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Andrews strong on gay issues

by Terri Jones

PORTLAND - Maine's gay and lesbian community can count on continued support if Democratic Congressman Tom Andrews defeats fellow Congressperson Olympia Snowe in the upcoming election. In a telephone interview with 10%, Andrews expressed optimism about his chances in next month's election and discussed a wide range of topics including the 1995 referendum question to limit Maine's Human Rights Act to his sponsorship of HR. 431 which would prohibit discrimination on the basis of sexual orientation in housing, credit, public accommodations, employment and federal programs.

Andrews, who has earned a 100% rating from the Human Rights Campaign Fund, reiterated his support on several issues of concern to the gay and lesbian community. In the past, in his days in the Maine House and Senate, he sponsored gay rights legislation for Maine. He has continued this support by sponsoring legislation like HR. 431 and ENDA, the Employment Non-Discrimination Act as well as voting in favor of a domestic partnership measure for the District of Columbia.

In his capacity as member of the House Armed Services Committee, Andrews says he "tried to bring clarity to the debate" on gays in the military as he supported a non-discrimination policy for the armed forces. He likened the Joint Chiefs of Staff's opposition to a non-discrimination policy to the segregation of African-American soldiers during the 1940s and says he wasn't afraid to draw that connection during the hearings.

Andrews also favors continued and higher spending on programs for AIDS/HIV research, education and support.

continued on page 4

Christian Coalition holds national conference in DC

by Terri Jones

WASHINGTON, DC - The Christian Coalition opened held its national conference at the Washington Hilton September 16-17 vowing to fight and defeat President Clinton in 1996 with an unprecedented turnout of religious conservative voters. The conference attracted approximately 1000 attendees, featured training on political organizing and was titled "The Road to Victory."

The conference was addressed by several speakers with connections to the 1996 Republican presidential race including former Vice President Dan Quayle, Senator Robert Dole's wife Elizabeth Dole, Texas Senator Phil Gramm, former Tennessee Gov. Lamar Alexander and former Defense Secretary Dick Cheney.

Christian Coalition founder and president, Pat Robertson told the conference, "We are seeing the Christian Coalition rise to where God intends it to be in this nation - as one of the most powerful forces that's ever been in the history of America. The polls are turning. The nation is saying we're right."

Other speakers, including Phyllis Schlafly, vowed to change the Republican Party platform to reflect absolute opposition to abortions.

Workshops throughout the conference stressed grassroots efforts and fundraising to continue to provide legal assistance to those who "pursue religious freedom" through radical right legal group the American Center for Law and Justice.

Other workshops included media relations, strategy for victory in '96 and advantages and strategies of reaching out to minorities through their community churches. Speakers from the Family Research Council, a conservative anti-gay organization also conducted workshops.

The Christian Coalition claims a membership of 1 million people.
Tired of the same old ho-hum breakfasts? Then you need to visit...

**TABITHA JEAN'S RESTAURANT**
- scrambled tofu
- homemade corned beef hash
- specialty omelettes
- coffee pecan pancakes

94 Free St. Portland 780-8906
Tues - Sun 7am - 9pm
Wheelchair accessible V, MC, AmEx

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You’re invited to
"Storybook Characters" Halloween Party
that’s TOO HOT ... TOO COOL and ...JUST RIGHT!!

**PRIZES FOR THE BEST COSTUMES!!**

TOO HOT! sexiest

OCTOBER

TOO COOL! original and most creative

and JUST RIGHT! best overall and scariest

and join us every Wednesday for
SHOT NIGHT
Disco music and discounted shots!

The Bar
123 Franklin St. Bangor 941-8966

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**Maine Won't Discriminate Update**

At the September 18 statewide meeting of Equal Protection Maine that group agreed to formerly change its name to "Maine Won't Discriminate." Office space for the group will open next week at Williston West United Church of Christ, 52 Thomas St., Portland.

**Next meetings for Maine Won't Discriminate (in Portland) are:**
October 10, October 24 and a fundraising meeting will be held on October 4 at St. Luke’s Cathedral, Portland.

