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Network Staff

*Network*

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# NETWORK

## MAINE WOMEN'S NEWSPAPER

SEPTEMBER 1993

P.O. BOX 74, BLUE HILL, ME 04614

\$1.00

### Lessons of the Deluge by Cynthia Keyes

As the Mississippi continues to rise and overflow its banks, flooding towns and villages along its path, the sense of hopelessness increases and overwhelms its hapless victims. What lessons will be learned from the floods in the Midwest? Will we learn how to build bigger dams and levees to better encase our rivers, thereby forcing our will across the lowlands? Or, will we take a new look at the situation, recognizing that the flood plain belongs to the river, and try to see how we can best work within that reality? If we learn anything, it should be that we need to stand back for a moment and view our environment as a whole. We have somehow fragmentized our world and lost sight of the oneness that exists in all nature. We cannot change one little molecule without it affecting the whole system. We cannot dam a river in one place without it affecting the total flow of that river and the resulting ecosystem. We cannot detonate a nuclear bomb underground without it having an effect on the geophysical make-up of the Earth. We cannot cut down the forests or drain the marshes without it affecting entire ecosystems. Places vulnerable to the caprices of nature need to be considered differently than other, more stable areas. Whether it is in a flood plain, or on a fault or on a hurricane-prone coast, we are foolish not to consider the ramifications of placing our communities in these places. Some areas are better left without permanent structures. Better to borrow them for temporary or occasional use such as for recreational purposes, or farming when conditions are beneficial, but not create whole communities around them and expect that they are going to be safe.

The flood in the Midwest is just one more consequence of man's inability to recognize and respect the forces of nature. It has nothing to do with God punishing us for our sins, as some would have us believe; it is just a logical consequence of draining wetlands, walling-in rivers and building communities in a flood plain. Floods and earthquake are not bad and should not be viewed as such. They are the ways in which this planet purifies, restores, and rebalances herself. It is only when we, humans, happen to be in the way that we find it upsetting.

When will we stop this fight—this battle between man and nature? We can't win it. We may be able to hold on to some territory for awhile, but in the end—we lose. The Earth

is too large and powerful an adversary for us humans to take on. It is time to lay down our arms of interference and destruction and begin to make peace. We need to open a dialogue with the spiritual forces of the Earth—learn to listen and observe. We must become both prophet and priest—open to the inspiration that comes from a unity between our spiritual self and the spiritual forces of nature and willing to declare the sacredness of all creation and to make whatever sacrifices are necessary to protect that sacredness. In the process, we must take care not to use spiritual means to interfere with the natural cleansing process of the Earth.

Many of you belong to Matrix and other Earth healing groups. Keep in mind, Earth healers do not try to stop the

process of rebalancing by creating interfering thoughtforms. They put forth prayers and thoughts that serve to add balance and harmony to the Earth. It is not for the Earth healer to try to stop an event from happening. This is no different from putting a dam in the middle of a river and expecting that the river will stay put. It may, for awhile, but when it releases, its power and force will be far greater than if it were not interfered with. An Earth healer must be a conduit for life-force energy by becoming a focal point of balance and harmony. This can be done through prayer, meditation, or simply by thinking of the most beautiful, peaceful place that you have ever been and then recapturing that feeling, that sense of peace—focus on it—feel your whole being expand with this sense of harmony and love. This is the kind of energy and thoughtform that needs to be sent to the Earth to help her restore balance. This harmonious force will be taken up by the spiritual beings responsible for the physical makeup of this planet and directed where it is most needed.

In the Earth and all of her systems, we have the ultimate nourisher and bringer of wealth and well-being, as well as a teacher par excellence. She can teach us—if we let her—how to work with the forces of nature, to have all that we need and then some. She can teach us how to grow food without the use of poisonous chemicals, where to live without danger of natural disaster, and how to plan our communities for the common good.

Let's hope that the lessons of the flood will help us to regain our perspective—restore our sense of the sacred—and begin to look upon the Earth, as well as ourselves, as belonging to the Oneness of all creation. Perhaps it will teach us to look at nature in a different way. Instead of seeing how we can exploit it, maybe we can restore our childlike sense of wonder and excitement over the simplest of things—to see the splendor of a sunset, or the perfection of a small flower, or perhaps to sit by a river, without walls, and feel a sense of peace as we watch it meandering through the countryside.



