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Winter 1-1-1994

## Maine NOW Times (Winter 1994)

National Organization for Women - Maine Chapter Staff

*National Organization for Women - Maine Chapter*

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# Get Charged Up NOW Chapter Activist's Day

Winthrop Street Unitarian/Universalist Church in Augusta

9:30 until 4:00

## Saturday, January 8.

There is no charge, but donations will be accepted to help defray costs. Soup, bread and beverages will be provided for lunch. You can bring other food to share, if you wish. **Preregistration is required!** To preregister, call **Cynthia Phinney at 778-9506** and leave your name, address, and phone number on the machine. **Preregistrations before December 24** will be greatly appreciated, though registrations will be accepted until January 6.

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"The purpose of NOW is to take action to bring women into full participation in the mainstream of American society now, exercising all the privileges and responsibilities thereof in truly equal partnership with men."

The heart of NOW is in activism, and the ranks of our membership run the gamut from longtime seasoned activists, to those who are just beginning to consider expanding the ways and the places they act on their feminist principles. A well-functioning NOW chapter has a strong base of activists with a variety of strengths, skills, and perspectives. To this end, we have organized a **CHAPTER ACTIVISTS' DAY for January 8, 1994.**

### This day is for you if:

- you would like to become active in a chapter,
- you currently play any active role in your NOW chapter and want some ideas/resources to act more effectively,
- you have ideas for things you'd like to do in your chapter,
- you'd like to get some ideas for things to do in your chapter,
- you want to start a chapter in your area,
- you want to charge your batteries by spending the day with other feminists committed to active change.

### Some of the topics to be covered will include:

- what a NOW chapter is and what it does,
- how to plan chapter activities/actions,
- how to publicize events,
- how to handle the media,
- how to set up a phone tree,  
and more (call me if there is something you particularly want - this day is for YOU)



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# MAINE

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# NOW

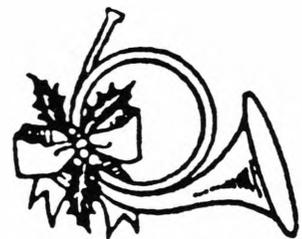
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# TIMES

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# WINTER 1994

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## Happy Holidays

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## Add Your Name ... Demand Equity in Women's Health Care

"We, the undersigned Maine citizens, demand that comprehensive health care reform on the state or national level must cover the "full range of reproductive related services throughout the life cycle." These services must include the following:

- \* Maternity Care
- \* Contraceptive Services
- \* Voluntary Contraceptive Sterilization
- \* Abortion Services
- \* Screening, Diagnosis, and Treatment of Sexually Transmitted Diseases and Cancer

We must end the two-tiered reproductive health care system that currently serve women with private insurance or money and denies services and therefore choices to women who are poor."

\* \* \* \* \*

The above statement will appear as a signature ad in the weekend edition of the Bangor Daily News March 5/6, 1994 to commemorate International Women's Day - March 8. Supporters will help to educate the public and our elected officials of our need for coverage of all reproductive related health care services.

We are asking that you add your signature to the list and make a contribution of \$10.00 (more if you can, less if you can't) to help defray the costs. For those who choose anonymity, we honor your choice, and welcome your contributions as well.

Please make checks payable to and mail to: Maine NOW Sig Ad, c/o Jennifer Becker, P.O. Box 3173, Old Town, ME 04468

## MNT Credits

Thanks to all who contributed to this issue - Joann Clark, Mary Garvey-Donnelly, Cynthia Phinney & Chris Rusnov.

We encourage all of our readers to contribute to your newsletter with articles, poems, letters-to-the-editor, cartoons, & notices.

Send to: Chris Rusnov, 11 Bolduc St., Winslow, ME 04901, 873-0878. Deadline for the next issue: February 1, 1994.

### Got A Minute?

We could use a few volunteers throughout the state to help keep our Maine NOW membership renewals up-to-date. This would entail making simple "reminder" calls to people whose memberships are about to expire. This would save time and money and prevent the numerous renewal mailings from National NOW. If you can help in this small but vital way, give Cynthia a call at 778-9506.

Please return form and money no later than **FEBRUARY 18, 1994**. Act NOW though, so this doesn't get lost in the holiday hustle and bustle.

