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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.

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Mainely Girls is grateful for the support of
Bonnie Rukin Miller
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YOUNG WOMEN'S HEALTH SUMMIT 2000

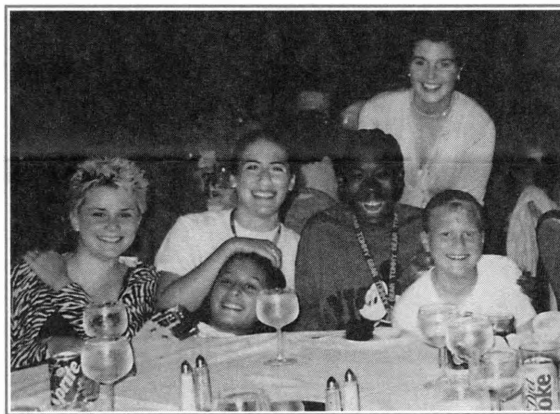
Body * Mind * Heart * Spirit

Two Maine high school young women, Mary Holt of Norway and Rachel Rivard of Gorham, joined 220 other girls and young women in Arlington, VA on August 3 - 5 for the Office on Women's Health first-ever Young Women's Health Summit 2000 - Healthy Girls, Healthy Women, Healthy World: Are You Ready? This landmark event brought together girls and young women ages 12 - 22 from all over the U.S., Canada, and beyond.

Two intense days filled with inspiring speakers, roundtable discussions, and fun activities culminated in each girl designing her own "Back Home" girls health project.

Roundtable discussions focused on: substance abuse; young women's health; violence issues; media and self-esteem; social, cultural and ethnic diversity; and reproductive health and responsible choices. Outstanding facilitators from all over the country led these workshops.

Mainely Girls attend the Summit as the designated state mentor who will assist Mary and Rachel in implementing their projects in their home schools and communities during the 2000 - 2001 school year.



Summit 2000 Sound Bites

"Mirror, mirror on the wall,
Who's the greatest one of all?
Oh my, oh my, it must be me!
'Cause I'm the only one I see!"

500 girls and women stood and repeated these words after the speaker, then laughed and clapped, and sank back into their seats. Catherine Steiner-Adair says that almost every girl and woman begins the day thinking negative thoughts about her body, and that starting the day in

this way must have a negative effect on her life. I made a mental note to start my days with this little ditty.

The speakers, too numerous - and almost all previously unknown to me - were inspiring. Here are some of their words:

- Believe you're not a victim that loses but a victor that chooses!
- Be resourceful: figure out how you can make things happen for you.
- Pursue the things you like or are fascinated by.
- If you can dream it, you can do it, but you don't have to do it alone.
- Surround yourself with people who inspire you. Each person gives you a little piece of what you need. Then identify what they are giving you.
- Mentors are important. Sometimes you have to go find them.
- When you look in the mirror, you're exactly as you're supposed to be.
- It's an honor to be who you are.
- Nurture your spirit.
- Choose your friends like you pick your flowers - not wilted friends or relationships.
- If you do things and they just don't sit well with you, pay attention... pay attention to what your gut is telling you.
- When I make a bad decision, I try to replace it with a good decision.
- Turn a lesson into a blessing.
- Keep growing. Put yourself in tough situations and then learn from them, grow from them, get better.
- Find your passion in life and whatever you choose, don't give up. Whatever you want to be, keep that passion in your heart.

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✱ Membership
Staying Involved
and Informed

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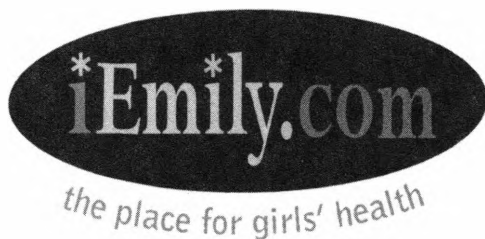
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iEmily.com

The First Health and Wellness Online Site for Girls



Being an adolescent girl has never been easy, but young teens of the 21st century now have a virtual partner to see them through the most confusing, exciting time of their lives. iEmily is the first website that addresses issues unique to the millions of teenage girls in America. The website has pages on Your Mind & Feelings, Sex, Body & Health, Healthy Eating, Natural Health, Forums & Chats and a Look it up Page.

Rina Spence is the president and CEO of iEmily.com, Inc. The former CEO of Emerson Hospital in the Boston area and founder of the Spence Centers for Women's Health, Rina is a nationally acclaimed expert on women's health-care issues. She has enlisted highly accredited physicians, medical writers, psychiatrists, nutritionists, and educators to address topics pertinent to girls.

