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Spruce Run

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SPRUCE RUN

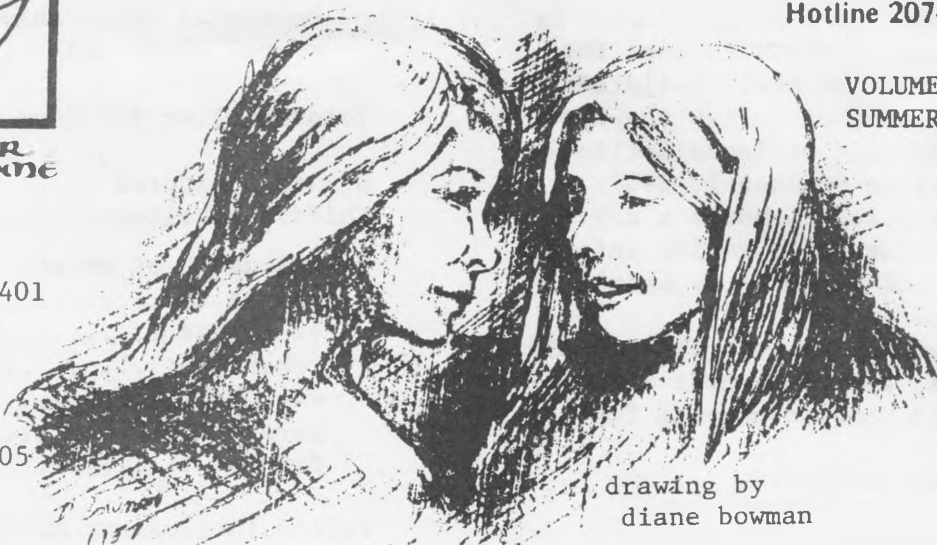
Services for Victims and Survivors of Domestic Violence

Hotline 207-947-0496

VOLUME XIV, No. 1
SUMMER, 1987

P.O. Box 653
Bangor, ME 04401

P.O. Box 524
Ellsworth 04605



drawing by
diane bowman

VOLUNTEERS NEEDED!

Spruce Run will offer a 40-hour course in crisis counseling beginning early in September. We need volunteer counselors both to answer hotline calls from their homes and to counsel battered women in the office and the shelter. No prior counseling training or experience is needed. The following article by Connie H., a longtime Spruce Runner, describes the kind of commitment a volunteer is asked to make.

Would you like to be a volunteer for Spruce Run? Seems like such a simple, straightforward little question. Yet, in some ways a "yes" response could be the start of the toughest job you never had. Volunteerism is hard work, and at Spruce Run, with so few hands and so-oo many things to do, this is especially true. Spruce Run is more than just an agency providing services to battered women and their children: Spruce Run is a vital voice for women in our community, a constant presence in the face of societal denial of the scope of the "family problem" of battering, a pioneer in service provision to women and children whose lives have been affected by violence.

There are many difficult tasks volunteers are asked to do, but the most difficult is learning to set personal limits and how and when to say "No."

The message is clear, "Feel free to say No," yet you, the volunteer, know that:

- a) this staff person doesn't have time to make very many calls;
 - b) most everyone else is out of town or already tied up;
 - c) if you don't take the task or shift, in all probability a staff person will have to add it to her already long list;
 - d) you were only going to rest, read, and pamper yourself in that time span.
- Oh, the double bind! Do I say "No" and suffer the guilt pangs, or do I say "Yes" and resent the task, asker, and agency? I personally have chosen both avenues and I think I've made progress in reducing the guilt and resentment.

But I am working hard to keep this scenario from continuing: I'm recruiting volunteers for Spruce Run! I'm talking to everyone I know about the work that needs to be done. The more Bakers and Shakers we have working together, the lighter the load. Lots more people are interested, but not everyone wants to be a crisis counselor, so we must reach out to bakers, yard sales, gardeners, putterers in our circle of friends and let them know Spruce Run needs and values volunteers. The more of us there are, the more we can accomplish, and the more fun we can have doing the hardest job we never had.

Funded by
the State of Maine,
United Way and
your generous donations

- Connie H.

NATIONAL SHELTER AID PROGRAM

The Shelter Aid Program is a comprehensive campaign sponsored by nine popular products in conjunction with the National Coalition Against Domestic Violence. The funds received will be distributed to shelters by NCADV to meet the immediate needs of women and their children.