Fill out permission slip below so that we may legally publish your name. Newspaper regulations require that we may accept **ONLY ONE SIGNATURE PER FORM**. Please share this action with your family members, friends and co-workers! If you would like additional forms, feel free to make photocopies of this one, write to the above address and request more, or call Jennifer Becker (207) 827-5004 or ME NOW (207) 797-8508.

Thanks in advance for your support!!!



I give permission for my signature to appear in an ad submitted by Maine NOW to be printed in the Bangor Daily News March 5/6, 1994. Return form by February 18, 1994.

Name (Please print clearly) \_\_\_\_\_

Signature \_\_\_\_\_

Street Address \_\_\_\_\_

City/town \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_

Amount of contribution \$50 \_\_\_\_\_ \$25 \_\_\_\_\_ \$10 \_\_\_\_\_ Other \_\_\_\_\_

**ONLY YOUR NAME WILL APPEAR IN THE NEWSPAPER.**

# WOMEN'S HEALTH EQUITY CAMPAIGN

The Women's Health Equity Campaign is a cooperative effort of the partner organizations of the Maine Choice Coalition and other allied organizations committed to supporting health care reform legislation that is inclusive of the full range of women's reproductive health care services.

The "full range of reproductive health care services" must include the following minimum standard services. We consider these non-negotiable elements of any health care reform package. (See the signature ad on page 2 for a listing of these services)

The Women's Health Equity Campaign will coordinate legislative advocacy, grassroots organizing and public education and awareness efforts to ensure passage of all state and federal health care reform proposals that meet these criteria.

## We're on the Look Out For...

**Personal Stories** that reinforce the need to cover all reproductive related women's health services (PAP, mammograms, pre-natal care, abortion etc.) How would your life be different if you had, or did not have, health insurance coverage?

**People to attend** an intergenerational (grandmothers, mothers, and daughters) Women's Health Equity day at the State House in March.

**Volunteers to staff phone banks** in Portland, Augusta, and Bangor to educate our members, encourage legislator contact, and to bring a crowd to the State House in March. (see form ►)

**Members willing to host a house party** to discuss women's health care with your legislators and their constituents.

CALL Chris Rusnov if you can help, 873-0878.

## YOU'RE INVITED TO VOLUNTEER

Phone banks will be set up in February and March on weekdays from 6-9pm. Phoners make calls to our members from an office with three or more lines. A script and training is provided.

### *Pre-Existing Condition*

"Maybe we should call it a pre-existing condition. Being female, that is.

After all, we've been promised that people with other pre-existing conditions, things like diabetes or asthma won't be excluded from the new health plan. Maybe if femaleness, or at least fertility, were a pre-existing condition, we could be assured of coverage for all reproductive care, including abortion." Ellen Goodman 10/1/93

The administration has already hinted at its willingness to compromise on abortion. We're already in a state of compromise with our current two-tiered reproductive health care system. Women who have insurance that covers abortion (90% of private health plans) or who have money can get safe, legal abortions. Those without insurance or dependent on the government for health care can only obtain an abortion in cases of rape, incest, or to save the life of the woman. The two-tiered system was re-emphasized this fall, when Congress lifted the ban on abortion coverage for federal employees, women in prison, and the District of Columbia. They voted to continue the ban on women who are covered by Medicaid. We must eliminate this two-tiered system. We must also protect those already covered. Our elected officials must remember who elected them.

### PLEASE PRINT

Name \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_

I can staff a phone in Bangor \_\_\_\_\_ Augusta \_\_\_\_\_ Portland \_\_\_\_\_

I am NOT available: Mon. \_\_\_\_\_ Tues. \_\_\_\_\_ Wed. \_\_\_\_\_ Thurs. \_\_\_\_\_

I am willing to supervise a one or more phoning evenings. \_\_\_\_\_

(Training will be provided.)

Here's a suggestion for a possible phone banking office with at least 3 lines. Place/office \_\_\_\_\_

contact \_\_\_\_\_ Phone \_\_\_\_\_

Sorry, I can't staff a phone but would be willing to make calls from my home: local calls only \_\_\_\_\_ local & toll calls \_\_\_\_\_

I can provide a personal story - in person \_\_\_\_\_ in writing \_\_\_\_\_.

I will attend the WHEC day in March. \_\_\_\_\_ My grandmother \_\_\_\_\_ mother \_\_\_\_\_ daughter \_\_\_\_\_ will come too!

RSVP AS SOON AS POSSIBLE.