**Fundraising Events:**
A fundraising dinner will take place at 7:30pm on October 15 at Jonathan’s, 1 Orne Lane, Ogunquit. All proceeds will go to Maine Won’t Discriminate. The dinner will also feature speakers, an auction (including stays and dinners at Ogunquit establishments) and entertainment. The cost is $100 per ticket. Tickets are available at The Club, the Front Porch, the Village Market and Fancy That.

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**Fight the Right Training**

Saturday, October 8, 9-5pm
Unitarian Universalist Church, Brunswick, Maine

learn about radical right activities nationally, regionally and in Maine
workshops and skills-building presentations on
fundraising - lobbying - media relations

sponsored by the National Gay and Lesbian Task Force
and the Maine Lesbian and Gay Political Alliance
$5 materials charge (sliding scale)

For more information contact Alan Stearns at 761-2413 or the National Gay and Lesbian Task Force at (617)-492-6393

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**Referendum Question Text**

The legislative provision that will be voted on should the referendum question appear on the November 1995 ballot:
To the 116th Legislature of the State of Maine:
In accordance with Section 18 of Article IV, Part Third of the Constitution of the State of Maine, the undersigned electors of the State of Maine, qualified to vote for Governor, residing in said State, whose names have been certified, hereby respectfully propose to the Legislature for its consideration the following entitled bill: An Act to Limit Protected Classes Under the Maine Human Rights Act.

Be it enacted by the People of the State of Maine as follows:
5 M.R.S.A. Section 4332-A is enacted to read:

Section 4332-A.
An Act to Limit Protected Classes Under Maine Law
Notwithstanding any provision of this chapter or any other provision of law, protected classes or suspect classifications under state or local law human rights laws, rules, regulations, ordinances, charter provisions or policies are limited to race, color, sex, physical or mental disability, religion, age, ancestry, national origin, familial status, and marital status. Any provision of State or local law, rule regulation, ordinance, charter provision or policy inconsistent with this section is void and unenforceable.

This section being necessary for the welfare of the State and the inhabitants of Maine, shall be liberally construed to accomplish its purpose and is not to be interpreted or applied as a limitation or restriction on authority as enumerated in the Maine Constitution.
The means are the measure

Last month's editorial suggested that it was time to start educating Maine citizens about the effects and ramifications of the referendum effort. It seems that at least one person was listening. In Friday, September 25's Portland Press Herald, Carolyn Cosby unleashed a lengthy diatribe against the "militant, wealthy homosexual lobby." The gist of the article was that gay rights equals special rights and anyway, the gay and lesbian community is too wealthy to deserve the civil rights protections afforded to other minority groups.

To read her polemic, you would think that we were already so powerful that it's hard to understand why gays and lesbians waste time lobbying the Maine Legislature or fighting the referendum effort. Of course, like everything else Carolyn Cosby says, her "facts" don't fit the reality faced by Maine's, or the U.S.'s, gay and lesbian community. The National Commission on Employment Policy, charged with reporting to Congress during the ENDA hearings, told Congress that lesbians and gays make less than heterosexuals and that discrimination against gays, like other forms of employment discrimination, hurt our economy as a whole.

The FBI, the Department of Justice and Maine's own Attorney General's Office say that Maine is at least fourth highest in per capita hate crimes. Violence against gays exists in Maine at an alarming level.

Representatives from Maine's business community, labor, management, law enforcement, churches and civic leaders are all forward to oppose her efforts. All gubernatorial candidates oppose the effort. Even Olympia Snowe opposes the effort.

So what's her strategy?? It looks like a strategy perfected by the Nazi Party in their effort to dehumanize Jews. Hitler often said to his confidants that if you tell a big lie often enough people start to believe you. He also said that they (the Jews) were too wealthy and he pitted them against the supposedly "poorer" masses. Carolyn Cosby's article suggests that gay rights measures are akin to taking from the poor to give to the rich.

Unanswered, her rhetoric could take on a life of its own - despite evidence before Congress, testimony from gay men and lesbians, and opposition to the referendum from business, civic and elected officials. We must use the opinion page and letters to the editor to present the truth, we must not let her column stand unanswered. We must use "National Coming Out Day" as an opportunity to tell more people the truth. For those less familiar with Carolyn Cosby, a quick look at the evidence before Congress, testimony from gay men and lesbians, and opposition to the referendum from business, civic and elected officials.