*Earth Changes Report* No. 23, 8/93. Copyright 7/27/93 by Gordon-Michael Scallion and Cynthia Keyes. Reprinted with permission.





# Contents

- 1 Lessons of the Deluge  
*by Cynthia Keyes*
- 3 Letters
- 4 Women and AIDS  
*Downeast Health Services*  
Sexual Risks are Rising for Women
- 5 The Global Face of AIDS
- 6 Poetry
- 7 Cycles and Spirals Review  
*by Mary Ann Solet*  
WomanSpirit
- 8 Compatibly Co-parenting  
After Divorce  
*by Beth Tableman*  
Amnesty International Update  
*by Thesil Morlan*
- 9 WBDC: Profile of a Work-at-Home  
Business  
*by Sheila Coyle*  
Women's Financial Workshops  
Moving Away from Meat  
*by Betty Stookey*
- 11 Calendar  
Maine Media Women's Meeting  
Classified
- 12 Network



# NETWORK

*Network* Maine Women's Newspaper  
Post Office Box 74  
Blue Hill, Maine 04614  
207-348-2283

September 1993

The purpose of this newspaper is to embrace, inform, educate, and activate women in Maine and, through women, promote political, economic, and social change in the lives of women, children, and families.

*Network* is a not-for-profit newspaper for the specific benefit of women in Maine, and its publication is made possible by women of vision and intent through annual subscriptions, contributions, and purchased advertising.

Deadline for inclusion of letters, articles, features, reviews, etc., in the October issue is September 15th, and for calendar listings and advertising, September 20th.

## Women involved in the publication of this issue:

Kathy Anderson -

Pauline Boyce

Jane Crosen, proofreading

S. Elaine Eldridge, humor

Kate FairChild

Olga Lange

Jeri Onitskansky, poetry editor

Tonyia Peasley, advertising

Deborah Pulliam, layout and production

Judy Robbins

Mary Ann Solet

## Editorial

For me the end of summer in Maine is always a bitter-sweet experience. I'm sad that it is ending, but relieved that its over for another year and I can get on with the business of Life. I am looking forward to a time of less distractions and more opportunity to focus on what nurtures and strengthens me. I hope your thinking is similar because in order for this concept of bringing women together, to reach its full potential, it requires involvement on the part of all who wish it to succeed. It is not media-as-usual-information, designed to be passively received, rather the content of this newspaper should serve to educate, stimulate and activate women to communicate with each other. To this end, we suggest that you tell us what issues concern you, what you need to know and what you want to put out to others.

In addition to making *Network* available through subscription and sale we want to make complimentary copies available for distribution to Women's Centers, Shelters, Clinics, Child Care Centers, Libraries, Churches and anywhere else that women congregate. Please take the initiative to call and we will provide you with as many copies as you need. The idea is to reach as many women as possible.

In this issue are several short articles on HIV/AIDS.

This will, hopefully, generate dialogue on how women in Maine can begin to take appropriate steps to deal with this devastation and halt its further encroachment. In October we will have several, indepth articles from individual Care Givers and organizations, both State and private, who provide support for women who are HIV positive and women in Maine who are already dying because of AIDS. Please join these women by sharing your insights, experiences, opinions, observations, concerns and compassion about this broad ranging social issue which affects, if not directly threatens all of our lives. Let's start communicating now so that when the situation becomes more intense, we already have a framework to operate within. There will be room in the next several issues for all of your letters and articles.

We are receiving wonderful poetry. Keep it coming! We could use more art work and photographs.

"Thank you," to our advertisers and those who are carrying *Network* in their place of business. We need more of you. "Thank you" to those who support *Network* by subscribing and to those of you who do not yet subscribe, please do so today.

Pauline Boyce

Letters to the editor are welcome. Please use this opportunity to speak about whatever is on your mind. Let's start talking to each other.