Shelter Aid will also establish the first toll-free national domestic violence hotline: 1-800-333-SAFE, effective October 1, 1987. The hotline will be staffed 24 hours a day by people trained to provide confidential information about options and referral to local shelters as requested.

Here's how we can all support Shelter Aid: On Sunday, October 18, coupon inserts in newspapers nationwide will contain coupons for these nine products:

- Stayfree feminine protection
- o.b. tampons
- Medipren pain reliever
- Pediacare Children's Cold Relief
- Sineaid sinus medication
- Reach toothbrushes
- Band-Aid Adhesive Bandages
- Johnson's Baby Shampoo and Conditioner
- Johnson's Baby Powder and Baby Powder
- Pure Cornstarch.

For each of these specially marked coupons redeemed, five cents will be donated to local shelters, up to \$500,000, through NCADV. Shelter Aid will also donate five cents extra for every proof-of-purchase from Medipren and Stayfree collected and mailed in. Special Shelter Aid mailing envelopes will be available in local food and drug stores.

Spruce Run urges all our friends to clip these coupons on October 18. If you don't use any of the products listed, we have clients who do, and they would make a wonderful donation to the shelter!

SHELTER WISH LIST

There are three critical needs at this time: TOOTHBRUSHES, TOWELS, BACK OR FRONT PACKS TO CARRY INFANTS. If you can donate any of these, please drop them at our office or phone 945-5102. Other items needed:

- New pillows
- Ditty Bag items: toothpaste, deodorant, combs, soap, shampoo, etc.
- Small appointment books
- Disposables: paper towels, toilet paper, sanitary supplies, diapers.

Thank you for all your support for our residents, who must often leave home with only the clothes they have on!

FY 1986 CLIENT STATISTICS

Adult clients served	519
(536 women, 14 men)	
physical abuse	269
emotional abuse only ...	215
sexual abuse only	9
Total Shelter Bed Days	1285 (women)
	1688 (kids)
Adults sheltered	83
Children sheltered	103
Relationship of abuser	
spouse	213
ex-spouse	18
cohabitant	79
ex-cohabitant	23
parent	97
friend	14
Police involvement at intake.	43
Alcohol involved	
abuser	135
client	20
Other drugs involved	
abuser	63
client	8
Referred by	
self	80
friend/relative	27
Dept. of Human Services.	16
mental health provider .	22
legal	20
medical	7
law enforcement agency .	23
media	18
other DV project	36
clergy	4
training school	21

CHILDREN'S WISH LIST

Dolls/stuffed animals	Easel, tempera paints
Leggo toys	Paste, paste sticks
Preschool farm set	Multi-colored construction paper
Preschool sewing cards	Playdough and playdough toys
Animal flash cards	Wooden table and chairs (child-sized)
Puzzles (preschool)	play dishes and food
Wiffle ball and bat (fat kind or regular)	Chutes and Ladders
Kickball	
Beanbag chair	
Puppets	

STAFF NEWS

We welcomed two new staff members in May, just in time for training: Deborah St. Martin and Lynn Bujnak. We interviewed them and Francine Stark, who came last Fall.

DEBORAH is the Hancock County Program Administrator for Spruce Run. She is working on outreach and participating in meetings to re-assess the Hancock County project. She also does consulting and is a foster parent. For fun, Deborah does lots of activities with her foster child. She also works part-time for an antique dealer, loves going to auctions and doing shows, enjoys art galleries and "things old and odd." Spruce Run has made Deborah more aware of women's issues in the day-to-day routine of life. She's more verbal about those issues and her own values, and she's gained confidence in her beliefs.

Deborah wishes for an ecologically safe company to come into her area and provide jobs to alleviate some of the poverty. The company would also provide free daycare and health services!

LYNN, our Children's Services Coordinator, grew up in Belleville, Illinois, and was educated at McKendrie College (B.A. in Psychology and Human Communication) and Princeton Theological Seminary (M.Div. with concentration in crisis and family systems counseling). She came to us from Nazareth, Pa., where she was associate pastor at St. John's United Church of Christ. There she did a little of everything, including programming for a wide age-range of kids and adults, and also support groups for single parents and folks who were grieving over the loss of a loved one. For fun, Lynn likes to hang out at the beach, play guitar, fly fish, and work on older cars.

Working at Spruce Run has enabled Lynn to do hands-on work with women and children around justice issues, which are near and dear to her heart. Meeting with children, playing with them, listening to them, and helping them to find some safety at a very scary time enriches her life tremendously.

