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## Mainely Girls vol. 1, no. 14 (Summer 2004)

Mainely Girls Staff

*Mainely Girls*

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# MAINELY GIRLS

*The Source of Information For and About Maine Girls!*

## MISSION

*Mainely Girls, a state-wide, non-profit organization, was founded in 1996 with a two-part mission: to work with rural communities to assist them in focusing on girls' needs in a preventative, proactive and positive manner and to work on the state level to bring about positive change for girls.*

*Mainely Girls is grateful for the support of Bonnie Rukin Miller which makes this newsletter possible.*

## "IN HER OWN IMAGE"

### *An Art Auction Benefit*

This August 29th Mainely Girls will proudly host our first fundraising event - an art auction that will help raise the necessary capital to fund the organization and which will do so in a manner that is closely tied to our mission.

"In Her Own Image," is an art auction showcasing images of girls and women in their diversity, complexity and fullness. This visual celebration moves us beyond the limiting, sexualized view of females so prominent in the world today by offering instead a host of new perspectives and positive contemporary female images to consider. While we will be featuring art that reflects girls' and women's lives, other subject matter is widely represented. And, in addition to art created expressly for this occasion, we are also auctioning donations from existing collections. The art at our auction will include framed works on paper, sculpture, pottery, jewelry, fabric, and multi-media pieces.

All art will be on display for preview at the Wellness Center, 69 Elm Street, in Camden **August 19th through the 28th**. Besides being the site of Mainely Girls' office, the Center's beautiful home-like setting will show the art to good advantage. We hope you'll find time to stop by, say hello, and take a look at the works on display. Absentee bids will be available at the preview.

The silent and live auctions will take place at MBNA's Ginley Hall in Northport on **Sunday, August 29th from 5-8 p.m.** Bidding cards are available for \$30 and can be obtained by calling or emailing Mainely Girls. Consider this your personal invitation! We are sure that this will be a fabulous evening and hope you can join us in this unique event that will benefit Maine girls!

A small army of women have worked together to make this auction a reality. The members of the Art Auction Organizing Committee



Image credit: Nikki Shumann

include Christina DeHoff, Gayle Elfast, Hilary Harwood, Jennifer McIntosh, Lindsay Stewart, and Lucy Williams. Non-meeting attenders who have given generously of their time and expertise are: Chuck Fryer, Donna Janville, Nancy Lubin, Patti McMahon, Kate Marxen, Alexandra Merrill, and Sheila Tasker. Board of Directors, Board of Advisor, and Student Executive Board Members have contacted artists directly.

We have been overwhelmed by the generosity of the artists we've contacted, as well as those individuals who have donated from their existing collections, and we want to thank them, in part, by listing their names:

## IN THIS ISSUE

*In Her Own Image Art Auction A Pioneering Effort: Bridging the Gap in Computing...Update: Eating Disorder in Maine One Incredible Day...Progress at Longcreek...A Journey of Self-Discovery... "Breasts:" Book and Video*

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Bill Royall  
Nikki Schumann  
Holly Berry

In additon, signed, limited edition prints of Nikki Schumann's wonderful collage, which Bill Royall generously made available to us for our poster, will be a part of our auction. For eight years Mainely Girls has led the effort on behalf of girls, especially those in rural areas, through advocacy efforts, educational conferences and special programs, such as middle school mentoring, and the annual Camden Girls' Conference. Please support this important work by participating in the "In Her Own Image auction!

**A PIONEERING EFFORT: ADDRESSING THE GENDER GAP FOR GIRLS IN COMPUTING**

The May 7th conference, co-hosted by Mainely Girls and the Women's Studies Program at the University of Southern Maine, was attended by 30 participants, equally divided between middle school teachers and those who teach in high schools and colleges. The conference was well received. As one attendee wrote in her evaluation, "My eyes were opened to issues and roles." Another offered, "I came to this conference with the goal of finding techniques and tools to involve girls more in science and technology. I walk away with new ideas, tools, and concepts that will help me accomplish my goal. I've learned how to encourage and open girls' eyes in new ways." Others appreciated the gender technology research as well as the philosophy behind why this issue is important. Several liked the focus on developing an action plan to bring about change. Most wrote that the conference should be offered annually.