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Andrews leads Matlovich discussion of Maine diversity commission

PORTLAND - Lewiston Mayor John Jenkins discussed the work of the Commission to Promote the Understanding of Diversity in Maine at a September 22 Matlovich Society program.

The Commission has completed a preliminary report that recommends, among other things, the addition of "sexual orientation" to the Maine Human Rights Act and funding for the Civil Rights Division of the Attorney General’s office, which is charged with investigating bias-based hate crimes and hate hate crimes in Maine.

Jenkins noted that the "no. 1 recommendation" in the report was to add sexual orientation to the Maine Human Rights Act. The Commission, he said, "is going to fight incidents of hate crimes or bias incidents and a peer mediation program that would exist in schools to resolve situations.

Jenkins’ presentation generated several comments and discussion about the upcoming referendum initiative by Concerned Maine Families. Jenkins noted that the "no. 1 recommendation" in the report was to add sexual orientation to the Maine Human Rights Act. Several listeners commented that the Commission was uniquely positioned to comment publicly on the referendum.

Jenkins expects that the Commission will be exploring ways to respond to the referendum.

Jenkins is currently focusing on bias incidents and hate crimes, education and economic development as it develops proposals and recommendations to the Governor and the Legislature.

Even by reports that are widely regarded as low estimates, Maine has had a high rate of hate crimes per capita. A report of 17.02 per 100,000 of population 152 reported incidents out of a population of 180,668, or fourth highest in the country. Several national groups maintain that these numbers are grossly low. Jenkins noted that Maine’s Civil Rights Division received 226 civil rights complaints last year. Of the 226 complaints, 39% were incidents directed towards African-Americans, 25% towards gays and lesbians and 21% towards Jews. These statistics underscore the need for a coalition effort to fight hate crimes and the Commission members, according to Jenkins, recognize the benefits of building coalitions of minority groups with the students of hate in the state of Maine.

The Commission has made several recommendations to the Governor and the Legislature. It is not clear how much of the legislature’s work is being done by the Commission. The Commission has proposed a cabinet level position to promote diversity in Maine. It is likely that the Commission will work very closely together, according to Jenkins.

Jenkins also commended Assistant Attorney General Stephen Wessler for his efforts to fight hate crimes in Maine. The Civil Rights Division received 75 complaints for funding for its work. Wessler’s determination has made the difference, according to Jenkins. Wessler has been an outspoken opponent of the referendum effort.

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MLGPA holds annual meeting

AUGUSTA - Between forty and fifty people attended the Maine Lesbian and Gay Political Alliance’s September 17 annual meeting in Augusta to support a strategy for 1994-95 and elect a new Board of Directors.

As it has for the last several years, MLGPA will again be the principle lobbying the Maine Legislature for an amendment to the Maine Human Rights Act that would add "sexual orientation" to its list of protected classes. MLGPA will also work closely with "Maine Won’t Discriminate" (formerly Equal Protection Maine) on its effort to defeat the November 1995 ballot question that would prohibit gay rights in Maine.

There are many people in this state who will vote against Carolyn Cosby’s referendum even though they won’t vote for a gay rights bill. Maine Won’t Discriminate will appeal to a broader base than MLGPA and we can’t afford to lose even those who come halfway on board,” said MLGPA President Karen Geraghty at the meeting.

Geraghty also pointed out that MLGPA and Maine Won’t Discriminate will work very closely together, even though their primary tasks are somewhat separate: "The press coverage of gay rights in 1995 is going to be enormous, and the press might not want to address the differences between Maine Won’t Discriminate, Lyon & Dennison, and MLGPA. Our press campaigns, grassroots campaigns and coalition-building will see a lot of overlap and coordination," said Geraghty.

In addition to strategy, attendees elected a new Board of Directors and officers for 1994-95. Karen Geraghty was re-elected as President with EJ Broder Treadwell, David Stearns, Recording Secretary, Lauraine Bernier, Membership Secretary and Celeste Gosselin, Vice President.

Officers for the year are Jody Briner, Presque Isle; David Cudigan, Hancock, Bliss Gifford, Rockland, and Gartland Beach, Wiscasset. Officers for the year are Jody Briner, Presque Isle; David Cudigan, Hanco...
The Idaho Citizens’ Alliance has placed Proposition 1 on the ballot. If passed, the measure would prohibit the state from passing laws that give civil rights protections to lesbians and gays.

