. Write: Phyllis Austin, Elizabeth Road, Fortunes Rocks, Me. 04005.

Women's Training Resources Corp.

The WTRC, a woman-owned and operated corporation, does consulting in the area of equal employment for women. A main focus is a workshop called "Breaking Barriers Through Speech", which helps women learn communication skills and techniques. For further info call 772-5481 or write WTRC, 142 High St., Portland 04101.

United Farm Workers

People across the state are supporting the United Farm Workers by boycotting lettuce, grapes, and Gallo wine. A statewide boycott of Shaws Supermarkets is also in effect because of Shaw's hostile actions toward the United Farm Workers. Please support the Shaws boycott--and find out how you can help in other ways. Portland contacts: Kathy Kikulka, 725-3042; Bennett Pudlin, 799-7806; Gail Marshall, 774-5446. Wiscasset contact: David Havens, 882-7420.

Keep us posted on upcoming events and new groups.

Stone hopes that a core group of women will soon be able to purchase land and begin the settlement.

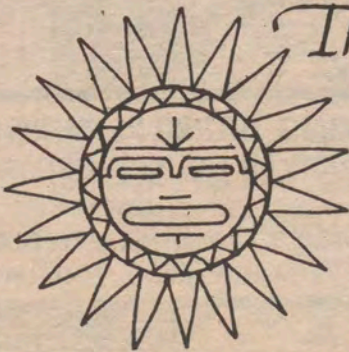
Those interested in knowing more about the project may contact Nan Stone in care of Karyn Frank, 7 McKeen St., Brunswick.



Exchange Street Pottery

OFFERS POTTERY CLASSES

200 Exchange St. Portland call 772-0487



The Potpourri Gift Gallery

32 Central Street, upstairs
downtown Bangor

Indian Clothing
handcrafts, imported and domestic

Bangor-Orono

BANGOR WOMEN'S CENTER

Belinda Huston, Coordinator
Bangor Community College
Lewiston Hall, Bangor 04011, 942-2092

A grant from the Title I Higher Education Act has made possible a Women's Center, with a paid staff, that will open Oct. 1. The Center plans to serve as a clearinghouse and resource center with information on agencies, services, health issues, schools, and jobs. It also plans to assist women in gaining skills, entering formal education, and/or obtaining better jobs by offering functional courses, tutoring assistance, job-training and placement help. Other activities planned include workshops, discussion groups, and setting up a library. Although the Women's Center is university-located, the primary function of the Center is to offer services to the Bangor community at large, and to respond to the needs of community women.

SINGLE PARENTS

Single Parents in the Bangor area who want to talk with others about common experiences and problems should contact Alicia Clark of the Single Parents Group at 942-2603.

WOMEN'S GROUP AT UMO

c/o Julia Littleton-Taylor
Student Government Office
UMO, Orono
581-7801

The University wants to hire a person to study the feasibility of a women's center and program at UMO. The position has been made available from a grant. Contact the Me. Employment Security Commission, 324 Harlow St., Bangor 04011 or call 945-6434.

General meetings held regularly to discuss and plan activities. Open to Bangor, Orono, Old Town, and University women. Contact Julia Littleton-Taylor at the Student Government Office.

If interested in joining a C-R group contact Nancy Gentile, Talmar Woods, UMO, 866-4845.

Karen Fischer, a UMO graduate student, is trying to coordinate a women's film festival. If interested in helping, contributing ideas and/or money contact her at 947-4453.

Public Hearings

STATUS OF WOMEN

Gov. Curtis has urged the Governor's Advisory Council on the Status of Women to determine the special needs of women in Maine in relation to the laws of the State and to prepare a responsive program for the 107th Legislature.

The Council will be holding two public hearings--the first in Augusta on Sept. 25 at the Augusta Civic Center and the second in Presque Isle on Wed., Oct. 16.

Women of all interests are urged to testify. Verbal testimony must be limited to ten minutes per person, but additional written testimony should be submitted to the Council. Testimony should be directed towards issues which can be affected by changed in State laws and policies.

DAY CARE

Anyone interested in attending day care hearings to be held in Southern Maine during October should contact Blue Spruce Day Care Consulting Services, c/o Roberta Zur So. Freeport Rd., Freeport.