The website also has surveys and quizzes as well as information. There is a "Back to School Survey" which asks about what girls are feeling about a new school year. One of my favorite articles was a Feng Shui Quiz: "How's the Qi in Your Room?" I highly recommend taking this quiz.

"Lace'em Up: The Right Shoe for You" is an article about what to look for next time you go shoe shopping.

"My Story" is a section created for girls all around the world who want to share a story about something that has happened to them. The stories can be embarrassing, funny, tragic or sad, about serious illnesses, tough emotional or physical challenges, or unusual hobbies, interests, or passions. If you would like to share any life experiences you can submit your articles in the "My Story" section.

iEmily also has an Ambassador Program for girls. It is designed to make sure that the website is giving girls what they want and need. The Ambassadors are called upon to offer their opinions about the content, design, and marketing of the website. Their views are gathered through surveys, questionnaires and focus groups, and sometimes through one-on-one conversations (via e-mail or phone). As Ambassadors, girls are able to review iEmily articles and graphic media before they are posted on the website; they also receive advance notice of and invitations to participate in special iEmily events. Ambassadors are always encouraged to tell their friends about iEmily.com and spread the word that it's the place for girls' health. To compensate Ambassadors, iEmily typically pays a flat rate of \$10.00 per hour, or provides the girls with a \$10.00 gift certificate to an appropriate store, such as Tower Records or Bath and Bodyworks.

iEmily offers many opportunities and information to girls in a really creative website. We strongly encourage you to visit the site at: www.iemily.com

Women's Health

On August 22, 2000 the Nation Woman's Law Center in Washington D.C. released a Report Card on Woman's Health.

The report stated that America's Health Policies are failing Woman with inadequate, ineffective and inconsistent health care.

The Report Card showed that one of the biggest problems is that too many woman lack health insurance coverage or that the insurance they do have is inadequate. The report also showed that many women lack of access to health care and to health care providers. The family doc-

tor or health clinic down the street is a thing of the past. And, many states do not recognize the need for preventive measures such as smoking, nutrition, physical activity along with screening for disease and other conditions.

The Report Card listed the ten top states and the ten lowest states. Maine ranked in the middle.

The National Women's Law Center is a Washington based non-profit organization working to expand opportunities and break down barriers for woman and girls. Their report is on their web site at www.nwlc.org.

Health Summit 2000

(continued from previous page)

D.J. Honey, from station WPDC in Washington, explained what the FCC really stands for:

- 1) Focus - always stay focused on what you want in life. Don't let anyone or anything divert you.
- 2) Commitment - stay committed to anything you focus on.
- 3) Career - stay focused and committed to a successful career that you can be proud of.

That's the first set of FCC's. Once you accomplish those, you move to the second set:

- 1) Finance - you're in good shape with this because

that's what the last set of FCC's was all about!

- 2) Ceremony - now you can get married, if you want.
- 3) Children - the children will follow.

For me, the most important and memorable statement in those days crammed with such came from a young woman while brainstorming a list of what girls consider important health issues for girls. After all the diseases, issues, and concerns had been stated, she said simply and quietly, "Happiness is a girl's health issue."

We left Summit 2000 with incredible amount of information - 600 hundred pages - on girls' and women's health issues. Please contact Mainly Girls if you'd like to hear more about the Summit, or if you'd like copies of handouts on a specific area of girls' and women's health.

Tri-WHAT?

By Casey Heard

One night recently I became transfixed by a story on NBC's Dateline. The segment focused on the Female Athlete Triad, which was foreign to me. The ensuing story was one I believe many people can relate to and one which has frightening ramifications.

First identified in 1992 at a meeting of the American College of Sports Medicine, the Triad consists of disordered eating, amenorrhea, and osteoporosis. The three elements of the Female Athlete Triad are interrelated, with disordered eating leading to amenorrhea and eventually osteoporosis. The long-term effects are very serious as the Triad can result in severe psychological problems, irreversible bone loss, and death.

Most often the Triad begins with disordered eating, which involves sporadic eating, poor nutrition, and unnecessary dieting, or occasional bingeing and purging. The combination of poor nutrition and intense training results in the body experiencing an energy deficit.

Amenorrhea is triggered when, in time, the energy deficit has caused the body to cease production of estrogen from the ovaries. Primary amenorrhea is when a girl has reached the age of sixteen without beginning to menstruate. Secondary amenorrhea is when a girl with previously normal menstrual cycles has fewer than six to nine periods annually. Amenorrhea is often associated with decreased serum estrogen levels, which can increase cardiac risk and therefore death.