The NGLTF Fight the Right Project has sent staff to assist local gay organizations in these states. The staff will work with local activists to produce and execute media plans, refine campaign messages, and assist with rural organizing, campaign operations, coalition building and fundraising.

Efforts are also being made to build long-term momentum by providing training in Hawaii, New Mexico, Nebraska, Connecticut, New Hampshire and Maine. These efforts will focus on skills-building to produce effective grassroots organizations.

Training will also be available at the 1994 NGLTF Creating Change conference in Dallas Texas, November 10-15. For more information about NGLTF activities, contact Fight the Right’s Robert Bray, (415) 552-6448.

R adecic to step down as NGLTF Executive Director

WASHINGTON, DC - On August 24, the board of directors of the National Gay and Lesbian Task Force announced the Executive Director Peri Jude R adecic will step down at the end of her contract in November. R adecic, who for the past year as Executive Director oversaw several successful grassroots campaigns, will move over to become NGLTF Director of Public Policy.

The NGLTF board will begin an immediate search for R adecic’s replacement and will utilize Board co-chair Chris Collins to assist with fundraising and other organizational duties.

R adecic served as executive director during a period of transition at NGLTF and the movement. During her tenure, NGLTF established and built the highly recognized Fight the Right Project, which has organized and trained scores of activists in more than 25 cities and 20 states. The project has assisted activists and campaigns around the country battle proposed anti-gay initiatives and has seen the number of threatened ballot measures drop from 10 to 2 this year.

R adecic also oversaw NGLTF’s involvement in helping Georgia activists get the Olympic Volleyball competition pulled from Cobb County; has personally advocated to the U.S. Department of Justice on behalf of Brenda and Wanda Henson of Camp Sister Spirit in Ovett, Mississippi; and directed NGLTF’s efforts around Apple Computer staying in Williamson County, Texas, following that community’s anti-gay attack on Apple’s support of gay rights.

M einhold reinstatement upheld

SAN FRANCISCO - The 9th U.S. Circuit Appeals Court in San Francisco has upheld a U.S. District Court ruling reinstating naval petty officer Keith Meinhold. Meinhold gained national attention in 1992 when he was discharged from the U.S. Navy three months after admitting he was gay on a television news report.

The 9th Circuit affirmed the lower court’s reinstatement of Meinhold, saying that a same-sex member cannot be discharged from the armed forces “solely because of a statement of sexual orientation devoid of a concrete, expressed desire or intent to act on his homosexuality contravening the military policy.”

The Court also agreed with the lower court’s conclusion that the Navy had gone beyond the aims of the Department of Defense policy by de­me­nh­ing Meinhold simply for saying he was gay without an expressed intent to engage in homosexual con­duct. It stopped short, however, of affirming the lower court’s ban on discrimination against gays in the military saying that Meinhold’s case was only one individual and did not represent a class action suit.

“Beyond reinstatement, and not separating Meinhold on that basis, the Department of Defense should not be constrained from applying its regulations to Meinhold on that basis, the Department of Defense should not be constrained from applying its regulations to Meinhold and all other military personnel,” the court said.

Meinhold’s discharge was based on regulations that pre-dated President Clinton’s “Don’t ask, don’t tell” reforms, but observers view the decision important because it is ex­pected that legal challenges under the new policy will look to case law concerning the earlier regulations for guidance.

First PWA granted asylum dies

SAN FRANCISCO - The first individual granted asylum because he was facing persecution for being gay has died. 36-year-old Ariel Da Silva, a native of Los Angeles, died in Los Angeles from complications due to AIDS.

Known by the pseudonym Jose Gervacia, Da Silva was granted asylum in March after telling U.S. immigration authorities that he would be in danger if he returned to Mexico. He told authorities that he had been subjected to severe persecution, detention, beatings and rape by the Mexican police because he was gay.

Da Silva was the first gay person granted asylum under the Refugee Act of 1980 which grants such status to individuals who can show that they are part of a persecuted social group. The case moved immigration officials to reconsider its position on persecution due to sexual orientation and led to a ruling by Attorney General Janet Reno that people persecuted for sexual orientation are eligible for asylum.