Send to: *Network* Maine Women's Newspaper

Post Office Box 74

Blue Hill, Maine 04614



# Letters

Dear Editor,

I don't know much about the DeBoers and the Clausens, or about the tragic things that may have happened to Pamela Feeny in her life (*Adoption: The Feminist Challenge*, July *Network*), but I can tell you something about our family and other families we know.

Our family was built through adoption. Our oldest son was released for adoption at the age of ten after experiencing unspeakable horrors perpetrated upon him by his biological family and by Maine's version of the human services system. He's now 22, and lost again, but it brought something of value to our lives and, we hope, to his, for our having parented him for as long as was possible. Our youngest son's birth mother made a decision early in her pregnancy to place him in an adoptive home. He came home at nine months and is now eight, and each time I look at him, I thank his beautiful birth mother for exercising her choice and not taking the expedient way out of her dilemma.

Adoption isn't the perfect solution to the problems hundreds of thousands of children in this world are faced with; problems that surely *are* the result of society's ills. In a perfect world, our oldest son would have had a mentally and physically healthy birth mother, and he would have had a father, and they would have lived happily ever after like the Ozzie and Harriet family on television as he so desperately wanted to. And our younger son would live with his black biological mother and his black biological father would live with them. In a perfect world there wouldn't be thousands of black baby boys in this country awaiting placement in a permanent home.

But it isn't a perfect world. There is war and there is drug abuse, and yes, there are "sexism, classism, racism, homophobia and ableism." Can Ms. Feeny mean that all the adoptive parents I know, who honor their children's birth mothers every day by striving with all the commitment any parent could have to give those birth mother's children the best possible lives, are guilty of violence, misogyny and gender oppression? Ms. Feeny states that there's no such thing as a motherless child. It's true that every child has a birth mother, but shall we forsake the countless children who are truly motherless in the real sense of the word in the guise of being politically correct? Aren't these adoptive parents fighting for the eradication of sexism, classism, racism and all the other 'isms through their act of thoughtful parenting?

I hasten to add, lest I give the impression that people who adopt are saintly do-gooders or consider themselves such. (The truth is, most adoptive parents cringe when a well-meaning person praises them in this way.) Among our friends there are many adoptive parents. Some are single parents. Some have transracial families. Some have children from other countries. Some are same sex couples. Some are physically handicapped and some have children with physical handicaps.

There's no question that there are less than pure motivations behind some adoptions in this country, and the processes associated with adoption need to continue to improve. On the other hand, I don't know a single adoptive parent who made the choice to adopt in order to "save a child." Each adoptive parent is a human being with human flaws and foibles, but each was motivated by the desire to parent. Each woman felt an undeniable desire to be a mother

and as a result, some birth mothers' motherless children now have mothers.

Ms. Feeny declares that "addressing the denial of motherhood through the institution of adoption is feminism's greatest challenge." How wide of the mark this statement seems to me. I have no right to speak for feminism, but I'll have a go at stating what I think feminism's greatest challenge is. Might it not be making it possible for every human, of whatever gender, to live a life free of violence in all its forms and to know and share love?

If you want to know more about adoption from some adoptive parents, you can contact Adoptive Families of Maine, POB 340, Winterport, ME 04496; (207) 223-4790.

Sandra Walsh Patrick  
R#2, Box 99  
Orrington, ME 04474.

Network—

I received your free trial issue and can't tell you how disappointed I am in it. The way it was described on TV I thought it was more like confidential chat, as in the Boston papers, and not all feminist philosophy. The foul language doesn't help your cause, either.

Do not send any more issues to me.

Roberta Tarquino  
Harrington

Barbara Hope speaks with such clarity about the issues. Her vision is always inspiring and motivating. Thanks for all your efforts to Network.

Lucinda Talbot  
Castine

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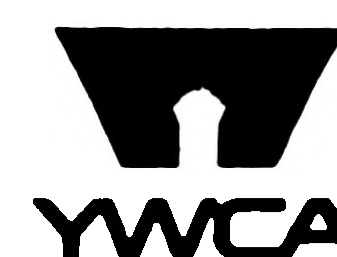
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Brenda T. Cartwright



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# Women and AIDS from Downeast Health Services

For the past 10 years, the AIDS epidemic has been seen as a worry of gay men and IV drug users. Educational and health programs were geared toward these special populations, giving no attention to other groups—namely women.