Clearly this conference was a pioneering effort in Maine. When considering that 240 Maine middle schools have had laptops for two years now, and that laptops will be with freshmen in the high schools next year, the small number of attendees is significant and underscores the lack of consciousness that gender inequity in technology is an issue teachers should be concerned about. Mainely Girls sees this conference as just the first step in promoting such awareness.

Bette Manchester, who chairs the Maine Learning Technology Initiative, (Laptop Initiative), was our opening speaker. She told of the four lenses being used to evaluate the success of the laptop program. To date, the Initiative has not used gender to help determine the success or failure of this effort. Mainely Girls hopes to work with Bette and her committee to include gender inclusion as one component of the evaluation process.

While researching Maine technology conferences for teachers across the state, Mainely Girls learned that not one currently includes a session on gender and technology. We will work to insure that such sessions be included in future conferences.

We were pleased to provide each attendee with a copy of Jane Margolis and Alan Fisher's excellent book, Unlocking the Clubhouse - Women in Computing, compliments of National Semi-Conductor. Having listened to Jane's presentation, people were eager for the opportunity to read more about her research findings. We suggested that once read, the books be circulated among colleagues.

Some partnerships were forged during

the conference, and Laura Allen, who presented the afternoon session, is setting up a web-based communications system so attendees can discuss their progress on the action plans they committed to and stay in touch with each other.

Despite the small number of attendees, this conference sowed the seeds for continued gender equity work in the field of technology. With our country and other nations around the world watching to see the outcome of our state's investment in technology, it's imperative that we focus on technological gender equity as a major goal.

In closing, we are particularly grateful for financial support for this conference from the Department of Labor Women's Bureau, Hannaford Brothers, The Maine Department of Transportation, the The Maine Women's Fund, and National Semi-Conductor.

#### SPEAKING OF GENDER AND TECHNOLOGY....

The American Association of University Women (AAUW), supported by a generous grant from the National Science Foundation, is making the following materials available free of charge:

✓ Tech Savvy Girls - video

✓ Tech Savvy Girls Resource Guide

6-30 Tech Savvy: Educating Girls in the New Computer Age

The video offers a compelling look at how educators and parents can bridge the digital divide between girls and boys. The accompanying resource guide provides strategies for sharing this information with others.

Together these materials provide everything necessary for individuals and local communities to create something that can transform our schools and potentially even have a national impact.

You can request these resources online at [www.aauw.org](http://www.aauw.org) or phone Susan Hanold at 202-728-7602.

#### AND ANOTHER SHORT & INSPIRING TECH VIDEO....

—“You Can Be Anything” is a great National Science Foundation funded video released by the Center for Women and Information Technology (CWIT). Only three minutes long, this high quality music video presents diverse images of successful women in science and technology careers and targets girls and young women ages 12 -20. Already the video has won two awards - the prestigious

Gold World Medal for 2004 in the category of Best Original Music/Lyrics and the Silver Medal for Motivational Video, both by the New York Festivals. The video costs \$8 and can be ordered by contacting [cwit@umbc.edu](mailto:cwit@umbc.edu)

#### ONE INCREDIBLE DAY AT PENOBSCOT BAY YMCA!

You HAD to be there! It really WAS incredible! Breaking with a ten year tradition, this eleventh annual conference for girls grades 6-12 was at the YMCA's fabulous facility. Fitness and health were

the focuses of 250 girls and women who got into their bodies, learned a lot about what it means to be strong and fit, and found out how to achieve that.