Finally, the lack of estrogen combined with the lack of calcium and vitamin D from dietary deficiencies results in loss of bone density. Increased risk of bone fractures and osteoporosis can follow.

The Triad frequently affects women who are involved in endurance sports, such as running and swimming or activities where appearance is important, such as figure skating, diving, and gymnastics. Others prone to the Triad are athletes engaged in sports with weight categories, such as horse racing, martial arts, and rowing, and athletes who participate in sports where subjective judging decides performance.

The Female Athlete Triad can become an issue for girls at an early age. For example, many girls became gymnasts or dancers when they are very young; once puberty begins their bodies naturally change. Many girls are criticized for any weight gained during puberty and then begin a

battle to keep the weight off. In addition, many girls are told that if they lose weight, they will be better athletes. As there are in so many areas of life, there are unrealistic ideals for what the athlete's body should look like.

To make matters worse, until recently many coaches, trainers and athletes thought that if a woman athlete stopped menstruating, it only meant that she was training at an intense, serious level. Some coaches still think there is nothing wrong if a woman stops menstruating because of exercise. Coaches have incredibly significant influence on the lives of many athletes; there should be, widespread education provided to coaches on the dangers of the Female Athlete Triad.

The list below provides a framework with which to think about the Female Athlete Triad.

There is a plethora of information on the Internet regarding the Female Athlete Triad. The following are some of the sites:

www.fpnotebook.com/SP012.htm

www.examroom.medscape.com

www.physsportsmed.com/issues/jul_96/smith.htm

www.aap.org/policy/02626.html

www.newsday.com/features/health/triad/tcov0728.htm

Typical Characteristics of Women Who Have the Female Athlete Triad:

- Perfectionist personality
- High expectations for herself
- Poor self-esteem
- Competitive in sports
- Adolescent or young adult
- Achievement and continued maintenance of low body weight and lean physique
- Stress fracture yet continues to exercise or train
- Recurrent or multiple stress fractures

Signs /Symptoms of Female Athlete Triad:

- Lanugo (a soft hair that covers the body of people affected by eating disorders)
- Eating alone
- Use of laxatives
- Fatigue
- Anemia
- Depression

In one sense girls affected by the Triad are seemingly healthy and talented because of their athletic abilities and determination; yet, instead of exercising to care for their bodies, they are destroying their bodies by doing something typically thought of as healthy. This is a condition that parents, girls and coaches should be aware of.

When Is Being #1 Not a Source of Pride?

When you learn that Maine has the HIGHEST smoking rate of young adults in the U.S.

According to Partnership for a Tobacco-Free Maine:

- Tobacco kills more than twice as many Maine people as illicit drugs, AIDS, alcohol, automobile accidents, suicides and fires COMBINED!
- Chemicals used in cigarettes are so toxic that you couldn't even dump them in a landfill.
- An estimated 39% of Maine high school students smoke, the highest percent in the country.
- 7,000 Maine children under age 18 become chronic new smokers each year.
- Since 1988 the number of Maine teens who smoke daily has risen 73%.
- 70% of teen smokers wish that they had never started.

What about the girls? Because of physiological differences, girls and women are more susceptible to the addictive properties of nicotine than men are. And because of a slower metabolism, nicotine takes longer to clear from a woman's than a man's body. Women also have higher rates

of lung cancer. Women and girls are more likely than men and boys to feel dependent on cigarettes. Women and girls often fear that they will gain unwanted weight if they quit but the average smoker gains only 5 pounds.

Partners for a Tobacco-Free Maine will host a Youth Summit at Sugarloaf October 27-29. Kids from all over the state will learn how "Big Tobacco" targets them. The Youth who attend the Summit will work together to create a name, an identity, and an action plan for the State wide Movement Against Tobacco. There is also potential to design a Web site, and even create commercials (which you may star in!) to promote the Youth Movement Against Tobacco.

"Big Tobacco" spends approximately \$14 million per day in the U.S. and \$24 million per year in Maine in advertising to get you to use tobacco! Feel like a victim? You should. You are!

Get involved! Go to the Youth Summit in Sugarloaf. Check out the website at: www.tobaccofreemaine.org, call 622-7566 ext. 254 or write to:

Partnership for a Tobacco-Free Maine, 151 Capitol Street
11 State House Station Augusta, Me. 04333-0011

Calendar

September 2000

S	M	T	W	Th	F	S
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17	18	19	20	21	22	23
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November 2000

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What's Happening?