Today, leaders in the field are taking a closer look at the rate of HIV infection among women and are finding the greatest increase. "By the year 2000, a friend, acquaintance, or family member newly diagnosed with the HIV virus that causes AIDS is just as likely to be a woman as a man," stated Vyvienne Ritchie, HIV counselor of Downeast Health Services Anonymous Testing program.

According to a recently published article by the Chicago Women's AIDS Project, the ratio of women to men with AIDS in 1985 was 1:18. Last year it became 1:9 and now it is the leading cause of death for black women of reproductive age in New York and New Jersey. HIV/AIDS has become the sixth leading cause of death among U.S. women aged 25 to 44.

The World Health Organization predicts that women will make up the majority of the new HIV infections worldwide in the next seven years.

In Maine last year, 17% of those tested were women. As of June 1993 there were a total of 29 cases of women diagnosed with full-blown AIDS. Of these, 17 cases or 59% contracted AIDS via heterosexual sex.

HIV is transmitted for the most part through infected blood, semen, or vaginal secretion. It is much easier for a woman to contract HIV through heterosexual contact than for a man. To avoid infection, women must abstain

or practice safer sex and avoid sharing drug needles.

Women who believe they have been infected should be tested for the HIV virus for their own health, and for the sake of their children and their partners.

Ritchie believes that education, safer sex practices, and testing are the keys to prevent further spread of HIV.

If you have had more than one sexual partner in the past 12 years, you may be at risk for a variety of sexually transmitted diseases. You could even be exposed to AIDS, the deadliest of them all. Anyone who has received a blood transfusion prior to April 1985, ever used IV drugs, or engaged in homosexual or bisexual practices is encouraged to be tested for HIV. It is also recommended that women who are intending to become pregnant and have had more than

one sexual partner should be tested.

Downeast Health Services HIV Anonymous Test Site is one of the nine HIV Test Sites in the state of Maine where testing is done anonymously. Other places, including doctors' offices and family planning programs, do confidential testing. Ritchie emphasizes the importance of anonymous testing, in which clients do not identify themselves. Each client is assigned a number for recordkeeping purposes. Each receives comprehensive counseling and risk-reduction education and the blood test. All counseling and testing are performed by a certified HIV counselor. A nominal fee is charged for counseling and the test. No one is turned away if unable to pay.

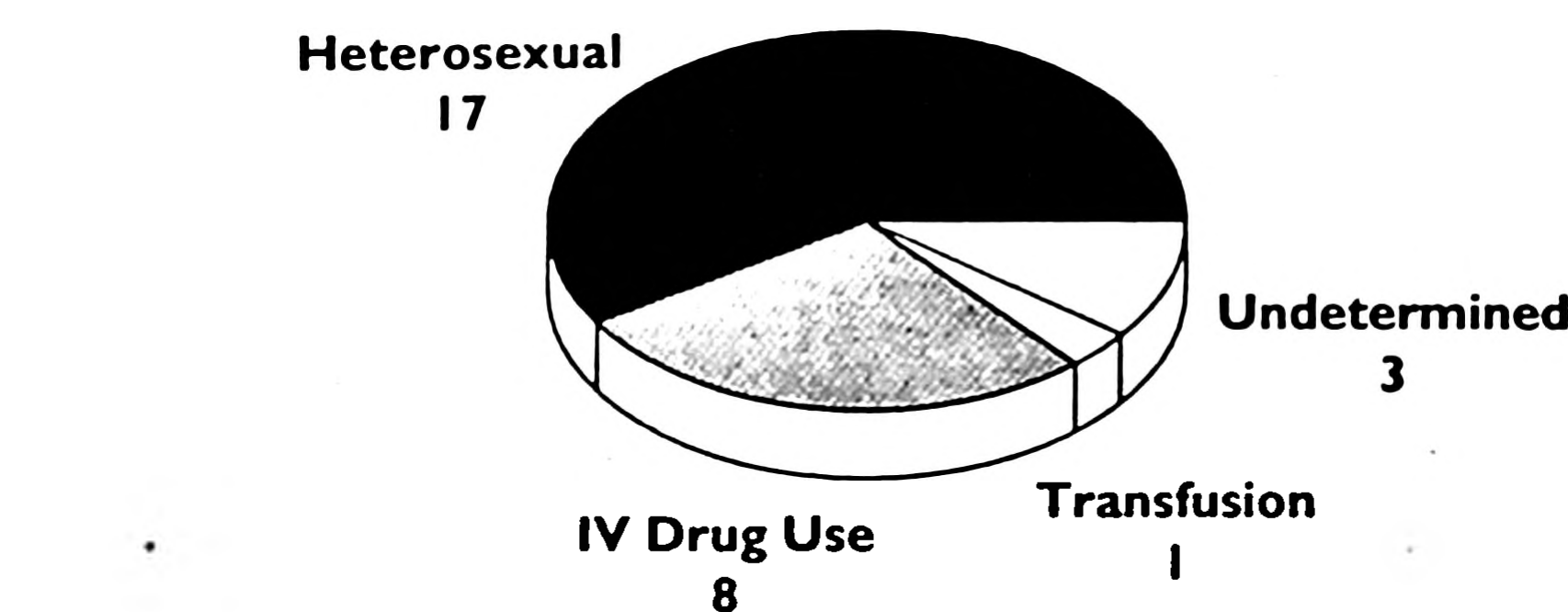
If a person is tested positive for the virus, extensive crisis counseling and referral for case management and support would be the next step.