FRANCINE, our Administrative Coordinator, is a native Mainer, born and raised in The County, on a farm outside Presque Isle, where she picked potatoes, drove her father's skidder in the woods, and enjoyed a youth full of peace and the warmth of a large, creative family.

While earning a B.A. in Rhetoric at Bates, Francine lived in Greece for a year. She has also traveled in Mexico and Guatemala, and served for 2½ years in the Peace Corps in the Dominican Republic, where she worked with community groups on several projects. There, Francine developed great respect for the ability of people to realize their needs and help themselves with support and access to resources.

Francine became involved with the battered women's movement as a hotline volunteer in Burlington, Vt., where she was employed to work with money, statistics, and computers. When the administrative job at Spruce Run became available, she was excited to be able to offer her skills to the women's movement and to move home to Maine.

Being part of Spruce Run is a tremendous opportunity to create, dream, and work as part of a dedicated, caring group of women from all over Maine (as part of the MCFCS). Despite frequent and colorful frustrations, Francine admits it has enriched her life.

"My one wish? That all people could seek and nurture the positive potential in each other, striving to create peace in every aspect of our lives."

With much sadness, we said Goodbye to Katey B. in July. She's enjoying her more relaxed Summer on the coast and making her living by giving wonderful massages. Thanks to Katey for all the energy and love she gave to Spruce Run.

CHILDREN'S WORKERS NEEDED!

Lynn, our Children's Services Coordinator, and LeeAnne M., Steering Committee member, will offer a training course for volunteers who wish to work with children in the shelter and support groups. In October they'll begin the 16-hour course, two nights each week for four weeks. If you love kids and have a couple of hours a week to give, please phone Lynn at 945-5102 for more information. No special skill or training is required to participate!

POEMS

Before:

To be battered is to exist in a living death -- an annihilation first of dignity, then of hope, and finally of selfhood. One is betrayed by the closest physical and emotional bonds, and devastated by the sight of a loved one transformed into an embodiment of hate.

Rage

Seeing Death
Reaching for me with a mask of rage transformed
From the familiar face
Of one I loved
I feel my bones crack
I am swallowed in darkness
Yet the grimy reality of another day
Returns.
After seeing his face for so many years
I try to seek him
Willingly to go to him
me — Before he comes upon my unawares.
Yet in his arms
I see the huge and frightened eyes of children
And know I must resist.
For their sake
Somehow I must find for them
My strength that is the flicker of hope lost
In those eyes.

1984

After:

it's — To stop the violence is to take an outstretched hand
and to find your own strength. It is rediscovering a self
— you may have never known. And its never forgetting those
who are suffering and dying still. To stop the violence is
to break the silence and to step forth into freedom.

from Only Love

She lifts up the phone
Hoping without hope
That someone will be there.
Woman's voice answers, woman's heart listens,
Woman's hands show she cares.
She gathers her kids up to find shelter
The hands of love open wide
They gather her in and he can't touch her
She's found a place to hide.

"Only love can fill the place
Where justice ought to be"
Only love can heal a heart
And love can make a safer place for me.

1985

— DIANE BOWMAN

The 113th Legislature showed once again that Maine does care about battered women and their children, by placing the funding for the Maine Coalition for Family Crisis Services high on its list of priorities. The MCFCS received funding for both bills: (1) the basic services bill was funded at the level of \$125,000 for 1988 and \$140,000 for 1989; (2) the Community Response Programs will receive \$93,750 in 1988 and \$125,000 in 1989. With its share of this money, Spruce Run will increase support for children's programming, community response, and the Hancock County outreach project, as well as bringing starting salaries up to the minimum standard adopted by the Coalition.

WHO THE WORKERS ARE

Hi! My name is Kathy and I'm a Spruce Run volunteer from Hancock County. For those who talked with me, thanks! I really enjoyed it a lot. What a multi-talented group of women we are! (And busy!)

And for those of you who don't know what I'm talking about, I spoke with the Hancock County volunteers for the newsletter and did a kind-of-an-interview with five "easy" questions: What do you do for work? What do you do for fun? How has Spruce Run enriched your life? If you had one wish, what would it be? What's the most important thing in your life today?

Basically, we all groaned, thought about them, and answered.

For those of you who were on vacation or unavailable, I'm sorry we missed you and hope to catch up with you next time. (Oh, no!)