The Mainely Girls newsletter is happy to publicize programs, conferences, festivals, opportunities etc. for girls and adults who work with girls. We want this calendar to be a complete and reliable listing. Please e-mail short publicity announcements to Mainely Girls at megirls@midcoast.com.

Newsletter deadlines:

- Aug. 15 for the September newsletter
- Dec. 15 for the January newsletter
- March 15 for the April newsletter

We will also update our web site with information that you send us, as it comes in.

Eating Disorder Support Group

Mercy Hospital

The Eating Disorder Clinic has moved from Westbrook Community Hospital to Mercy Hospital.

Support Group Saturday 9:30-11:00 B2 level auditorium. Family & Friends Support Group 4th Tuesday of the month B2 level auditorium. New phone number: (207) 879-3880.

GIRLZ CAN!

Rockland 3:30 to 5:00 1st and 3rd Wednesdays

GIRLZ CAN! is a community model "committed to expanding girls' thinking about their skills, aspirations and life's opportunities." GIRLZ CAN! provides diverse activities and experiential learning so that girls see limitless options for themselves and their futures. GIRLZ CAN! adventures include: art projects, team building exercises, film and photography, health and wellness, cooking, outdoor challenges, and prospective career choices. Through varied activities girls begin to discover their strengths, find new interests, and more opportunities for themselves. GIRLZ CAN! emphasizes four cornerstones: meeting CHALLENGES, making a CONTRIBUTION to the community, exploring individual CREATIVITY, and learning about viable CAREER paths.

Girls currently attending middle school in Knox County are invited to join. There are numerous opportunities for older teens to participate as advisors, teachers, facilitators, and companion learners. Girls and women of all levels of ability are welcome and honored.

GIRLZ CAN! represents a partnership with CCAP, Youthlinks, the Rockland Middle School, and the Penobscot Bay YMCA. Contact: Charlie Charlton 596-0361 ext. #121

Girl - To - Girl Belfast

This Mainely Girls' mentoring program, now in its 4th year, is for girls from Troy Howard Middle School and girls who are home-schooled in the Belfast area. Girls and women from the Belfast community participate in a variety of activities. For more information about joining the program as either a mentor or mentee, please call Mainely Girls at 230-0170.

The Women's Group Camden

Mainely Girls facilitates The Women's Group, a dozen high school girls who meet regularly to talk about what is important to them, to work on programs for other girls in the community, and to have fun. To participate, please call Mary at 230-0170.

Evening to Honor Maine Women and Girls Monday, October 2, Portland

Maine Women's Fund annual fundraising dinner is celebrating 10 years of positive change for Maine women and girls. For more information and/or reservations call Liz Anderson-774-5513.

Mainely Girls' Annual Gathering Friday, October 27, Belfast

Mainely Girls is organizing the 2nd annual "Gathering" for people who work with girls, as well as girls who have already distinguished themselves as leaders and/or activists. The day recognizes the importance of the work we are all doing with girls and provides an important networking opportunity. This year's gathering, a collaborative effort among Lyn Mikel Brown of Colby, Sharon Barker at UMO, and Mainely Girls will be held on Friday, October 27th at the University of Maine Hutchinson Center in Belfast. For more information about the day's program for woman, and the concurrent program for girls, and to receive an invitation, please contact Mainely Girls asap as space is limited.

Raising Confident and Competent Girls

Saturday, November 4 (youth-serving organizations)

Wellesley, MA

Saturday, November 11 (school personnel and parents)

Wellesley, MA

The Raising Confident and Competent Girls project is offering a one-day workshop for middle school personnel, youth serving organizations, and parents. The purpose of the workshop is to create a dialogue on how we can support and foster self-esteem in middle school girls. The workshop is also intended to help participants understand some of the paradoxes or contradictory manifestations of adolescent development, to recognize the many issues which can influence self-esteem, and to explore strategies that best fit the needs of diverse girls. The workshop is based on the Raising Confident and Competent Girls Research Project carried out by researchers from Wellesley College Center for Research on Women.

Time: 9-5

Where: Wellesley College

Fee: \$175 includes lunch and materials

Contact: Ineke Ceder

Phone: 781/283-2486; Fax: 781/283-3645

Email: iceder@wellesley.edu

Deadline for registration is October 30.

Prepaid, advance registration required.

The Gender Project offers the following at the York County Extension Office, Sanford:

Mothers and Daughters: Body Image and Self-Esteem

Monday, October 16, 6:00 - 8:00 PM

\$2.00 donation requested. Space is limited.