If you have questions and are interested in testing, contact the AIDS Hotline at 1-800-851-AIDS.

## Anonymous Test Sites in Maine:

Bangor, 947-0700  
Biddeford, 282-1516  
Ellsworth, 1-800-492-5550  
Lewiston, 795-4019  
Portland, 874-8446  
Presque Isle, 764-3721  
Rockland, 594-2551

**Risk Categories Among 29 Maine Women With AIDS: Reports Through June 1993**



Maine Bureau of Health

## WE WISH TO MAKE NETWORK AVAILABLE

to women who may not be on our mailing list or in a position to be subscribers.

We are asking for financial help to pay for mailing costs to send copies of Network to Women's Shelters, Clinics, Child Care Centers, Libraries, etc. across the State.

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## Sexual Risks Are Rising for Women

The officials who track the AIDS epidemic work in a sort of time warp: the new cases they record each year identify infections that occurred a full decade earlier. Yet by watching the caseload change over time, they get a glimpse of where the plague is headed. The latest such numbers—released last week by the Centers for Disease Control and Prevention (CDC)—suggest that while AIDS is still largely a disease of gay men and IV drug users in the United States, it may not remain so for long. Gay men experienced a decline in new cases last year. Women suffered a sizable increase. And for the first time ever, sex surpassed needle sharing as women's leading risk factor.

According to the new report, some 47,000 Americans developed AIDS in 1992 (a 3.5% increase over 1991), and more than 40,000 of the new sufferers were males. But the totals tell only half of the story. Between 1991 and 1992,