Augusta

UNITED WOMEN'S CENTER

183 1/2 Water St., Augusta 04330,
622-7931

After a slow summer the Augusta Women's Center is in full operation again. A television show, "Why a Women's Center", is being planned. It will be written, directed, and produced by the Center and shown in late fall on Channel 3, Cable TV. Other activities: C-R groups, pregnancy counseling, medical referrals, emergency counseling, and a Women's Center newsletter.

AUGUSTA MEN'S GROUP

A group of 6-10 men have been meeting for about ten weeks in the Augusta area. Anyone wishing information may contact Don Watson, 622-4345, or Bob Bishop, 622-3446.

Mid-Coast area

MIDCOAST CHAPTER OF NOW

Box 5, Bristol 04539

A bus, specially chartered by Midcoast Maine NOW, will carry 39 women to Boston and Cambridge on Sun., Oct. 13, to hear retiring national NOW president Wilma Scott Heide. The caravan will then move to Cambridge to a special opening for the group of the Schlesinger Library of Women in America at Radcliff. Then the group will join a national planning session at Harvard Divinity on celebrating the Bicentennial. The day will last from 7am to 7pm.

Tickets, covering the round trip between Bath and Boston with pickup in Bath, Brunswick, Portland and Kennebunkport, are available at \$7 from Ramona Barth, Alna.

THE LINCOLN & SAGadahoc COUNTY BAIL FUND

This service is provided by local residents to assist anyone who cannot meet the demands of their own bail. Our guidelines are realistic and those who deserve will not be denied. The service is available at any hour and follow-up assistance is available.

Bath contacts: Betty King (443-2946); David Hall (442-8570); or Maria Holt (443-3588).

Brunswick contact: Maurice Cobb (725-8014).

BATH-BRUNSWICK WOMEN'S CENTER

136 Maine St., Brunswick 04011

The Bath-Brunswick Center is in bad shape. There are many months of back rent due, the phone has been removed, and the office is seldom staffed. A meeting of old members and particularly new women is necessary, to discuss possibilities. The major problem is that many of the women formerly involved in the Center are now active in other feminist and personal projects. No one has the extra time or energy to staff the Center.

The office location is good and the rent is cheap, and they would like to see the space used by a group of women. Other things to discuss are the possibilities of seeking funding, going after a VISTA slot or work-study position, setting up an office rotation schedule, etc.

A meeting is scheduled for Oct. 16, 7pm, at the Women's Center. Please try to attend.

Pictures of Women in Nontraditional jobs

set #1 community helpers
set #2 professional women

\$2.50/set of 8 pictures -
send check to:

FEMINIST RESOURCES FOR EQUAL EDUCATION
p.o. box 3185 Framingham, Mass. 01701

Portland

RAPE CRISIS CENTER

The Rape Crisis Center is still in an organizational stage. Statistics and information are being gathered; police dept's, GYN's, and lawyers are being contacted. Recently the group was asked by the Portland Police Dept. to teach for one hour during their in-training session.

A recent funding request to the United Way was denied; however the group is still optimistic and hopes to find a location soon. People interested in working with the Rape Crisis Center should contact Bobbi St. Jean (839-6216), Fran Harriman (839-4076) or write the Center c/o Harriman, Box 279, Scarborough, Me. 04074. The group is willing to act as a consultant service for women who want to set up similar centers in other parts of the state.

YWCA, PORTLAND

Adult classes coming up are astrology, pottery, photography, sculpture, ballroom dancing, weaving, belly dancing, and houseplants, to name a few.

The Youth Dept. will sponsor a Halloween party on Oct. 31 at 6pm for children under 10 (cost 75 cents). A pet show will take place on Nov. 17; strictly an amateur show.

In addition to classes the YWCA sponsors Singles Club, the Unattached Club, MOMMA, the Women's Club, and the Public Affairs Committee. For information, call the "Y". 772-1906

PORTLAND NOW CHAPTER

Box 733, Portland 04104

Open meetings are held the second Wednesday of each month at 7:30pm, in the Public Safety Building (the new police station). A statewide NOW meeting is planned for Oct. 5-6, to be held in Hampden at Cathy Flynn's farm. For information and directions contact Lois Reckitt, 799-4076.