Carlene does a variety of things for work. She teaches piano, sells home and personal products like cosmetics, jewelry, and gift items, drives elderly people to places they need to go, and delivers the Bangor Daily News! So for fun, she says, When do I have time for that? She says she does enjoy reading books.

Spruce Run showed Carlene a broader scope of life, gave her a wider perspective on human suffering and a better feel for how to help women. She wishes most that people would stop hurting people... that the human race would stop hurting each other. The most important thing in her life is her son.

Barbara is a mother and a student and says she hopes to get her business administration degree sometime next year. She en-

joys doing many things, dancing, reading, and outdoor activities, especially picnics. Being involved with Spruce Run has given her a lot better understanding of the whole battering situation and helped her confront her feelings about a relationship she was in many years ago. She learned new techniques of communication and gained confidence in dealing with situations and feelings that made her uncomfortable before. She thought she gained quite a lot through the volunteer training.

Barbara's wish is to "find that niche that's mine," and the most important thing to her is being a mother and a person, too.

Lynn is presently painting houses for old women. She enjoys hanging out with her friends and has been catching up on her sleep, finally.

She said being involved with Spruce Run gave her a lot more confidence in her counseling skills and that's important to her. The friendships she gained have been enriching, and she likes the battered women's movement because of the different kinds of people involved.

Lynn's fondest wish is for peace and safety for everyone to be who they want to be: no oppression. The most important thing in her life is Tracy, and taking care of herself in good ways.

Lou is retired; she enjoys conversations with friends, reading, and volunteer work. She learned, through Spruce Run training, a lot about a problem she was only peripherally aware of; although she knew of battering, she had no idea of the scope of the problem. She feels learning about these issues helps her contribute to the world around her. She found Spruce Run people interested and interesting, and she enjoyed meeting them.

Lou wishes for continued good health, mentally and physically...and for world peace. The wellbeing of her family is most important.

Mary is a psychologist and is busy renovating a Victorian house. Getting together with the women on the Hancock County Project Committee is enriching for her, and she liked it that Spruce Run is women helping women. Her wish is to get her priorities in order, and most important to her is her family.

Robin runs a seasonal children's boutique in Northeast Harbor, and volunteers for Spruce Run. She enjoys playing tennis, activities with her kids and husband, skiing,

and hanging around the house doing a variety of things.

Robin says Spruce Run is the best thing that ever happened to her and the most important thing she does. It's taught her about listening to people, has given her a greater sense of women's issues, and provided a long-term goal. She said she'd wish for lots of money, and getting her kids through the teen years safely and happily is most important.

Kathy is a police and fire dispatcher. She likes not working...enjoys being outdoors, hiking, biking, canoeing, skiing, and likes to paint, write, refinish furniture, travel, cook, and do things with friends.

Spruce Run gave Kathy strength, confidence, support, and a sense of purpose which was so important to her as she was going through a divorce. She gained a perspective on things she wouldn't have had otherwise, on herself, women's issues, self-help, the battering cycle, communication, empowerment, and friendship. The friends she's gained have been life-saving at times. Being involved has just been an incredibly growthful experience.

She'd wish for more wishes, and the most important thing to her is her sanity.

Irene is a home teacher. She says being an adult child of a dysfunctional family, she's just beginning to learn what it means to have fun.

Spruce Run has been very confirming; being involved has affirmed a lot of her own values, especially about self-help and empowerment. She finds it enlightening to continue to discover the power imbalances that exist in the world.

Irene has too many wishes to just name one, and living in the present is the most important thing to her.

Jaki is a Child Protective caseworker. She enjoys gardening, hiking around Mount Desert Island, doing things with her kids, fun social activities, and reading.

She said the training she received from Spruce Run was far superior to any she's received in connection with her jobs. She said it made her more aware in a positive way about domestic violence and what can be done to influence its "course." It's given her insight into family dynamics, put her in touch with her own interpersonal skills and abilities. Jaki says she misses being more involved and misses the support. She's gained good friends and learned a lot. She says Spruce Run is a valuable resource.

Jaki wishes for a perfect world where everyone is happy and healthy. The most important thing to her is her kids.

Dotty C. is the Program Coordinator for the YMCA Buddy Program, which is like Big Brothers/Big Sisters. It's for kids 7 to 14.

She likes to garden, play with her kids, and do "nothing" for fun. She says the people she's met through Spruce Run have been enriching, and the skills she's learned have been rewarding. She thinks the experience helped her get the job she currently has.