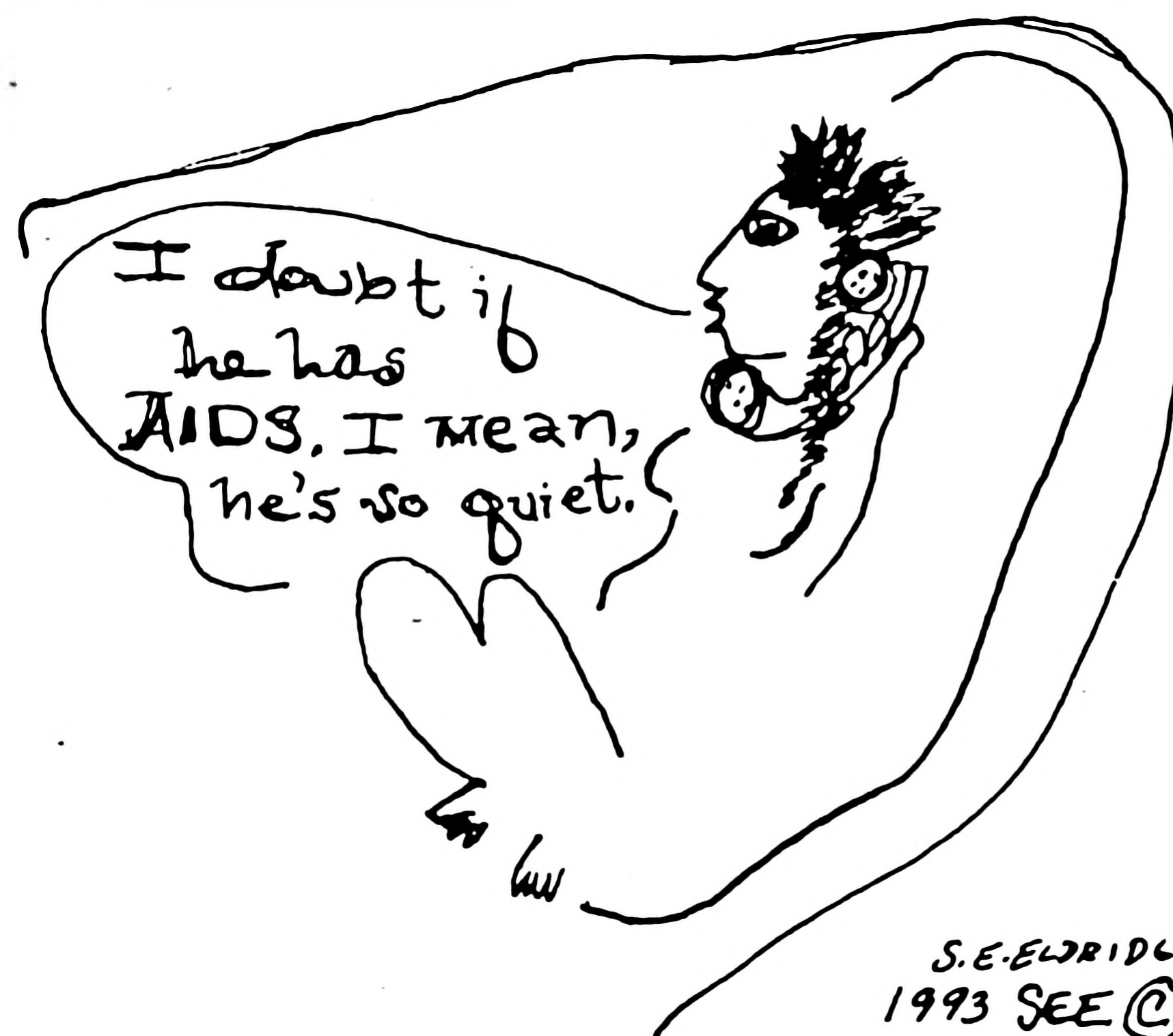
homosexual cases fell by 1 percent and needleborne cases rose by 1 percent. By contrast, the number of heterosexual cases soared by 17%, and cases involving mother-to-child transmission jumped almost as sharply (13%).

If those trends hold a lesson, it's that AIDS poses a growing threat to women. Owing largely to the increase in heterosexual transmission, the number of female cases shot up nearly 10% last year—four times the 2.5% increase that men experienced. Not all women are threatened in equal measure; most of those who contracted the virus sexually are black or Hispanic, and most were infected by men with conventional risk factors, such as IV drug use. Unfortunately, those in the greatest danger are often the least likely to protect themselves. Until that equation changes, the tragedy is sure to expand. *Newsweek*, 8/2/93.



*Mabel Wadsworth  
Women's Health Center*

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# The Global Face of AIDS: Photos of Women

"Women with AIDS" is the subject of a photography exhibition at The Brooklyn Museum by New York artist Ann Meredith. On view from November 12, 1993, to February 20, 1994, *The Global Face of AIDS: Photographs of Women* by Ann Meredith will feature 12 large-scale black-and-white photographs taken between 1988 and 1993 in the United States, Mexico, Puerto Rico, and Kenya. The images depict AIDS-infected women, their families, and their personal struggles, and are supplemented with narrative histories and personal statements of the women.