Gay candidates win primaries in three states

WASHINGTON, DC - The Victory Fund is reporting that two gay men and one lesbian won their respective primaries on September 13. Openly gay Rhode Island State Senator Will Fitzpatrick beat two challengers in that state’s primary. At this point, Fitzpatrick faces only write-in opposition in the Nov. 8 general election. He received 55% of the vote in his three-way primary.

Democratic candidate and lesbian Karen Burnstein beat out two challengers in the New York State Attorney General’s race.

In Arizona, a Phoenix businessman, Ken Cheuvront won the Demo­­cratic prim­ary for the state House of Representative with 44% of the vote. The Victory Fund reports that a total of 14 gay or lesbian candidates are running for office in the Nov. 8 election.

Couples in Seattle celebrate first day of domestic partnership registration

SEATTLE - Approximately 90 couples registered as domestic partners during the first day of Seattle’s new domestic partnership register. The ordi­nance, which went into effect on Sept. 6, allows same-sex and unmarried couples to register with the city clerk as domestic partners.

Mayor Norm Rice signed the ordinance into effect after Seattle’s City Council unanimously approved the measure.

Registrants must show that they are 18 years or older, are not related by blood, are in a relationship of mutual support, caring and commitment and are each other’s sole domestic partner. The cost to register is $25 and couples receive a certificate to note the relationship.

Supporters of the ordinance say that it provides at least symbolic recognition of the union although it awards no legal benefits and that over time, it will become the foundation for further legal recognition of gay and lesbian couples.

Seattle joins approximately 12 other cities with domestic partnership ordi­nances.

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### October/November

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**Celebrating Blackstones' 7th Anniversary**

Blackstones' owner Ralph Cusack and his staff invited patrons to help celebrate the bar's 7th anniversary on September 3. Throngs of hungry and appreciative individuals marked the occasion.
Include due by calendar listings.

Are you listed?
Send your non-profit calendar listings to:
10% Enterprises
P.O. Box 11265
Portland, ME 04104
Include location, contact no., date and time. Submissions are due by the 20th of the month.

Listing of Events

Saturday
Circle of Hope
Reducing Prejudice

Androscoggin Valley AIDS Coalition meets every Tuesday from 7:30-9pm at Lafayette St, Lewiston. Drop in any Tuesday or call 786-4697.

"An Election Guide", MLGPA officers Karen Geraghty and BJ Broder, Oct. 11, 7-9pm Student Ctr, USM, FMI 774-4919.

"Artificial Insemination: A Personal Story Laced with the Facts" Oct. 18th, Student Ctr, USM, 7-9pm FMI, 774-4919.

"Candidates, Bills, Referendums: The Politics of Diversity" a Building Inclusive Community program with MLGPA President Karen Geraghty at the Lewiston Multi-Purpose Ctr, 145 Birch St, Friday, October 21, at 7:30pm.

"Constructing Our Visibility" 1st of 3 forums on creating community support for being "out" in Maine, Sat., Oct. 22, 10-5pm, AVAC, 4 Lafayette St, Lewiston. For registration call 772-7255 or 671-9940. Sponsored by the Pride Committee '95.

Equal Protection Maine meets in Portland every other Monday at 7:30pm at St. Luke's Cathedral, State St, Portland. For more information, call 1-800-MLGPA.

Fall Harvest Dance, MLGPA Mtg, Maine Won't Discriminate Fundraiser Kay Gardner

Fall Harvest Dance, Oct. 13, 8pm-midnight, Temple Beth-El, 400 Dering Ave, Portland. DJ refreshments and hemen-$5 in advance; $6 at the door.

Friday Night Church meets every Friday at 7pm, State St Church, 159 State St, Portland. All-inclusive and affirming service offering a guide to Christian spiritual journey. Everyone is welcome. For more information, call 774-6956.

Lesbian Support Group meets every first and third Wed, at the Mabel Wadsworth Women's Health Center, Woman-only, lesbian-only space. 6:30-8pm, 334 Harlow St, Bangor. For more information, call 947-5557.