Stacey Caruso, a role model of energy and fitness herself, got the girls psyched about taking charge of their lives and their health. Posing a series of questions, Stacey would challenge them, “Are you ready to...?” The girls would respond, throwing clenched fists in the air and shouting back in response, “BRING IT ON!”

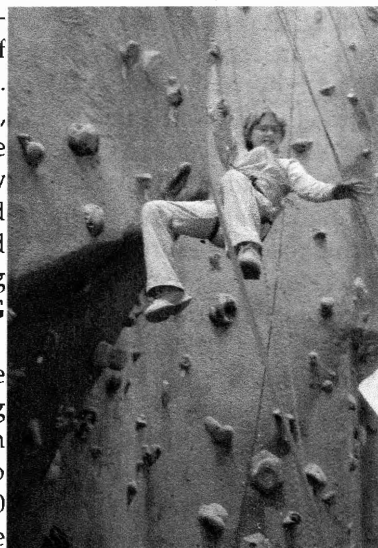
And to encourage girls to continue working on fitness, each was given her own pedometer to help her measure those 10,000 steps we should be walking daily.

As always, the conference was a community event, made possible by over a hundred different volunteers and the donations of many generous individuals, businesses, and organizations. We'd like to single out this year the YMCA management and staff, people who were wonderful to work with and helped make the day so successful and fun! And we'd also like to thank MBNA for their years of support for this event. A donation from MBNA allowed us to provide pedometers for each attendee. Last but certainly not least, we salute Camden Hill Regional High School students, Allyson Ettinger, Megan Kennedy and Jessica McMahon who worked weekly for six months to create and shape this year's conference, and then worked hard that day to make all girls feel welcome and comfortable. The day was a success because of their input, effort, and leadership!

#### UPDATE: EATING DISORDERS IN MAINE

With the recent state and national focus on overweight and obese children and adolescents, some have asked why Mainely Girls is so concerned about such a comparatively small number of young people, primarily girls, who develop eating disorders. They believe we should be focusing our attention on the much larger number of overweight and obese girls, and boys, in Maine. We'd like to explain our continued emphasis on eating disorders prevention.

Overweight and obesity are serious problems, and we're relieved that at last our society is beginning to attend to these issues, starting with childhood. Government money is being allocated for this effort, and schools are beginning to make efforts to improve the health of their students. Effective measures include modifying school lunch programs and snacks that are made available to students so they contain less fat and are more nutritious. We believe Maine should also increase the physical education requirement in all schools. Eating less, choosing more healthful foods, and increasing exercise is the formula for preventing and/or reducing excess weight, from childhood through



adulthood, while also preventing the onset of many major health problems. We applaud this important effort.

On the other hand, we have young people struggling with eating disorders: anorexia, bulimia, and binge eating. These are psychological diseases that are not actually about food but reflect complex underlying issues that must be professionally addressed if the person is to overcome the disease. There is no known cure, but the chances for complete recovery increase the earlier the disease is treated. Without treatment, the disease usually lasts seven to eight years. Some people recover completely, some continue to suffer from eating disorders throughout their lives, and some die. Eating disorders has the highest mortality rate of any mental illness for young people.

85% of eating disorders develop by age 18, so prevention and early intervention must happen during the early years, beginning around age 9.

Mainely Girls sees eating disorders as primarily a girls' issue that more closely parallels teen suicide than overweight and obesity; in the last few years, our state and our schools have done some significant work educating students and school staff around youth suicide prevention. The state is now beginning to address adolescent overweight and obesity, and we hope that at the same time they will pay attention to eating disorders. It shouldn't be an either/or proposition.

#### Current Efforts

Mainely Girls has begun meeting in Augusta with representatives of various departments to collaborate on an interdepartmental approach to address eating disorders in Maine.