Dotty wishes for tolerance for everyone and world peace. Her family is most important to her.

Jill is a lawyer. She likes to swim and play with her babies. She says being involved with Spruce Run is rewarding because she's working for something she believes in.

Jill wishes she had more time to do things and the most important thing is her family.

Mary Ann is a craftsperson, has her own business, and is part owner of two co-op galleries. She also supplements this with various parttime work. She enjoys walking along the beach, gardening, reading, and exploring Maine and all its nooks and crannies.

Mary Ann has met wonderful women through Spruce Run and has a rewarding support group of friends. She says expending energy to help someone else makes her feel good about who she is and what's happening in her life and that that phenomenon is very freeing.

Her wish is to acquire suddenly huge sums of money because then she could make a lot of other wishes come true, not just for her personally but for the world as well. Finding a balance for what's important to her is most important; there wasn't just one thing.

Dorcas is the Manager of Production of Animal Resources Breeding Colonies at Jackson Laboratory, which rears 3 million mice a year, 100 different specialized strains. She likes outdoor activities, walking, biking, gardening.

Spruce Run has enriched Dorcas in many ways: she's met incredibly talented and focused women and has enjoyed interacting with them. She's learned a lot about herself as well as the inequities of the world.

Her wish is to have humankind come to terms with its world, and being able to enjoy her physical surroundings is most important.

Dotty H. is a painter. She likes to play tennis, golf, sail, ski, and she does what she likes for work so that's fun, too.

Spruce Run has increased her awareness, given her new vistas.

Dotty's wish is to make the future in some way more secure for her children and grandchildren. She says life is like a patch-work or an engine: it needs all its parts to run correctly. Her family comes first and her work next as most important things in her life.

Yolande, who spent 15 years as a nun, is presently working as a legal translator and preparing to take the Maine Bar Exam. For fun, she likes the outdoors: hiking, cross-country skiing, swimming. She thinks it would be fun to build a house someday.

The Spruce Run training experience seems to have come just at the point when Yolande was ready to end many years of hibernation and to become a bit more active and involved in the society.

Yolande's one wish is to become fully enlightened. It was difficult for her to say what was most important in her life, so she left us with this statement: "I guess it's to make some sort of contribution in the years I have left."

From Andy, here is the news of several Bangor volunteers and workstudy students:

DORINDA is a single mother of three children, which along with her work at Spruce Run keeps her quite busy. She loves music, reading, going to movies, and being with friends.

Dorinda feels that Spruce Run has helped her to gain more self confidence. It has changed her life for the better by helping her to become a stronger, more empowered woman. She has many wishes, but feels that the first wish would be to always have peace of mind. The most important thing in her life is two-fold; her children and her work at Spruce Run. She enjoys helping people very much and believes that in helping others, she helps herself.

LYNNE C. works at the Bangor Raceway as a teller and at Mr. Paperback and is a third year student at UMO, majoring in computer science. She enjoys outdoor activities such as hiking, picnics, and canoeing. She also loves music, dancing and animals.

Lynne does workstudy at Spruce Run as a computer consultant. This has helped her to put to use the knowledge she has acquired through school into an actual work situation. Although much of her time is spent working on the computer, she

has learned a great deal about domestic violence. She has gained much respect and appreciation for the counselors that give so much of themselves. She has enjoyed working around people who she feels are very nice and quality human beings.

Lynne's wish is that all the wishes in her life come true, but only if they are in her best interest. She says; "I hope that when I die, I will have no regrets about the life that I lived." The most important thing in her life is her spiritual evolution. She feels that life on earth is a school that gives people the opportunity to learn and grow. It is important to her to be able to take advantage of every opportunity presented to her to increase her growth.

MAUREEN is a workstudy student here at Spruce Run. She does hotline counseling and is a kids worker. She will be a third year student at UMO this fall and will be majoring in Human Development. Besides her work at Spruce Run, she has a husband and three year old daughter that take up a lot of her time. She enjoys music, dancing, swimming and playing cards with friends.

Maureen feels that Spruce Run has been a good experience for her. It has provided a supportive and caring atmosphere for work and personal growth. Her one wish is for her family's health always to be good and their lives successful. The most important thing in Maureen's life today is family and friends.

Maureen says that being a hotline counselor here has given her more than she thought she could ever have when she first started at Spruce Run.