The latest NOW project is reviewing the Title 9 Higher Education guidelines and submitting their reports to the Health, Education & Welfare Dept. Topics have been divided among state NOW chapters. The Houlton Chapter will concentrate on athletics and sex education; Mid-Coast NOW will do textbooks, and Portland will handle admissions.

The Portland Chapter also publishes a semi-monthly newsletter. For more info, call Fran Harriman at 839-4076, or write her at RFD 3, Box 279, Scarborough 04074.

PORTLAND WOMEN'S GROUP

374 Fore St., Portland 04111, 722-2302

The Portland Women's Group is working on an anthology of women's writings. The publication should be ready in late fall, and the group is seeking poetry, short stories, journals, essays, photos, and graphics.

The Portland Center also does counseling on a one-to-one basis with women in need of abortion/pregnancy counseling, having welfare and housing problems. Another project being worked on is establishing a day care center. Contact Pat Gros or Kristina Paratore.

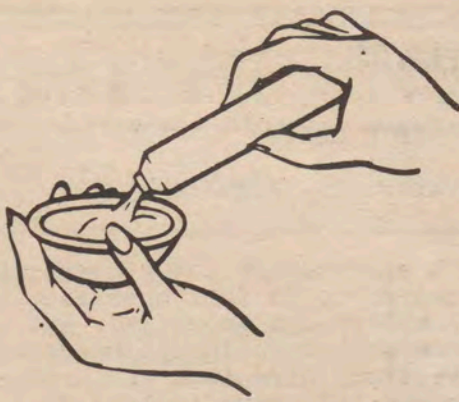
MOMMA

A 20-member chapter of MOMMA, a national organization of single mothers, has formed in Portland. The group meets the fourth Wednesday of every month at the Portland YWCA, at 7pm. Spokesperson Willa Bridges explains the group provides "mutual encouragement and support." The chapter publishes a newsletter, operates a hot line for members, and is examining problems which plague single mothers such as welfare, housing and job discrimination. For more information contact the YWCA.



health notes

diaphragms



Although the past ten years have seen the advent of many new methods of birth control, from things you ingest to various plastic and metal devices that are placed inside you, one of the best and safest methods of birth control is still that old standby, the diaphragm.

Best because when used properly it is about 95%-97% effective, making it as effective as any of the IUD's on the market, be they plastic or copper, swiveled, twirled or L-shaped. Safest because it cannot be responsible for headaches or nausea, blood clots, depression, or perforated uteri.

The diaphragm resembles a shallow cup. It is made of soft rubber with a flexible metal spring in the rim. When properly fitted and inserted it fits over the cervix and locks behind the pubic bone. It is always used with a spermicidal jelly or cream. Some women feel safer using foam or condoms as well during their most fertile time.

Diaphragms vary in size from 50mm to 105mm. Your proper size depends on the size of your upper vagina. This size is determined by a "fitting" during which several "rings" that look like diaphragms with their domes cut off are inserted into the vagina exactly as a diaphragm is, and the one that fits properly is the size your diaphragm should be. The fitting is simple and painless, and very necessary. Borrowing a friend's diaphragm is not a good idea since an improperly fitted diaphragm is practically useless.

Also the size of your vagina has little to do with body size. Two women can be the same height and build and have radically different vaginal sizes. However, the size of your vagina can be affected by sudden or gradual changes in size or weight. If you do grow, or gain or lose weight, be sure to have your diaphragm refitted.

When in place the diaphragm covers the opening to the uterus and prevents sperm from entering and fertilizing an egg in the Fallopian tubes. The jelly or cream smeared on the diaphragm kills any sperm that manage to swim around the rim of the diaphragm. Sperm remaining in the vagina die within eight hours because the vagina is a hostile environment for them.

A woman with a severely displaced uterus, a prolapsed uterus for example, should not use a diaphragm. A woman with a tipped uterus can usually be fitted properly. As first intercourse can stretch the vagina and change the size diaphragm needed, a woman having sexual intercourse for the first time should not use a diaphragm.

A diaphragm should be used every time a woman has intercourse, including during menstruation. Women can and do get pregnant while menstruating.

Diaphragms are perfectly safe to use. They cannot disappear into the cervix or perforate the cervix or vaginal walls in any way. The only possibly side effects are allergic reactions to a particular brand of spermicidal jelly or cream, in which case a different brand should be tried. Plastic diaphragms are available for those allergic to rubber.