The Mainely Girls' Student Executive Board Members, *Allyson Ettinger, Megan Kennedy and Jessica McMahon*, have led the way this year in reaching out to inform students about eating disorders. In October they taped a three part series of program with Dudley Davis of Yes! TV. In May they were joined by *Theresa Rowe*, a college student at USM, when giving a presentation to the State Legislative Youth Advisory Board in Augusta, explaining how and why eating disorders is an important issue for youth and asking the Advisory Board to help mandate eating disorders education in schools and colleges across the state. And in June the Student Executive Board, again with *Theresa Rowe*, addressed students at Camden Hills Regional High School to explain what students can do to help friends they are concerned about.

All the work Mainely Girls and the Student Executive Board has done this year and the previous two years was funded by a generous grant from The Bingham Foundation. We are very grateful for the support they have provided.

#### Save the Date! Eating Disorder Workshop September 10th - 11th

Members of *The Eating Disorders Center at River Oaks* have again agreed to volunteer their time to offer a one and one half day clinical training workshop in Maine on the team treatment of eating disorders. Last year's 100 plus attendees found the workshop extremely worthwhile and

others who couldn't attend hoped it would be offered again. Here's your chance!

This September's workshop will be held at Charles A. Dana Health Education Center at Maine Medical Center in Portland. More information will be available on the Mainely Girls' website in July. If you would like to be on the registration brochure mailing list, please email our office.

#### LONGCREEK UPDATE

Members of The Girls Action Group have continued to meet monthly with Longcreek Youth Development Center administrators and staff at their facility. Since our last newsletter, there has been movement toward making some significant changes for the girls who are staying at Longcreek.

As the girls have been placed in a unit with no natural light and no outside walls, full spectrum lights have been ordered and should soon arrive, helping to alleviate the negative impact of being without natural light. In addition, Longcreek has an engineer investigating whether inserting skylights in the unit might be possible.

We are very pleased that the Maine Women's Fund has given Mainely Girls a two year grant to reinstate a very successful Longcreek girls' program designed and facilitated by Lauren Webster and based on suggestions by Longcreek girls who specified the kinds of activities and the subjects that would be most beneficial to them. The Support Group for Girls is divided into four units: Reproductive Choice; Beauty, Body Image and Eating Disorders; Domestic Violence and Healthy Relationships; and Women Who Rocked Our History. The program combines videos, readings, theatre, guest speakers, and the all-important healthy snacks.

Lauren Webster is now employed full time in the Women's Studies Program at the University of Southern Maine, but she has agreed to make time in her busy life to offer her program again. We are very grateful to Lauren Webster, Karen Saum who helped write the grant, and the Maine Women's Fund for making this important program possible.

Mainely Girls met this week with Joan Smyrski of the Department of Behavioral Services about possibly partnering with the Department of Corrections to fund a trauma release program for Longcreek girls. The BDS is willing to act quickly on this and we hope to have a program in place for the girls in the next three or four weeks. Funding to begin this work was provided by The Unity Foundation.

GAG members Elaine Cinciva and Gabrielle Gallucci are establishing a girls' book club and also increasing the number of volumes in the girls' unit library.

Meanwhile, we continue to work toward our ultimate goal: to establish separate educational classes for girls - a goal that has long been recognized as being in the best interest of both girls and boys.

Mainely Girls thanks the Maine Community Foundation whose funding allows us to continue doing work on behalf of girls at Longcreek.

## BOARD NEWS

Mainely Girls' Board ends this fiscal year by saying good-bye and thank you to two board members who have meant so much to the organization.

Casey Heard began serving on the Board while still in college. Through her women's studies work and connections with the University of Southern Maine, Casey kept Mainely Girls abreast of the latest research and thinking about gender. Casey served as both secretary and co-chair, during her years on the Board, and she did so with a strong sense of mission. We are grateful for all Casey brought to the Board and wish her a long and happy marriage and all the best in her graduate courses.