WHEC, C. Rusnov,

11 Bolduc St., Winslow, ME 04901

# TAKING ACTION

Read a newspaper article that "got on your nerves"

Saw a television show with positive women role models

Fired up about a topic or piece of legislation you think others should be informed about

Want to support a candidate for public office

## WHATEVER GETS YOU GOING . . . TAKE ACTION

Write a letter-to-the-editor to a local or state newspaper (Keep your letters factual, clear and to one main point.)

Call or write radio and television stations.

Keep the calls/letters flowing into the State House, the Blaine House, Congress and the White House.

Speak-up at City Council and local school board meetings.

Run for public office or participate in a campaign.

Make a personal commitment to ACT WEEKLY, MONTHLY... Set a goal that is practical for you and one you can reach. Reward yourself with a special treat - an hour snuggled up with a book, a game of Scrabble with friends, an ice cream ...



**EVERYONE MAKES A DIFFERENCE**

## MAINE MEDIA

Bangor Daily News, 491 Main St., Bangor, ME 04401 1-800-423-7964  
Maine Sunday Telegram/Portland Press Herald, P.O. Box 1460,  
Portland, ME 04104 1-800-442-6036

Lewiston Sun Journal, P.O. Box 4400 Lewiston, ME 04240 784-5411

Maine Times, 1 Maine St., Topsham, ME 04086 729-0126

The Times-Record, P.O. Box 10, Brunswick, ME 04011 729-3311

Morning Sentinel, 25 Spring St., Waterville, ME 04901 873-3341

Kennebec Journal, 274 Western Ave., Augusta, ME 04330 623-3811

Journal Tribune, P.O. Box 627 Biddeford, ME 04005 282-1535

WGME-TV 13, P.O. Box 1731, Portland, ME 04104 797-9330

WMTW-TV 8, P.O. Box 8, Auburn, ME 04210 782-1800

WABI-TV 5, 35 Hildreth St, Bangor, ME 04401 947-8321

WLBZ-TV 2, P.O. Box 415, Bangor, ME 04402 942-4821

WVII-TV 7, 371 Target Industrial Circle, Bangor, ME 04401 945-6457

WCSH-TV 6, One Congress Square, Portland, ME 04101 828-6666

Maine Public Broadcasting Corp (radio & TV), 65 Texas Ave, Bangor,  
ME 04401 941-1010 OR in Portland 874-6570

WPXT-FOX 51, 2320 Congress St, Portland, ME 04101 774-0051

## National Media

ABC - 1330 AVENUE OF THE AMERICAS, NEW YORK, NY 10019  
212-887-7777

CBS - 51 W. 52ND STREET, NEW YORK, NY 10019 212-975-4321

FOX - P.O. BOX 900, BEVERLY HILLS, CA 90213 213-277-2211

NBC - 30 ROCKEFELLER PLAZA, NEW YORK, NY 10112 212-664-4444

PBS - 1320 BRADDOCK PLACE, ALEXANDRIA, VA 22314 703-739-5000

### "Sound bite" "off-the-record"

### "target audience" "news briefing"

Do these phrases get your blood running? Does the thought of creating a media strategy for a dedicated yet fun-loving grassroots feminist organization excite you? Well we hope so! **We're looking for one or more persons to coordinate Maine NOW's media activities.** Possible responsibilities: Keep and update media list with current contacts; make personal contact with key media people; write and send press releases, calendars announcements and Public Ser-

vice Announcement; work with board members to create a media strategy; arrange editorial board meetings, radio/tv talk show appearances, news conferences/briefings; help create press packets; work with media coordinators in coalitions to which we belong. Approximately six hours per month. Some experience necessary.

If you are interested in volunteering or have questions call Chris Rusnov 873-0878 or Cynthia Phinney 778-9506.

## MAINE CONGRESSIONAL DELEGATION

SENATOR WILLIAM COHEN  
322 HART SENATE OFFICE BLDG.  
WASHINGTON, D.C. 20510  
202-224-2523

SENATOR GEORGE MITCHELL  
176 RUSSELL OFFICE BLDG.  
WASHINGTON D.C. 20510  
202-224-5344

REP. TOM ANDREWS  
1724 LONGWORTH HOUSE OFFICE BLDG.  
WASHINGTON D.C. 20515  
202-225-6116

REP. OLYMPIA SNOWE  
2464 RAYBURN HOUSE OFFICE BLDG.  
WASHINGTON D.C. 20515  
202-225-6306

PRESIDENT BILL CLINTON  
1600 PENNSYLVANIA AVE.  
WASHINGTON D.C. 20500  
202-456-1414

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## STATE LEGISLATORS

If you are not sure who your state senator or representative is, call your town office.