The diaphragm has no long-term effect on fertility. To get pregnant, simply don't use the diaphragm.

Properly used, diaphragms have about a two percent failure rate. (Proper usage means the diaphragm and

a spermicide every time you have intercourse). One reason for failure is that cream on the outer rim may cause slippage. Another is that the vagina expands during intercourse and the diaphragm may move around a bit. This seems to be especially true in positions in which the woman is on top.

A diaphragm is simple to use. Whoever fits you for one should also teach you how to use it and have you practice it right then and there to make sure you are doing it correctly.

The diaphragm can be inserted up to two hours before intercourse. The closer to the time of intercourse the better, however, and if more than two hours elapse after insertion another application of cream or jelly is necessary. (This can be done with a special applicator, without removing the diaphragm.)

To insert the diaphragm, spread about a teaspoonful of jelly or cream inside the dome of the diaphragm (the side which will be up against your cervix). Squeeze the rim between your thumb and third finger; squat, lie down or do whatever is comfortable for you; with your free hand spread the lips of your vagina and insert the diaphragm into your vagina. Push the lower rim of the diaphragm until it locks into place behind your pubic bone. (It takes a little practice before this becomes as easy as it sounds. In fact, the diaphragm has more than once been known to fly across the room, landing in a shoe or over a coat hook.)

If the diaphragm is correctly positioned you should be able to feel your cervix behind the soft rubber: the cervix is firm but soft. When inserted properly, you should not notice the diaphragm. Nor should your partner. If you do feel it, or if it is painful, it may be the wrong size, or possibly you have some sort of vaginal infection which is making the area sore.

The diaphragm should remain in place for six to eight hours after intercourse, to give the spermicide a chance to kill all the sperm. If you like, leave it in for 24 hours or more. Don't douche with the diaphragm in. This is not only unnecessary, but also destroys the effectiveness of the diaphragm.

If you wish to have intercourse again within six to eight hours after the first time, don't take the diaphragm out. Merely add more cream or jelly with the applicator.

To remove the diaphragm, insert your index finger under the rim and pull. If you have trouble reaching it, bear down on your rectal muscles just as you would during a bowel movement. This will make it easier to reach the diaphragm.

To care for the diaphragm, wash it in warm water with a mild soap, rinse and dry carefully. Do not leave it out to dry in the air. Put it back in its container, as light is harmful to the rubber. Dust it with cornstarch if you like. Talcum powder is not recommended.

Have your diaphragm size remeasured once a year at a regular gynecological exam.

Maine Feminist Health Project
265 York St., Portland

illustration courtesy of
Holland-Rantos Company

abortion cont'd

know about pregnancy counseling services, and has no money for an abortion.

So she ignores the problem, desperately hoping it will somehow go away.

When she finally faces what is happening, she is well along in the pregnancy and it is too late for the vacuum aspiration or D&C methods of abortion. The remaining solutions--a possibly ill-chosen marriage, facing the community with an "illegitimate" baby, putting the baby on the adoption market--may not be viable for her situation.

The last alternative is a saline abortion.

While the vacuum aspiration method of abortion is seven times safer than a pregnancy brought to full term, a saline abortion is painful and traumatic, involving a three-day stay in a hospital and a considerable risk of complications. A saline solution, painstakingly injected into the amniotic sac, causes uterine contractions and a "mini-labor" lasting for several hours.

The fee at New York hospitals for a saline averages \$350. Saline abortions are done in Lewiston at an astounding \$850.

Based on estimates by referral services and doctors, at least fifty Maine women per week are electing to have abortions.

The quality of care these women receive seems to be a hit-or-miss matter, a game of chance. But a woman needing an abortion has no time to shop around and she is grateful to find a willing doctor, no matter what the fee, no matter what the quality of care and concern.

The solution? Pressure, perhaps, for doctors and hospitals to lower their fees, provide better counseling and be more responsive to their patients' needs. But first they must be convinced that many of their patients are unhappy with the services they now receive. At this point, not many women, even if they realize something is lacking in their medical services, will vocalize their dissatisfaction to their doctors.

The ideal, clinics controlled by women, is still potentially the best solution to Maine's problem. Women-run clinics, such as one in Burlington, Vermont, have existed for several years and despite occasional hassles with existing medical institutions, have operated admirably in setting a new standard in patient participation and concern with quality health care.