We are also saying farewell to Barbara Heard, currently our secretary. Barbara has put in innumerable hours helping with the girls' conferences, soliciting art work for our auction, and taking care of so many details that are tedious but crucial to the success of any organization. Barbara's willingness to pitch in, and the care she gave to everything she did is greatly appreciated! And we will definitely take Barbara up on her offer to help out in the future!

### MANY, MANY THANKS!

Two much needed computers magically appeared in the Mainely Girls' office since our last wish list was published. Hilary Harwood donated a desktop iMac with printer, and Mallory Marshall provided Mainely Girls with a laptop iBook! Thank you both so very much. We are grateful for this much needed "office help" and are feeling very au courant!

### DONATIONS MAINELY GIRLS WOULD APPRECIATE:

- 1) A digital camera to take photos for our newsletter.
- 2) Someone to help with grantwriting - authoring or editing
- 3) Someone offering occasional technology assistance.

### IDEA HEALTH & FITNESS ASSOCIATION'S GREAT IDEAS!

Many pre-teen and teen girls struggle with negative body image, eating disorders and inactivity. As a result, health and fitness professionals along with parents and teachers are asking, how do we foster self-esteem in girls and encourage them to lead healthy lives? IDEA Health & Fitness Association offers these suggestions on ways to help girls incorporate fitness and self-esteem-building activities into their lives.

*Recognize That Many Girls Have Low Self-Esteem.* According to a study conducted by the online Vagisil Women's Health Center, teen girls who seem to know it all may actually be struggling with low self-esteem. In the study, health educators working with teenage girls reported that while they were more independent than their baby boomer parents were as teens, today's girls had less self-confidence and a weaker self-image.

*Realize That Fitness and Sports Can Improve Self-Esteem.* Authors of a report commissioned by the President's Council on Physical Fitness and Sports found that exercise and sports participation can enhance girls' mental health. How? By engendering a positive body image; improving self-esteem; offering tangible experiences of competency and success; and, increasing self-confidence. Also cited in the report were research findings indicating

that physical activity is an effective tool for reducing symptoms of stress and depression among girls.

*Encourage Girls to Get Active.* If girls show any interest in sports, do what you can to help them participate. They will benefit from being part of a team, learning to be good winners and losers, and taking risks. If they don't like sports, steer them toward other empowering fitness activities. Ask them about their interests and suggest ideas such as kickboxing, circuit training, stepping, hip hop and Nia.

*Look for Girls' Programming.* Search for girls-only exercise classes or fitness clubs within local fitness facilities. Girls may feel more comfortable sweating when boys are not present! If nearby facilities don't offer girls' programming, invite your daughter(s)--or girls you know--to attend fitness classes with you.

*Focus on Wellness Behaviors.* Share information on topics like healthy eating and nutrition, smoking prevention and healthy body image. Discussion of these issues works in tandem with exercise.

*Encourage Girls to Talk.* Many girls learn to be quiet because they get the message that their words are not as highly valued as those of boys, explains Catherine Dee, author of *The Girls' Guide to Life* (Little Brown & Co. 1997). "Help girls move forward on this front by conveying that their unique viewpoints should be shared."

*Help Girls Criticize the Media.* Young people often think media images represent perfection. To help girls view ads with a critical eye, use this exercise from Kristen DeLeo, creator of *ElectriKids* in Los Angeles: Give a group of girls a pile of magazines. Ask the participants to tear out ads that promote negative body image, talk about why those ads make them mad and then rip up the ads. Next, tell the girls to look for positive ads in publications such as *Sports Illustrated for Women*, among others. Suggest the group make a "girl power" collage with the positive images.

*Focus on Achievements, Not Appearance.* "Girls are harshly judged by other girls, as well as written off by boys, if they don't fit within the bounds of our society's narrow definition of beauty," says Dee. "To help a girl develop a healthier self-image, compliment her for her achievements, thoughts and actions."

*Give Sports- and Fitness-Related Presents.* Buy girls sports equipment or passes to fitness classes. Also, take girls to women's sporting events, to provide exposure to active female role models.