The photographs range in subject from an image of *Act Up! Women* (San Francisco, 1990), which shows one of the group's demonstrations at the San Francisco International Conference on AIDS, to portraits like *Nancy and Her Mother Lillian* (New York City, 1989). Wall text adjacent to the photographs detail each woman's age, diagnosis, sexual preference, and mode of HIV transmission. Additionally there are two photographs of billboard messages, one in Kenya written in Ki-Swahili and Luo that reads: *AIDS...There Is No Cure* (1993) and another in Louisiana that reads *"AIDS—Judgement Has Come"* (1989).

"My goal since 1987 has always been to focus on women—the 'hidden population' of the AIDS pandemic—

and to show them living with the disease," Meredith says. Each woman came forward to be photographed in order to educate and motivate the public as to the reality of the unique effects AIDS has on women. As each woman openly shared her life with Meredith, the artist took photographs and videotaped oral histories, creating a way to share each woman's voice with the public.

In 1992 The Brooklyn Museum and Ann Meredith were invited to participate in the Lila Wallace-Reader's Digest International Artists' Program, which allowed the artist to live and work for three months in Kenya, East Africa, documenting the effects of the disease on AIDS-infected women of the Luo tribe. Three photographs from the fellowship are included in the exhibition. The grant also provided funds for Meredith to share her experience with the public through this exhibition at The Brooklyn Museum. Programming in conjunction with the exhibitions will be announced in the fall.

Ann Meredith, an arts activist and feminist, has chronicled "women's culture" for more than 20 years. A native of Hot Springs, Arkansas, she received her Bachelors degree at U.C. Berkeley in the History of Art and has done post-graduate work in photo-printmaking. She currently lives and works in New York City and is frequently featured in exhibitions across the country.