But community-controlled clinics must be staffed by doctors, and doctors are in short supply in Maine; good doctors (by feminist standards) are practically non-existent. And all doctors expect--demand--to be paid well.

The problem is clear: legal abortion is not enough. The complete solution is yet to be found.

PREGNANCY COUNSELING & REFERRAL SERVICES

- Alfred, Family Planning, Court House Annex, 324-5762
- Augusta, Family Planning, Augusta General Hospital, 623-4711, ext. 301
- Bangor, Family Planning, 611 Hammond St., 947-0931
- Belfast, Family Planning, 611 Church St., 338-4769
- Brunswick, Family Planning, 44 Water St., 725-8264
- E. Wilton, Family Planning, 645-4931
- Ellsworth, Family Planning, 415 Water St., 667-5361
- Portland, Family Planning, 140 Park St., 774-3996
- Portland, Pat Gros, Portland Women's Group, c/o SCAR, 374 Fore St., 772-2302
- Presque Isle, Family Planning, Skyway Industrial Park, 764-6011
- Rockland, Family Planning, 431 Main St., 594-2361
- Waterville, Family Planning, 101 Water St., 873-0862

nettles

a column by Meg McMullen

I think I have a case of poached ears. During the past few months, I've participated in some of the most off-the-wall (albeit interesting) telephone conversations than in any other time in my impressive (and I say that with absolutely no modesty) phone-calling career. And the women's movement is responsible.

Perhaps I'd better make it clear that I'm not referring to obscene calls. Or pseudo-obscene ones. I do have a couple of friends who identify themselves to me by either a distinctive heavy-breathing routine or a decent approximation of a Maurice Chevalier dirty-old-homme laugh. Those I'm used to.

Those, however, did get me into a bit of a pickle in Belfast last year. I answered the phone one afternoon and a whispery man's voice said, "You wanna get laid, don't you?" Assuming this was a new twist from one of my pseudo-obscene friends, I laughed and responded, "Sure, how soon can you get here?"

The whisperer said, "I'll be out there in fifteen minutes and give it to you like you never had it before..." I chuckled again and said, "Great, you get double green stamps for

creativity." Well, so it went for two or three minutes, with me waiting for Frank, or Randy, or Russ, or whoever, to identify himself and get on with whatever he'd really called for.

And all of a sudden that pit-of-the-stomach chill hit and the adrenalin began to pump. I was not doing games on the phone with a friend--I was getting An Obscene Call. Worse, yet, I was giving one!

I slammed the phone down. Mr. Whisper, as we came to refer to him, called back many times...and who can blame him, with the encouragement I gave the first time around.

However, the curious conversations I've been having lately are not of that ilk. A short time ago, for instance, I was having a casual chat with a friend in Portland. We were in the middle of a discussion of chamber music when she abruptly said, "Hey, what color is your pubic hair?"

Somewhat taken aback, but still fast with the repartee, I said, "Uhhh, what?" She repeated the question and added that since the hair on my head is red, she was curious as to the rest of my body. I told her the answer, and we went back to the chamber music.

Then I was phoning a friend in Massachusetts that I haven't seen for some time, and she made two or three references in the first few minutes of the call to false teeth. I refused to bite. (sorry)

She persisted, and after awhile I learned that she's super self-conscious about having false teeth, and that she

wishes she weren't, and she just wanted to talk about that for a minute.


And Ann, with whom I've been very close for very long, disclosed during a costly coast-to-coaster the other night that she's currently dealing with being embarrassed about blushing. That threw me. I mean, I know Ann better than I know practically anyone else in the world...but until the other night I didn't know blushing bothered her to the point of its being something to "deal with". It does. And that's why I didn't know it before.

All those bits of conversation--and several others--have forced me (painful as it is with poached ears) to do some thinking. And the only thing that these people have in common (aside from knowing me, and god knows, that's common enough for anyone) is some pretty deep roots in "we-don't-talk-about-that" backgrounds and varying degrees of involvement in the women's movement.

I think these conversations I've been participating in recently show the impact of the latter ("you'll be a whole lot healthier if you do talk about that") influence. So I'm assigning the responsibility for the strange subject matter of these calls to the women's movement.