"Let's Do Brunch" Potluck social gathering, 11am-2pm, third Sunday of the month at York County locations. Call 985-2784 for more information.

Lesbian/Gay Political Alliance meets on October 15 at 12noon at the Winthrop St Unitarian Church in Augusta.


Maine Lesbian/Gay Political Alliance meets on October 15 at 12noon at the Winthrop St Unitarian Church in Augusta.

Maine Won't Discriminate Fundraiser at Jonathan's, 1 Orne Lane, Ogunquit, Sat. Oct. 15, 7:30pm. Dinner, entertainment, speakers and auction, $100. Proceeds benefit Maine Won't Discriminate. Call 774-6877 or 774-4919 for more information.

"Men and Race: The Color of Fear", film and discussion, Matlovich Society, Oct. 13, 7-9pm at the Creative Arts Center, Portland. Free parking and wheelchair accessible.

Mothers and Kids Group meets the 2nd Sunday of the month. On Sept. 11 meet from 12:30-5pm at the Lunt School, Middle and Lunt Rd, Falmouth. For information, contact Linda Parker at 767-4568.

Partners of Parents meets every 3rd Monday, 7-9pm at Woodford Congregational Church, Woodford St, Portland. Support to lesbian and gay men whose partners have children. For more information, call 774-9522.

"Reducing Prejudice and Building Community" a 1-day workshop, Sat., Oct. 1, 1994 presented by the National Coalition-Building Institute, 8:30am-4pm, St. Luke's Cathedral, State St, Portland. Fee is $65. For information, call Diane Gilman at 207-882-8022.

Substance Abuse in the Gay Community, an interactive discussion with Frank Brooks, LCSW and Betsy Hood, LISW, 7-9pm, Nov. F, USM Student Ctr, FMI 774-4919.

Witches, Warlocks and Pagans, discussion, 7-9pm, Oct. 25, Student Ctr, USM, FMI, call 774-4919.

"Women, Music and Power" a workshop with Kay Gardner, Sat., Oct. 15, 2-4pm, Belfast Free Library, Abbott Auditorium, 46 High St, Belfast. Sliding scale fee $15-$25. Info and registration, 538-5669. Also Kay Gardner in concert that evening at 8pm, same location, $5-$10. Events benefit the Women's Ctr.

"Womyn and the AIDS Epidemic", Oct. 4th, 7-9pm, Student Ctr, USM, FMI, 774-4919.
In the 1930s, an artist and his models scandalized a nation with their controversial paintings.....

The judge also held that Issue 3 violated the 14th Amendment because it infringed on the fundamental right of equal participation in the political process. As a suspect classification infringes on a group's right to participate in the political process, it must be supported by a compelling state interest. Absent such a showing, the law can be ruled unconstitutional.

Finally, the judge found that there was absolutely no rational basis to support Issue 3. He noted that laws treating people unequally without a rational basis for the different treatment violate the 14th Amendment. Therefore, even if sexual orientation was not a quasi-suspect classification, the court did not violate the fundamental right to equal participation in the political process. Issue 3 was still unconstitutional.

These arguments were rejected by the court and it also held that Issue 3 violated the 1st Amendment rights to free speech and association and to petition the government for redress of grievances. In his written decision, the judge denied for redress of grievances.
Navigational tools

by Maggie Fournier
Contributor

Helping our children find their way and their own voice in this world is a tall order for any parent. Kids of lesbians, like most children, are pretty much of the garden variety. They are diverse in their accomplishments, talents, and skills. They come in various shapes and sizes and have needs and desires, hopes and dreams. Like other children, they want to be valued and accepted, encouraged and loved. They wish to fit in. They want to be happy, play a great deal and snuggle, particularly when they are little tots.

Our kids are special in that they have moms who are lesbian. How can we help our daughters and sons navigate through life without incurring a few squalls along the way? Well, the truth is that we can't. It's simply a part of growing up. What we can do, however, is instill in them a sense of pride in who they are and in who we are.

This is a process which begins at birth and will continue for a lifetime. It involves a wide range of actions and words. From the earliest moments of life, our children need to trust that we will be there for them and be strong role models. This need will persist to a greater or lesser degree throughout their lives.