SENATOR \_\_\_\_\_  
STATE HOUSE  
AUGUSTA, ME 04333  
1-800-423-6900  
(leave message)

REPRESENTATIVE \_\_\_\_\_  
STATE HOUSE  
AUGUSTA, ME 04333  
1-800-423-2900  
(leave message)

GOV. JOHN MCKERNAN  
BLAINE HOUSE  
AUGUSTA, ME 04333  
289-3531

**Breakfast of Champions**  
**JANUARY 19, 1994**  
**7:30 am**  
**Holiday Inn by the Bay - Portland**

21st Anniversary of Roe v. Wade  
Sponsored by Maine Women's Lobby  
Call 622-0851. Reserve early - \$15

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## SAVE THESE DATES

**Women's Birthday Celebration**  
**Saturday, March 5, 1994**  
**Augusta**

The Maine NOW Board members invite you to attend the first in a series of breakfasts to celebrate women of yesterday and today. Women born in January, February or March will be honored at this first event. More details will appear in the next MNT.

**Northeast Regional**  
**NOW Conference**  
**April 16, 1994**  
**Pittsfield, MA**

If you want to vote at this conference you need to be a member in good standing for 90 days prior to the conference. Renew your membership. BUY A MEMBERSHIP FOR A FRIEND - GREAT HOLIDAY GIFT! More conference info in next MNT.

## SWEAT SHIRT and T-SHIRT ORDER FORM: Please print

Send me the following:

# \_\_\_\_\_ "Feminism is the radical notion ..."  
Circle Size: L XL XXL (long sleeve)  
Circle color: Purple w/Pink Gray w/Purple  
Style: \_\_\_\_\_ Sweat shirt \$22 (Gray only)  
\_\_\_\_\_ T-Shirts \$12 (Gray or Purple)

# \_\_\_\_\_ "Outrageous Older Women"  
Circle Size: L XL XXL (long sleeve)  
Color: Purple w/Pink Gray w/Purple  
Style: \_\_\_\_\_ Sweat shirt \$22 (Gray only)  
\_\_\_\_\_ T-Shirts \$12(Gray or Purple)

# \_\_\_\_\_ XXXL (short sleeve) "Feminism ..."  
# \_\_\_\_\_ XXXL (short sleeve) "Outrageous Older..."  
Circle color: Purple w/Pink Gray w/Purple  
\_\_\_\_\_ T-Shirts \$12/Short Sleeve (Gray or Purple)

"Feminism is the radical notion that women are people."  
Cheryl Freeman Photo Credits

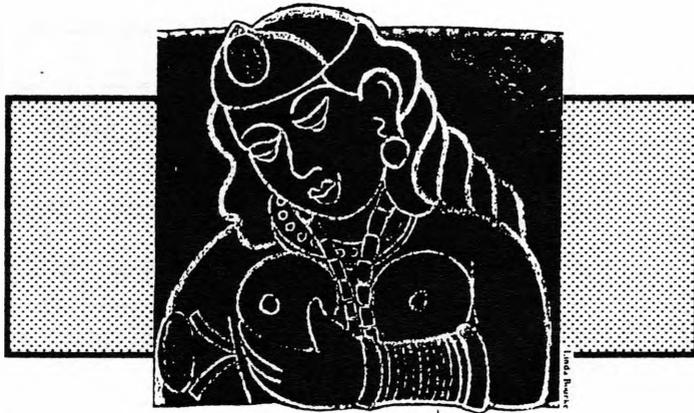
OUTRAGEOUS  
OLDER  
WOMAN!

Send to:  
Name \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
Phone \_\_\_\_\_

For shipping:  
Add \$3.00 per item up to 3 items  
\$2.00 per item 4 or more  
Amount enclosed:

\$ \_\_\_\_\_

Make check payable to **Maine NOW** and mail to:  
**Kennebec Valley NOW, P.O. Box 503, Augusta, ME 04332-0503**



## Breast Cancer - The Risks

by Joann Clark

For many years, the American Cancer Society identified risk factors for breast cancer which focused on the woman herself: family history (sic), race, current age, and age at first childbirth. Research on the causes of breast cancer has increased in recent years; further understanding and additional factors have come forth.