SERENA is a high school teacher who does athletic things for fun: scuba diving, camping, traveling, meeting new people. Her Spruce Run experience has made her more disciplined and more aware of her own feelings. It has also helped her to feel more responsible for others, even if it's only for ten minutes on the phone!

Serena is an idealist: she wishes for total freedom. Her kids are most important.

CAROL L. works at the fulltime job of single parent. She does lots of work for Spruce Run, but nothing that pays: fund-raising, yard sales, volunteer committee, hotline counseling, and assists with training. For fun, she likes parties, dancing, interaction with people: "I like to boogie." Carol also loves her big garden, enjoys the outdoors, and likes doing things with kids.

Carol's wish is personal; she'd rather not share it. Her daughter and her dog are most important to her. Carol's parting words: "I dare anyone to try to dunk me in the tank at the Spruce Run picnic!"

Andy wishes for the ability to reach the goals she has set for herself. Her family and friends and "being the best person I can be" are what's most important to her.

RENOVATIONS BEGIN

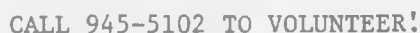
Special thanks for helping bring this project about go to Noel Tewes, who put lots of time into planning as well as now doing the work; Ann S., who assisted with planning and finance; Shannon and Francine, who found the money in the budget; and Elaine O., who has been involved in the project from beginning to end.

FUNDRAISERS BRING IN \$\$\$\$

The now-annual gigantic Fall Rummage Sale will take place at 77 Dirigo Drive, Bangor, September 11 and 12. Carol L., the wonderful coordinator of this event, says she can use a few more winter clothes in excellent condition, as well as winter sports equipment. Also, if you're one of those who love to work at these sales, call the office at 945-5102 to volunteer!

The United Way of Penobscot Valley will kick off the Fall campaign September 18-19 at the Bangor Mall. The UW hopes to raise \$1.3 million this year. United Way is Spruce Run's second biggest funding source: they pay the salaries of our Counseling Coordinator and Shelter Coordinator, and provide some shelter expenses such as heat, utilities, supplies, and a pay phone for residents.

The Symbol Says It All.



NANCY A. GENTILE

Nancy A. Gentile, the first director of Spruce Run, died suddenly in a car crash on January 24, 1987. Publication of this Newsletter is the first opportunity we have had to tell our friends what her loss meant to Spruce Run.

Nancy joined the first volunteer training at Spruce Run in Spring, 1977, and remained involved for the next ten years. During her years as Director, she worked to obtain funding from the State and the United Way, she joined with others to form the Maine Coalition for Family Crisis Services, she helped draft the Protection from Abuse Act, and she represented Maine, and New England, on the board of the National Coalition.

To ensure that her work to end violence against women would go on, Nancy left the bulk of her estate to the MCFCS. Many of her friends have sent memorial donations as well. Anyone who wishes to contribute to the Nancy A. Gentile Memorial Fund may send a check to MCFCS, P.O. Box 653, Bangor 04401.

Sue B.'s tribute expresses simply and eloquently what Nancy meant to many of us:

What did Nancy do for Spruce Run? She organized, she networked, she directed, she administered. She recruited and trained, she counseled, she watered plants. She advocated, educated, budgeted, initiated, and implemented. She fixed doorknobs. She facilitated meetings. She monitored cash flow, negotiated funds, developed policies, and spent a day in the new Shelter cellar, shoveling out old sewage. She cried. She raged. She sulked and she nitpicked. She planned and dreamed and visioned. She sang and danced. Nancy had a 1960's song for every function she performed at Spruce Run and a dance routine to go along with it.

After a couple of years working with this wonder woman, I caught on to how she was able to do all these things, usually several at the same time. She had an amazing ability to keep her focus on her dream. (She would have called it a goal!) Her dream was that Spruce Run could make some changes in this community and this world where women are degraded, raped, beaten, and murdered. Hundreds of us shared that dream with her, and we have made some changes: Spruce Run has its own bought-and-paid-for Shelter for battered women, and Nancy had a lot to do with that. Spruce Run has great respect and support from its community, and Nancy had a lot to do with that, too. And Spruce Run has a spirit and foundation of caring, integrity, skill, determination, and fun; of women working with women, empowering ourselves and each other; and Nancy had an awful lot to do with that!

Nancy was a co-worker and mentor, and I respected and admired her. She was a dear, good friend, and I loved her very much.

- Sue E.



drawing by
diane bowman



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