From the time that they are new-borns, we set the stage for healthy self-esteem. I offer a few navigational tools to use along the way:

"During your pregnancy, seek out a lawyer and assist you in developing your wills and power of attorney. If you live in a state such as Maine which does not yet allow for adoption by the non-biological co-mother, this is a particularly important thing to do. Be clear about who you wish to be your child's guardian in the event that the legal parent(s) die. Some people just hate to think about wills and other legal agreements. Remember, though, that homosexual parents are not usually protected by laws which govern legally married heterosexuals. You'll feel much better knowing that you've done all that you can to secure your family. GLAD (Gay and Lesbian Advocates and Defenders in Boston, 617-4261550) and ACLU (Maine Civil Liberties Union, 207-7745444) can be helpful in referring you to a knowledgeable attorney."

"From the start, clearly share with all significant people with whom you associate, that you are lesbians who are raising your child together. This is an ongoing educational process and it gets easier each time you do it. Tell people that you both are the parents and provide care givers such as doctors, nurses, day care providers and schools with any pertinent legal documentation. Every form that requires parental signatures should be signed by both of you as a matter of record. (We often cross out the word father and write above it, mother.)"

"We do this for clarity's sake and, more importantly, as a statement that the three of us (our daughter and her two moms) are family. It's affirming for us and our child. We've always felt that if we were clear about our lives, then our child would less likely be put in awkward or hurtful situations. So far it's working. And even more importantly, she is proud of herself and of us. Secrets are devastating and often, underlying them, is a sense of shame. It's simply not fair to your child to remain closeted. It's not fair to yourself, either. Allow your child to see that you are not afraid to be true to yourself."

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Maggie Fournier is an associate professor of nursing at the University of Southern Maine. She is currently conducting research on the topic of co-mothering and is writing a book on lesbian parenting with her partner, Cheryl Ciechomski. Maggie and Cheryl live in Portland, Maine, with their eight-year-old daughter, Emily.

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**Maggi Fournier**

Contributor

**Helping our children find their way and their own voice in this world is a tall order for any parent. Kids of lesbians, like most children, are pretty much of the garden variety. They are diverse in their accomplishments, talents, and skills. They come in various shapes and sizes and have needs and desires, hopes and dreams. Like other children, they want to be valued and accepted, encouraged and loved. They wish to fit in. They want to be happy, play a great deal and snuggle, particularly when they are little tots.**

**Our kids are special in that they have moms who are lesbian. How can we help our daughters and sons navigate through life without incurring a few squalls along the way? Well, the truth is that we can't. It's simply a part of growing up. What we can do, however, is instill in them a sense of pride in who they are and in who we are.**

This is a process which begins at birth and will continue for a lifetime. It involves a wide range of actions and words. From the earliest moments of life, our children need to trust that we will be there for them and be strong role models. This need will persist to a greater or lesser degree throughout their lives.

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Dream Groups: These ongoing experiential groups will explore members' dreams through many approaches. Day group meets 11 weeks on Weds. 9:30-11:30am, starts 10/5. (Closes to new members 10/25). Evening group meets 14 weeks on Thurs. 7-9pm (closes to new members 10/26). Members have the option to continue in subsequent "dreamcycles". Portland-based. $20-$40 per session. Call Rick Bouchard, The Dream part of Your Spiritual Journey, 828-2031 for interview.

Vacation
Lesbian Paradise! 20 charming rms, 100 acres, pool, hot tub, hiking/skiing trails, yummy breakfasts, peace and privacy, we're your perfect vacation choice year-round! Week-long and midweek discounts. HIGHLANDS INN, Box 118TE, Bethlehem, NH 03574. (603) 869-3978.

Due to space limitations, 10% will no longer be accepting personal ads. We regret that we cannot provide this community service, however several other personal ads columns are available in other publications for those desiring this service. Personals received for this month will be returned to sender. We apologize for any inconvenience this may cause.

OUTRIGHT/Portland
weekly support meetings, -information, -fun and special events for gay/lesbian/bi/and questioning youth under 22 years of age.

OUTRIGHT/Portland
meets every Friday at 7:30pm at the Williston West Church, upstairs chapel, 32 Thomas St., Portland. For more information write or call P.O. Box 5077, Portland, ME 04101, or 774-HELP.