Family herstory is now seen as less important. Breast cancer in your mother was once thought to increase risk two to four times, but is now thought to increase a woman's risk 1.8 times. Early onset (before age 50), aggressive cancer, appearance in both breasts, and more than one family member having cancer will increase that number.

Black women develop breast cancer at a lower rate than white women, but no research has indicated why. Because black women are diagnosed later, however, they have a higher mortality rate. Epidemiological studies have shown that location is an additional risk factor. Industrial nations have higher rates of breast cancer than third-world countries. The East Coast has higher rates than the Great Plains.

A woman's current age is used to determine risk, as a reflection of a lifetime accumulation of exposure to carcinogens. The body's own estrogen, or estradiol, is one. Early menarche or late menopause both increase the breast tissue's exposure to estradiol. **Pregnancy** and breastfeeding are thought to decrease risk, as the body is producing less estradiol.

Researchers have found certain chemicals can take the place of estradiol in the body. Some pesticides, such as DDT and biphenyls, and products of the plastics and chemical industries, such as PCBs and PAHs, can bond to cell receptors for estradiol. Normally, a hormone or vitamin bonds to these cell receptors and triggers genetic activity. At the President's Special Commission on Breast Cancer in NYC this past April, researchers presented evidence that these pollutants bond to the receptors and trigger them improperly. DES bonds strongly to these same receptors.

The effect of byproducts of plastics was discovered accidentally at Tufts and Stanford where researchers working with estrogen-producing yeasts had their procedures disrupted when they used certain kinds of plastic tubing. They found that nonylphenol, an additive commonly used to strengthen plastics and which leached into the experiments, behaves like estrogen both in cultured human breast cancer cells and in rats.

The NYU Women's Health Study showed that women who have breast cancer have 35% higher levels of DDT in their breast tissue than women who don't have breast cancer. Women on Long Island were subjected to aerial spraying of DDT in the '50s, and have some of the highest breast cancer rates in the nation. Professional golfers, who have spent years on courses laced with herbicides and pesticides, also have high rates. Israel had increasing breast cancer rates in the '70s; in 1978 they banned several organochlorine pesticides. A

decade later, breast cancer rates among young women began dropping.

One of the ironies of the increasing evidence of pollutants as carcinogens is that Breast Cancer Awareness Month is sponsored by Imperial Chemical Industries, one of the largest chemical companies in the world. As sole corporate sponsor, they have control over the content of the flyers, ads and posters. From a brochure: "Researchers are investigating the role of heredity, lifestyle and diet. But you can't assume that modifying your diet or lifestyle will make you safe from disease. Early detection is your best protection." By early detection, they mean mammograms. But getting mammograms without self-examination and lifestyle change is like getting dental x-rays without flossing or brushing.

**In the next issue: Breast Cancer - Reducing Your Risk.** For documentation on research mentioned here, specify topic and send a SASE to PO Box 2033, Waterville, 04903. Joann is a former science teacher currently studying herbs.

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### Many Thanks...

To Kennebec Valley NOW for sponsoring this year's state conference. It was a day full of interesting and useful workshops; an exciting keynote speaker - Paula Doress-Worters, Ph.D author and founding member of the Boston Women's Health Book Collective; holiday shopping from great vendors and the NOW/PAC auction; yummy food; wonderful entertainment with singers-Wild Ginger, comic-Judith Sloan, and singers-Pixie Lauer & Diana Hansen. Special thanks to Kathryn Dunn, Ruth Gabey, and Sandy Friedman.

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**DID YOU MAIL  
IN YOUR FALL  
CONTRIBUTION  
TO MAINE  
NOW/PAC?**

# NATIONAL ORGANIZATION FOR WOMEN



Maine's Leading Feminist Grassroots Organization  
Phone Number: 797-8508



**Maine State Coordinator - Cynthia Phinney 778-9506**  
**Assistant State Coordinator - Merrie Allen 874-2899**  
**Recorder - position vacant**  
**Treasurer - Kathryn Dunn 626-3554**

### Task Force/Coalition Contacts

Affirmative Action Task Force - Valerie Howard 877-7627  
Computer Wizards - JoAnne Dauphinee 989-3306  
Consumers For Affordable Health Care-Mary Donnelly 729-5843  
Dirigo Alliance - Beth Edmonds 865-3869  
Lesbian Rights Task Force - Bettina Blanchard 737-2822  
Maine Choice Coalition - Chris Rusnov 873-0878  
Maine NOW Phone Coordinator - Annie Lunt 883-1195  
Maine NOW PAC Treasurer - JoAnne Dauphinee 989-3306  
Maine NOW Times - Chris Rusnov 873-0878  
Women's Legislative Agenda Coalition - Valerie Mitchell 873-3632