And if my suspicions are correct--if the movement is indeed responsible for the curious snatches of personal revelation coming over my phone these days--well, it's worth poached ears. It's one of the surest signs of progress on a personal level I've ever witnessed. ♡

Freewoman Classifieds

COMMUNITIES	PUBLICATIONS	WANTED
Rural Maine intentional community for women, men and children seeks interested people to join. Feminist/socialist orientation. Write Fayerweather Community, 39 Main St., Freeport 04032.	First Things First--books for women--a Fe-Mail Order House. Write to 23 7th St., S.E., Wash. D.C. 20003, for full catalog of books, posters, non-sexist children's materials, etc. Special orders for any Q's title.	Two QO looking for winter home Oct. thru Nov. Willing to share with other QO, preferably in Bridgton area. Call 452-2146.
FOR SALE	Maine Women's Political Caucus, a monthly newsletter to keep women politically informed. For sample copy write: Phyllis Austin, Elizabeth Rd., Fortunes Rocks, Me. 04005.	Correspondents to write to women prisoners. Lesbians, 3rd world, or ex-convict women particularly welcome. Jane Hope, Women Out Now Prison Project, 4120 Burke Ave., N. #8, Seattle, Wash. 98103.
JOBS AVAILABLE	Maine Gay Task Force Newsletter, one year subscription \$2. Published monthly. Write: M.G.T.F.N., Box 4542, Portland 04112.	The Homophile Community Health Service has received a \$1200 grant and is seeking proposals from gay women to develop educational materials (video-tape, film or slide presentation, written or illustrated materials). Deadline for proposal Nov. 1. For more info and guidelines write Donna Medley, HCHS, 419 Boylston St., Boston, Mass. 02116.
UMO seeking person to study feasibility of a women's center and program at the University. Paid position. For information and application contact Me. Empl. Sec. Comm, 324 Harlow St., Bangor, 945-6434.	WANTED	Does any kind feminist out there have an office or room in Brunswick or nearby to donate as a permanent office for Freewoman?
Me. State Police Hdqtrs. hiring women. Applications available from Examination Div., Dept. of Personnel, State House, Augusta 04330, or at local Me. Employment Security Comm. offices.	Jacataqua School, an alternative school for jr. high and high school in Woolwich, seeking prospective students. Also financial contributions, books, art materials needed.	Freewoman needs news correspondents in all parts of the state. Write Box 448, Brunswick 04011.
The American Friends Service Committee is seeking a Third World woman (including native Americans) to work with women in a Third World community in New England as a paid field-staffer (part-time). Job would be to empower women in her community to fill their own needs as women--the specifics would depend on her community's needs. Contact Georgia Sassen at New England Regional Office of AFSC, 48 Inman St., Cambridge MA 02139, or call 617-864-3150.	Woman wanted: My four-year-old son and I want to share our 3 b.r. apt. in Brunswick. I'm into feminism, plants, people, healthy eating. Rent \$50 per month plus half of utilities. Call Nan at 865-4393.	AD RATES
Freewoman is looking for people around Maine to sell advertising space part-time. Small commission.	Seeking instructor of Tae-Kwon-Do, T'ai Chi, or Aikido to work with small group of women. Small payment can be arranged. Write Adv. #1, Freewoman's Herald.	Classified ad rates 25¢ per line, free to subscribers and women's groups (up to 7 lines). Deadline for Dec.-Jan. issue is Nov. 12. Write to us about display ad rates. Exchange ads available to other publications.
PERSONAL	Seeking 25 or so acres on which to build a cabin, secluded but not too far from civilization. Prefer coastal Me. from Portland to Waldoboro. Would consider buying in with friendly person(s). Savings are scanty, no Maine Times post-industrial prices. Advertiser #2, Freewoman.	 read off our backs the feminist newsjournal published monthly with coverage and analysis of an emerging women's culture
SERVICES	Anyone wanting to get rid of their old issues of Better Homes and Gardens send them to us. (We use them for layout.) Freewoman.	12 issues- \$6 institutions- \$15 Canada- \$7 sample copy 45¢
Feminist astrologer teaches classes and reads horoscopes. Call Wendy Ashley at 725-6507 or write c/o Women's Center, Maine St., Brunswick.		off our backs 1724 20th St. N.W. Washington D.C. 20009