*Look for Further Resources.* Check out organizations such as the Melpomene Institute ([www.melpomene.org](http://www.melpomene.org)), which features sports and fitness resources for girls; and The Women's Sports Foundation ([www.womenssportsfoundation.org](http://www.womenssportsfoundation.org)), which offers a quiz to help girls find a sport that will be a good fit for them.

IDEA Health & Fitness Association is the world's leading membership organization of health and fitness professionals with more than 19,000 members in over 80 countries. Since 1982, IDEA has provided health and fitness professionals with pertinent information, educational opportunities, career development programs and industry leadership while helping them enhance the quality of life worldwide through safe, effective fitness and healthy lifestyle programs. Visit the IDEA Web site at: [www.IDEAFit.com](http://www.IDEAFit.com). e-mail: [webmaster@ideafit.com](mailto:webmaster@ideafit.com).



Maine Women's Policy Center & Maine Women's Lobby  
Emergency Contraception

LD 1152, the Act to Authorize Collaborative Practice for Emergency Contraception, passed the state-house and senate and was signed into law by Governor Baldacci on March 3, 2004. This bill allows pharmacists to both prescribe and dispense emergency contraception.

Emergency contraception reduces the risk of pregnancy after sex by providing a burst of hormones, disrupting the process essential for pregnancy. It is not used as a regular form of birth control and is not an abortion.

Maine women will now have direct access to emergency contraception from participating pharmacists, Family Planning, or through an advanced prescription from their physicians. Because EC is most effective in the first twelve hours, increased access is critical to preventing unintended pregnancy and the need for abortion.

BREASTS

By Megan Kennedy and Jessica McMahon

*"My mommy has one of those, too!" says the two year old blonde, pointing to the left t-shirt covered breast of her fifteen year old babysitter at the Memorial Day Parade on Vinalhaven.*

The book and the video, Breasts, by Meema Spadola, explore the wide range of emotions and opinions about "Our Most Public Private Parts." Meema graduated from Camden Rockport High School in 1987 and went on to be a successful documentary film director and author who now lives and works in New York.

In her book, Spadola discusses the women's point of view on everything from "The First Bra" to "Breast Feeding Blues." The book is light and funny, each chapter beginning with such hilariously relatable quotes as, "One cup from my old bra could have fit over my entire face."

The book is an entertaining read that will have you laughing out loud, but it is also full of insights and ideas that are often brushed over or played down in our society. As Spadola writes in her introduction, "The premise is simple: Breasts are the most public private part of our bodies. As women we are simultaneously told that we must hide our breasts (in some states, simply breast feeding in public is an arrestable offense), and show them off (after all, breasts are part of what make us sexy as women.)"

Spadola breaks through the preconceptions and insecurities about our breasts that all women have felt at some point in their life. She speaks openly and freely about these issues, allowing the women who read her book to gain a new perspective on their own bodies from reading the stories of other women.

Her video achieves this even more dramatically. Watching women tell their stories as they sit topless before the video camera is shocking at first, but after a few minutes, the shock wears off, and the viewer begins to realize that breasts are not objects by which to measure our sex appeal or self worth. Each story gives the viewer new insights and perspectives on breasts in general, and also on

personal body issues women harbor.

The book and the movie by Meema Spadola are invaluable resources for high school girls and women to learn more about the issues surrounding "Our Most Public Private Part," and to become more comfortable with their bodies and themselves.

As a result of Meema's generosity, Mainely Girls has a number of copies of both the book and the video available at a reduced price. If you are a member of an organization that could benefit from copies of Meema Spadola's books and videos, please contact Mary Orear at megirls@midcoast.com

A YOUNG WOMAN'S JOURNEY OF SELF-DISCOVERY

By Lane Kalloch

At 21 I graduated from the University of Maine at Augusta with an Associates Degree in Photography. This left me with what? The world in the palm of my hand and no idea where to go with it!