Fitness
A stretch a day keeps aging away
by Martha Atherholt II

Are you one of those people that thinks stretching is for wimps? Well, it's time for an attitude adjustment! Aerobic exercise and strength training are not the only part of a healthy fitness program. For years, researchers have been proving the anti-aging benefits of regular exercise and now they are beginning to look at flexibility.

No matter how strong your heart and muscles are, time will eventually bring on tightness in the muscles and connective tissue. This leads to poor posture, backaches and stiffness in the hips and legs. A good stretching routine will not only improve flexibility, but enhance muscle tone; body awareness and appearance. Stretching can also give you better circulation, more energy, better posture and the ability to move more gracefully.

Recently a new approach to stretching, called "Active Isolated Stretching", has surfaced. This method is based on how the "stretch reflex" works in our muscles. Instead of using the traditional method of holding stretches for a long period of time (which is uncomfortable for less flexible people), Active Isolated Stretching uses more motion. The stretch reflex makes muscles want to contract after being stretched for only two seconds. If you continue stretching them beyond this point, you are essentially working against yourself, trying to stretch muscles that are contracting. Active Isolated Stretching is designed to work with the stretch reflex, by holding stretches for only 1 1/2-2 seconds, relaxing and repeating.

The following is a thirty-minute routine designed to focus on areas of the body which are prone to stiffness with aging. Prior to any stretching, make sure that you do some sort of warm-up activity. Walking, light jogging or cycling for 5-10 minutes is an adequate warm-up. As you begin your program, start with one set of each exercise for 8-12 repetitions, three times per week. Over a three to four week period, gradually build your program up to 2 sets of 8-12 repetitions. Hold each stretch for 2 seconds and return to the resting point. Remember to exhale as you stretch and inhale as you relax the muscles.
Michelle Bolen
Licensed Clinical Social Worker
General Practice Individual & Groups Education & Presentations
Specialties include...
childhood abuse issues anger management women's issues
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Concerned about hate crimes?? so is the Civil Rights Division of the Attorney General's office
For more information about a new effort to eliminate violence around our bars contact: Dick at PJ's Roland at Sportsman's Athletic Club or Sue or Marianne at Sisters
These bar owners are willing to organize local meetings with the AG's office to let patrons know about the effort to stop violence.
STOP THE VIOLENCE! report hate crimes by calling 626-8844

Serving Our Community with Pride!!
Farnsworth & Associates Attorneys at Law
Susan Farnsworth, Esq. William Sandstead, Esq. 222 Water Street Hallowell, Maine 04347 (207) 626-3312

Towards a More Positive Identity

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HALLOWEEN DOUBLE FEATURE

Saturday, October 29th. "Family Values" Night
$300.00 Cash Prize
"Best Group"

PLUS

Sunday, October 30th. "No Theme" Halloween Pumpkin Carving Contest
*One "$500" Prize

Also...Saturday and Sunday we now open at 1:00 pm
Free Pool from 1:00 until 8:00 pm.
Sunday's "Twelve hour happy hour"
Look for our new "HOT" Coffee specials

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"Although some in her party have counseled Susan Collins to modify her pro-abortion and pro-gay rights stands in order to appeal to more conservative voters, Collins says there will NOT be any changes.

Those views are fundamental beliefs of mine and I think they are shared by the majority of Maine people, she says. The government ought to stay out of personal decisions. I view the gay rights issue as one of discrimination. I belong to the party of Lincoln, and that ought to mean something."

The Maine Times, September 16, 1994

SUSAN COLLINS
a bold and courageous Maine Woman who has stood up to her party to support equal rights for lesbians, gay men, heterosexuals & bi-sexuals, who supports full reproductive rights for women, who has the vision and understanding to bring the new information technologies to Maine's workforce and businesses and establish a solid economic base for ALL of us.

SUSAN COLLINS
A MAINE WOMAN FOR GOVERNOR • VOTE NOVEMBER 8

YES, I WANT TO HELP ELECT SUSAN COLLINS FOR GOVERNOR
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☐ I want to volunteer - please call me
☐ Use my name as a supporter

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Paid for by Andrew Brooks, Brighton Avenue, Portland, ME 04102 • Authorized by the candidate