Pre-registration is required by October 10.

Supporting Girls to be Smart, Strong and Confident

Friday, October 20, 9:00 - 3:30

Registration fee: \$10. Bring a bag lunch. Space limited.

Pre-register by October 13. CEU's will be available.

Understanding Gender Differences: Classroom Strategies and Activities to Raise Awareness

Thursday, November 30, 9:00 - 3:30 PM

Registration fee: \$10. Bring a bag lunch. Space limited.

Pre-register by Nov. 23. CEU's will be available.

Killing Us Softly III: Advertising's Image of Women

- Video and Discussion

Monday, December 4, 6:30- 8:30 PM

Registration fee, \$3. Space limited.

Pre-register by November 30.

Reviving Ophelia: Saving the Selves of Adolescent Girls

- Video and Discussion

- Wednesday, September 27, 6:30 - 9:00 PM, Sanford Adult Ed (324-2898)

- Thursday, September 28, 6:30 - 8:30 PM, Marshwood Adult Ed (384-5703)
 - Monday, October 2, 6:30 - 8:30 PM, Wells Adult Ed (646-4565)
 - Tuesday, October 3, 6:30 - 8:30 PM, Noble Adult Ed (676-3223)
 - Monday, October 16, 6:30 - 8:30 PM, York Adult Ed (363-7922)
 - Tuesday, October 17, 6:30 - 8:30 PM, Kennebunk Adult Ed (985-1116)
 - Thursday, October 19, 6:30 - 8:30 PM, Massabesic Adult Ed (247-3221)
- To register, call the Adult Ed program.

For program information on any programs above offered through **The Gender Project**, call the Extension Office at 1-800-287-1535 or 324-2814.

Reminding All Girls and Women

'The World Is Your Oyster'

The Oystercatcher, a newly formed non-profit organization, will begin taking small groups of 6 to 8 Maine girls and women to the Kalahari, in South Africa, early next year.

While on Safari The Oystercatcher will offer special interest workshops such as:

- Mother /Daughter Relationships
- Environmental and Wildlife Studies
- Photography
- Cultural and Social Education
- Writing and Publishing
- Confident, Safe, Light Travel (Through Life)

Oystercatcher will welcome women from all backgrounds, and the group is happy and proud to subsidize and/or fully fund candidates in need.

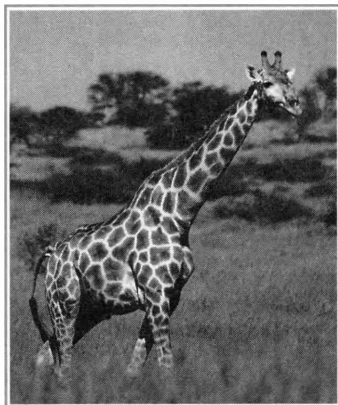
Founders and organizers include Eric Johansson, a South African qualified to act as a guide, and Jane Johansson who has traveled extensively and has spent four happy and safe years in South Africa. They maintain a homestead on the outskirts of the Kalahari Game Reserve which they will open to The Oystercatcher.

Marcia Streenstra, also a founder, is a health teacher who understands the special needs of young women and girls.

The Oystercatcher, including board members and volunteers, cares very much about women's issues and was founded to realize dreams, and to offer hope and the chance of a lifetime to many who otherwise would not know the freedom and joy of travel.

For more information contact:

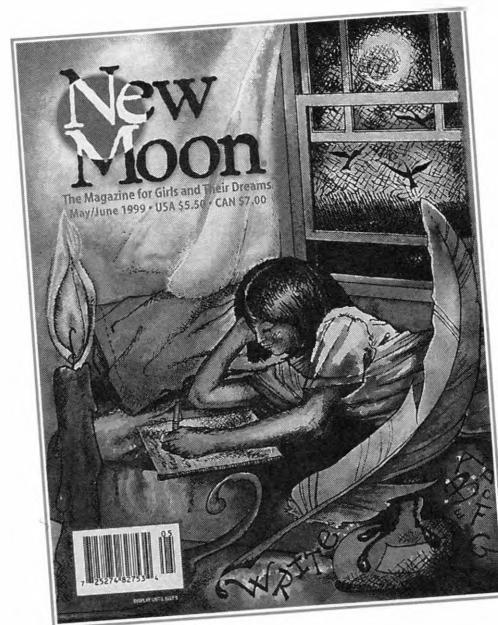
Jane Johansson (207) 763-4113
64 Beaucaire Ave., Camden, Me. 04843
email: janej@mint.net



The Thin Line

Katie Glick, 653-1756, for more information or the promotional video.