I decided that, with 6 months before my first tuition payment, I would do one thing that I wanted to do (and knew I probably wouldn't get to do if I didn't do it right now): go on a road trip. So, January 14, 2004, I set out from Round Pond, Maine with a full tank of gas, a nervous shake in my hand, and butterflies in my stomach (I had never really left home alone before).

I had saved up enough money to spend about a month on the road: visiting friends and family along the East Coast and down through Florida. I was on my way to Citronelle, Alabama-which is where my dad lives on a farm, and where I would end my trip. I arrived in Alabama on February 28, tired and completely broke, but I was there and ready to help..

The "farm" consists of a flock of chickens, two man-made ponds, with fish, an assortment of gardens full of vegetables (peppers, tomatoes, lettuce, turnips, etc), a few piles of manure, an array of newly planted trees (fig, lemon, pear, loquat, crepe-myrtle, etc) and bushes (blueberries, elderberries, etc), a yurt (for guests to stay in), a labyrinth (to walk around while contemplating), and much brush to be cut and piled and burned.

This is not your traditional farm, but it provides just as much work to fill the day. I went there, voluntarily, to help my dad continue to form this place, to help spread the idea of nature and human nature working on the same level, and to reacquaint myself with a father I didn't really get to know when I was younger. I spent a month and a half at Dad's farm, aptly named Middle Earth Healing Center), and then returned to Maine for the summer.



I decided to go on this trip to prove that I could do something on my own (more to prove this to myself than to anyone else), but I found that it's not that I can do things on my own, it's more about the things that I can learn...and boy did I learn. Life is an adventure, a journey, and a wild ride: don't let it get away from you-take as much as you can from it. I do believe that's what I did.

The following is an e-mail from the series I sent to family and friends through- out my time away from home.

\*\*\*\*\* 3/16/04 THE CALL OF THE WILD: FULL TILT

Today the exciting news is: I GOT TO DRIVE THE TRACTOR! I could end the e-mail there and it would be enough for me! Honest! I remember that, when I was little, I used to ride around on our old Massey-Ferguson tractor with my dad. It scared me then (although I loved it) and it still scares me now...I have always been afraid of the loud noise and the seeming lack of control (especially compared to a car), but, since I got here, I have had this alarming urge to drive dad's tractor. I mean, how can a tractor named Matilda be dangerous? So, out of the blue, after taking a load of rotten wood to the burn pile, dad asked me if I wanted to drive the tractor back to the house.

Now, this is not driving the tractor up the driveway; this is driving through gripping mud, up slippery hills,

across a 4-foot-wide piece of land between two ponds that dad has built, and around a sharp corner. As soon as the words left dad's mouth, many images flashed through my mind: me stalling the tractor, getting the tractor stuck in the mud, careening around a corner, getting the trailer caught on a hill, and, worst of all, flipping the tractor over and driving it into one of the ponds (the poor fish!)! But, Dad was very supportive: he sat right down on the wheel cover next to me and instructed me in the Driving of a Tractor.

I drove (at 5 miles an hour) through the mud, up the hill (manual acceleration used here-all on my own!), over the skinny land-bridge, around the sharp corner, and safely up the driveway. I decided to stop here and let Dad back the trailer in so as not to tarnish my perfect tractor-driving record. So, THAT is my accomplishment for the week! Yeah for me! I feel like I could do anything after that! Who knew such a small thing could create so much confidence? I guess it really is all about the little things...maybe next time I'll drive a little faster!

(NOTE: Through her story, Lane has come to symbolize to me that which is hopeful and strong and good in young women. Lane, now back in Maine, is working to pay off those school loans. One of her four jobs this summer is at the Morris Farm in Freeport.)

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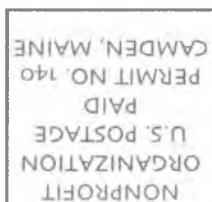
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