### NORTHEAST REGIONAL NOW BOARD MEMBERS

Beth Edmonds, 9 Guptill Ave., Freeport, ME 04032, 865-3869  
Ellen Convisser, 89 Dover St., Somerville, MA 02144, (617)625-9786  
Pat Murphy, 210 Wadsworth St., Avon, NY 14414, (716)243-0637  
Ruth Laws, 31 Wimbleton Lane, W. Seneca, NY 14224, (716)675-7437  
Erima Vaughan, 37 Manor Ct., Hempstead, NY 11550, (516)489-7262  
Clarice Pollack, 1853 Central Park Ave., Yonkers, NY 10710, (914)337-7159

**GREATER BANGOR NOW**  
P.O.Box 2672, Bangor, ME 04401  
Coordinator -Joyce Blakney 825-3248  
Meets second Monday of each month

**GREATER FARMINGTON NOW**  
P.O.Box 375, Farmington, ME 04938  
Peggy Stubbs-COordinator 778-5609

**KENNEBEC VALLEY NOW**  
P.O.Box 503, Augusta, ME 04330  
Contact-Sandy Friedman 623-4784  
Meets second Wednesday of the month

**BRUNSWICK AREA NOW**  
P.O.Box 133, Brunswick, ME 04011  
Coordinator-Pat McCormick 833-6935  
Meets first Wednesday of each month

**GREATER PORTLAND NOW**  
P.O.Box 4012, Portland, ME 04101  
Coordinator Jennifer Halm-Perazone 871-0618  
Meets fourth Tuesday of each month

## MEMBERSHIP APPLICATION

**COUNT ME IN!** I wish to join NOW and commit myself to take action to bring women into full participation in the mainstream of American society now, exercising all privileges and responsibilities thereof in truly equal partnership with men. **MAINE NOW, P.O. BOX 4012, Portland, ME 04101. Make check payable to MAINE NOW.**

NAME (Please PRINT) \_\_\_\_\_ PHONE \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

RACIAL/ETHNIC BACKGROUND (optional) \_\_\_\_\_ to help us analyze our organization's diversity.

CHAPTER (see above) \_\_\_\_\_ If there isn't a chapter near you, leave this space blank and we will enroll you as an at-large member.

Dues rate includes membership at the national, state & local level.

\$ \_\_\_\_\_ dues enclosed. \$35 Regular Dues. A sliding scale of \$20 - 34 is available, if you need it.

\$ \_\_\_\_\_ additional contribution enclosed. \$ \_\_\_\_\_ Political Action Committee contribution. Payable to Maine NOW PAC.

PLEASE CHECK HERE IF YOU DO NOT WANT MAINE NOW TO SHARE YOUR NAME WITH OTHER ORGANIZATIONS. (see Maine NOW policy below)

Please check here if you do not want National NOW to share your name with other groups.

**NAME SHARING POLICY:** Maine NOW shares our member list for coalition work, in which we are active (see list above). We also occasionally, on a case-by-case basis, will share the list with progressive groups who are advertising events or sharing information.

singer-songwriter

# Catie Curtis

*In Concert*



1993 Boston Music Award nominee for  
'Outstanding New Acoustic Act'

**Saturday January 22, 1994**

**21st Anniversary of Roe v. Wade**

**8pm - Portland**

**Univ. of So. Maine - Luther Bonney Auditorium**

Tickets: \$10 at the door

\$8 in advance or at the door with USM student  
ID or Maine NOW membership card

**Advanced tickets can be purchased at:**

Amadeus Music, Raffles Cafe Bookstore, USM  
Women's Studies Dept.

Questions call: USM Women's Center 780-4996



MAINE NOW  
P.O. BOX 4012  
PORTLAND, ME 04101

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*Roe v. Wade Anniversary event*

**Breast Cancer** - p. 6

**Great Holiday Gift Ideas** - pp. 5 & 7

**JAN. 22** Catie Curtis in concert - *Portland*  
*Roe v. Wade 21st Anniversary* - back page

*Additional contributions enclosed \$*



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