The Thin Line is ready to come to your school or community! This 30-minute one-woman play by Cathy Plourde addresses eating disorders and has been seen by youth grades 7-12 as well as in colleges this past spring. Adults who work with girls and boys who are struggling with eating disorder issues—and their friends—are moved by this performance and pleased to use it as a vehicle for breaking the silence about this potentially fatal mental illness.



Every Once In A New Moon....

In our last Mainely Girls newsletter, we raved about *Teen Voices* magazine, and we hope many of you have checked out their web site and/or trusted our opinion enough to try a subscription.

However, when I showed a few copies to an 11 year old friend recently, she leafed through them and said, "These are too old for me." She was right. She needs New Moon Magazine.

New Moon: A Magazine for Girls and Their Dreams is terrific for younger girls! In it girls boldly state their reality: what they think, feel and observe. The magazine helps girls keep in connection with what they know.

The New Moon girl is true to herself, and New Moon helps her as she pursues her unique path in life, moving confidently out into the world.

New Moon is an international magazine for every girl who wants her voice heard and her dreams taken seriously. With girl editors ages 8 to 14 and girl contributors from all over the world, New Moon celebrates girls, explores their passage from girls to women, and builds healthy resistance to gender inequities.

New Moon publishes original fiction, poetry, articles and artwork from girls all over the world. Its last issue also offered "A Teen's Guide to Getting Published" written by two teens. And, to get you involved creatively, New Moon offered directions for how to make your own paper, how to write a Haiku, and a section on Shodo which is Japanese calligraphy art.

Check out the excellent **New Moon website**. It is filled with many different resources ranging from New Moon Products to opportunities for girls, such as the Alaskan Adventure - where girls learn to climb glaciers and **extreme survival skills**.

New Moon Network: For Adults Who Care About Girls is a companion to, and published bimonthly by, New Moon Publishing, Inc. It's a forum for sharing the triumphs, concerns and strategies of a worldwide network of parents and professionals committed to raising healthy, confident girls. The latest issue focused on surviving anorexia, real time help with raising girls, rescuing boys from the myth of boyhood, and confronting homophobia.

Coming soon: a **New Moon TV** series pilot, *Shoot for the Moon*, for national broadcast on PBS. This show will have a fun, entertaining, informative "magazine" format and provide young women with a forum to express their thoughts, feelings and ambitions.

Here are some ways to contact New Moon:

P.O. Box 3620 2127 Columbus Ave.
Duluth, Mn. 55803-3620
www.newmoon.org
email: newmoon@newmoon.org

Mainely Girls News

Our organization remains committed to helping address Maine Youth Center girls' needs, and we are particularly grateful for financial support from Maine Community Foundation Directors, an anonymous donor advised fund they administer, and the Sebago Fund. All are making our ongoing work possible.

Mainely Girls was really pleased to be able to provide special programming for MYC girls during their two weeks of school vacation in early July, presenting our film festival the first week, and bringing in local playwright, Cathy Plourde, to lead a theatre workshop the second. Ann Marie Almeida, Mainely Girls' Board Member, Sage Hayes from Outright, Katherine Margarones of Planned Parenthood of New England, Lynn Ryan and Emma Taylor of the Sexual Assault and Rape Relief Center, and Joan Kostacopolous of Husson College facilitated discussions of the documentary films which deal with issues important to girls. Christine Cole led an art workshop and I led one on literature. The New Century Community Program of the Maine Humanities Council helped fund these special programs. In addition, the Audio Bookshelf in Belfast donated three dozen wonderful books on tape, and Jagger Spun of Sanford donated ten pounds of gorgeous yarns for the girls' crocheting project. Through our first attempt at direct programming, girls were given some special opportunities, and we learned a tremendous amount about what the girls need and want, and what is effective when working with them. We hope to offer something again during their December break from school.

In addition, Mainely Girls is serving on the Task Force for Gender Specific Programming which has unanimously agreed to remove the girls from the Maine Youth Center, and to make significant programming changes for them. The dozen members include the Superintendent and others from the MYC; the Associate Commissioner of Corrections, and the Board of Visitors co-chair. Linda Albrecht, nationally recognized for her correctional work with girls, has been hired as a consultant to the group, which will meet for a two-day workshop on September 7th and 8th.

Cathy Plourde and I will be presenting the results of our survey of 500 Maine girls to two important audiences this autumn: the Maine School Nurses Association and the Maine Principals' Association. To arrange a presentation for your organization, please contact us. We can also send you a copy of the report, or you can find it at our website. We are grateful to the Bingham Program for funding our outreach efforts.

"Go For It!"

Wanna know a secret? Exciting opportunities for girls are starting to pop up all over the place, and what most people don't know is that few girls are reaching out and grabbing them! That's bad news and good news. The bad news is that girls are letting incredible experiences slip through their fingers. The good news is that the few girls who do take a chance, reach out, speak up and say, "Hey, that sounds fun and interesting!" have very little competition and have a great chance of being chosen. Often less than six girls statewide apply when opportunities such as the Young Women's Health Summit are advertised. (We took three of those six girls to Virginia, all expenses paid!)

In this issue alone we feature a program that will take some lucky girls and women to Africa. We also advertise the Mainely Girls Gathering, which for the first time is encouraging each woman who attends to bring a girl she sees as a leader and/or activist. And speaking of girls as leaders and activists, girls should consider attending the Youth Summit at Sargarloaf to help create a youth movement against tobacco.

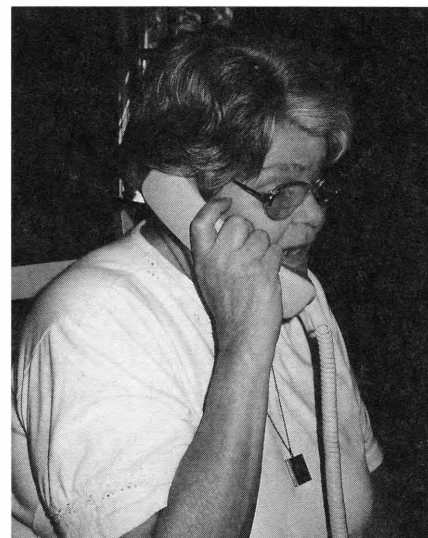
The internet adds a whole new level of getting involved by making it possible for girls from Maine to Moscow to apply for to be Ambassadors for iEmily, to be Zoey's Room e-Pals, or to have their work published in New Moon Magazine or in the Mainely Girls Newsletter... all featured in this issue.

It's important for girls to wake up, stay alert, and act when an opportunity presents itself. It's equally important for adults to keep informing and encouraging girls to take a chance and see where it will lead.

Check out these Websites:

Mainely Girls website	www.mainelygirls.org
Girls Health Site has many interesting sections and even publishes real life experiences from girls from all around the world	www.iemily.com
Meet Zoey and her friends.	www.zoeyroom.com
New Moon Publishing offers opportunities for girls to have their artwork, poems or stories published	www.newmoon.org
Teen Voices Magazine	www.teenvoices.com

Welcome Aboard!



Margaret Ann Cox, known by her friends as Peggy, is Mainely Girls new administrative assistant. Peggy came to us from the SCSEP (Senior Citizen Service Program) funded by the Council on Aging in Washington D.C. She is a retired social worker with 17 years experience and has worked several years in medical records at Camden Health Care Center.

Ms. Cox has been a resident of the area for the last 12 years. She is very active in several area organizations, holding leadership positions in them. Her very special friend is her dog, Homer, a buff colored cocker spaniel whom she walks early each morning. Peggy enjoys knitting especially making mittens for Head Start at Christmas time.

Peggy is the mother of four adult children with twelve grandchildren and two great-grandchildren.

Hi! My name is Sarah Andrews, and I am the intern here at Mainely Girls. Last year I worked at the Troy Howard Middle School and was very concerned with many of the issues I felt were preventing these girls from succeeding. I met Mary Orear in the Belfast Girl-to-Girl program where I volunteered as a mentor.

Earlier this summer the Maine Women's Fund gave Mainely Girls a grant for an intern and Mary asked me to join forces. I am learning about the many aspects of running a non-profit organization. I am very encouraged by the work being done at Mainely Girls, and proud to be part of an effort to promote its philosophies.

I am a graduate from the Maine College of Art in Portland and am currently living in Northport.

Zoey's Room

Zoey's Room is a thirty minute e-zine style television series in the works for girls ages 10-15.

Zoey is a pre-teen animated cyberian. Her hair is always in an up-do where the ends emit an electric glow whenever she talks, and her clothing has a wide range of funky colors and shapes. Zoey is savvy, quirky and inquisitive - questioning everything that happens around her. She socializes with girls from different places and languages and tries to bring their cultural diversities into her cyberworld. She mixes words to create her own form of slang referred to as "zoeyisms." She has cyberian friends, but she is eager to find out what "real" girls think, what their interests are, where they go and what makes them happy or sad.

There are four reoccurring segments on the program. They are: Fab Female, Ladies Lounge, Girls Around the Globe, and Do you Dare?

The Fab Female segment highlights progressive women in society... girls, teen-agers, or women who have done something challenging.

In the Ladies Lounge girls can address problems they are facing and ask questions about personal matters, with other girls their own age or with experts.

Girls Around the Globe offers insight to diverse and unique cultural aspects. Here girls from different parts of the world talk about a topic in relation to their own country, culture and/or religion.

Do You Dare? challenges girls to use the Internet as a resourceful tool. Zoey proposes a challenge and asks for responses all week long. The challenge is a clue to what will be happening in the next show.

Zoey has many friends on the show: Pixel, her animated cyberian pet; the Cyphibians, an aquarium of creatures representing the male perspective; and Moody, an animated chair that changes color and shapes to match Zoey's mood. Zoey also posts images of the "real" girls that she meets.

For now, you can "tune into" Zoey's Room at her web site at www.zoeyssroom.com

This year *Zoey's Room* creators, Erin Brockette and Vinitha Nair, formed Happy Dance Productions to bring their show to the forefront as a leading interactive television program. Their partnership is based on years working together as a creative, content-producing team in many areas of the industry, first in Texas and now in Maine.



LOL :)

Membership form

Yes, I would like to support Maine girls, the women they will become and the families many will raise by becoming a member of Mainely Girls! (Members will receive the Mainely Girls newsletter which comes out three times a year.)

☐ \$10 (girls) ☐ \$20 ☐ \$35 ☐ \$50 ☐ \$100 ☐ \$250 ☐ \$500 ☐ \$1,000

Please make your tax-deductible contribution payable to Mainely Girls and return it with this form to:

Mainely Girls
PO Box 93
Rockport, ME 04856

For our records, please fill out the following:

Name

Address

City State..... Zip

Please send my friends the Mainely Girls' newsletter:

1. Name.....

Address

City State..... Zip

2. Name.....

Address

City State..... Zip

Girl's Page

What's a newsletter about girls, for girls, but without girls' voices? Not a good thing, we think.

So in each edition we hope to print some writing submitted by Maine girls. You can rant against some injustice, praise something or someone, react to something you've heard or read or thought long and hard about, warn us all of something we should beware of, or recommend the best anything you've recently discovered and feel others would love, too. We also favor poems and drawings. Please e-mail them to Mainely Girls at megirls@midcoast.com or mail them to P.O. Box 93, Rockport, ME 04856

ZOEY'S ROOM E-PAL SEARCH!

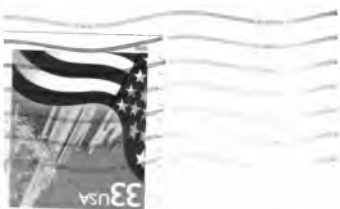
Zoey's Room is updating its website to make it even more interactive, entertaining and relevant to girls. Please help find an e-Pal for Zoey's Room by passing along this opportunity to girls who would be interested. (Girls can live anywhere in the world and should be between the ages of 10 and 19.)

SEEKING ARTICULATE, REAL GIRLS

Do you hide your artwork in a sketch pad? Do you have pages of poetry tucked away? Do you have stories you'd like to share? Do you harbor secret desires to tell your stories on video? We'd like to offer to you the chance to express yourself. Here is a unique opportunity for girls to show their talents and skills and help build Zoey's Room, a television series / interactive website for girls. Zoey's Room is the platform to tap into girls increasing fascination with information technology in an entertaining way. Listening to what girls have to say and helping girls learn from each other provides the energy and relevance of this program. The excitement generated from girls is in having a place to call their own, communicating with peers around the world, and being part of new technology. Zoey's Room is literally "girl-powered". We're seeking creative young contributors to help produce it.

You have the opportunity to populate our programming with reality, feeding other girls your trends, giving global girl reports, and expressing your opinion through all available media. We need great storytellers, with strong editorial, video and/or Web related skills. We're looking for diverse and articulate voices – girls with strong opinions who're eager to share them with the world. Girls chosen to be host or participate as one of the monthly e-Pals will need to make a serious commitment to this program. Let your friends and family know that we are looking for girls with something to say!

For a Zoey's Room application please call Happy Dance Productions at (207) 230-1282. (Nothing ventured; nothing gained!)



The Source of Information for and About Maine Girls
Mainely Girls
P.O. Box 93
Rockport, ME 04856