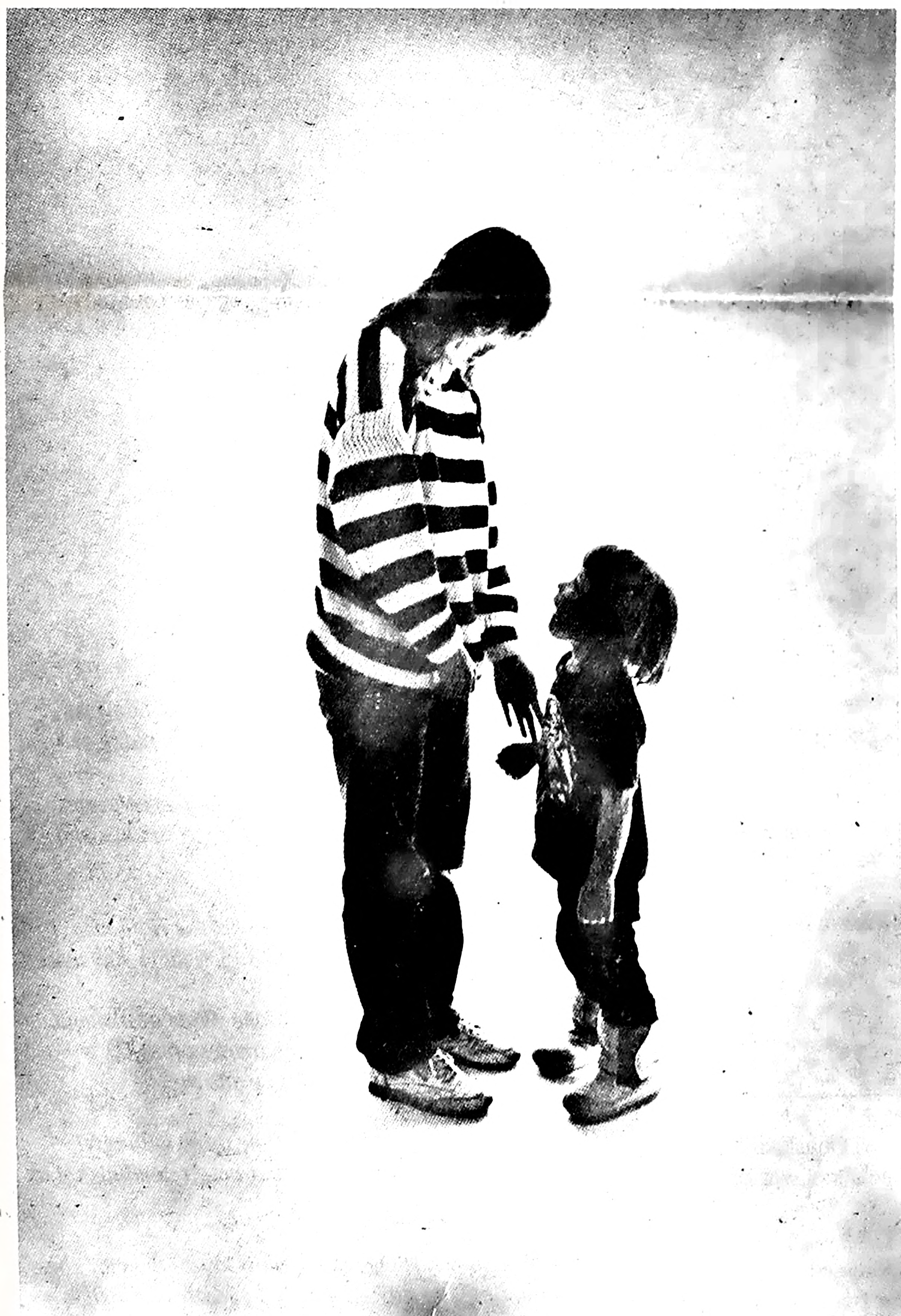


The Brooklyn Museum (200 Eastern Parkway, Brooklyn, New York) is open 10 a.m. to 5 p.m., Wednesday through Sunday. FMI, call 718-638-5000, ext. 330.

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*Anonymous woman with her five-year-old son* (San Francisco, 1988). *THE GLOBAL FACE OF AIDS*: photographs of women by Ann Meredith at the Brooklyn Museum, November 12, 1993 — February 20, 1994.

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# Poetry

## Ironing and Smoking

by Judith Robbins

*My fingers don't have the elegant length of yours, with the pinkie bent in the middle at rest, but still in the thousand wrinkles early in my hands your thin skin shines*

*as did burns from the iron on the heel of your hand, the wrist, the flesh of the forearm distracted as you were by television squinting through cigarette smoke to see Don Ameche romancing on Channel 4*

*returning you for those few hours to movie theaters where Myrna Loy stood in for you with Clark Gable. (You filled a shoebox with your pencil portraits of him.)*

*No wonder you married him after three weeks. Movie-star handsome people said of my father, your husband, Clark Gable by day with a dash of Durante for humor but Lon Chaney at night.*

*I watched you stand at the ironing board and simmer turning your wedding band turning the smoke carefully over silently in your mouth before you exhaled.*

Judith Robbins lives in North Whitefield

SMILING by Kathie Barbett

AND THERE HE WAS  
WALKING HIS DOG  
UP MIDDLE STREET SIDEWALK  
HAT TIPPED BACK  
MOVED BY WIND  
PULLED BY DOG  
AND DID HE DREAM  
OF ME  
WALKING TO MEET HIM  
IN WONDER AT FATES TIMING  
AND DID HE DREAM OF ME  
AND DID HE DREAM  
OF WALKING INTO TOWN  
HAT TIPPED BACK  
WITH DOG, SMILING  
WIND BLOWING HAIR  
DOG LEADING  
SIDEWALK LEADING  
BRIGHT SUNLIGHT  
TO ME  
AND DID HE DREAM  
AS I AM BLESSED  
BY THIS ONE CURIOUS DREAM.

Kathie Barbett lives in Brooklin

Poetry submissions to *Network* are welcome and should be addressed to our poetry editor, Jeri Onitskansky, c/o *Network*, P.O. Box 74, Blue Hill, ME 04614. We seek quality poetry that can speak to the hearts of women. There are no restrictions as to form, length, or style, and any subject will be considered.

Please include your name, address, and phone number on the poem. Also include a self-addressed stamped envelope for us to respond to you and return any poems not chosen for submission. Plan to hear from us within four months. We don't mind receiving simultaneous submissions.

## YOU'RE LONELY

Jules Gray

*When the lights go down and breathing is beside you when nights like these go on for long long times*

*you're lonely*

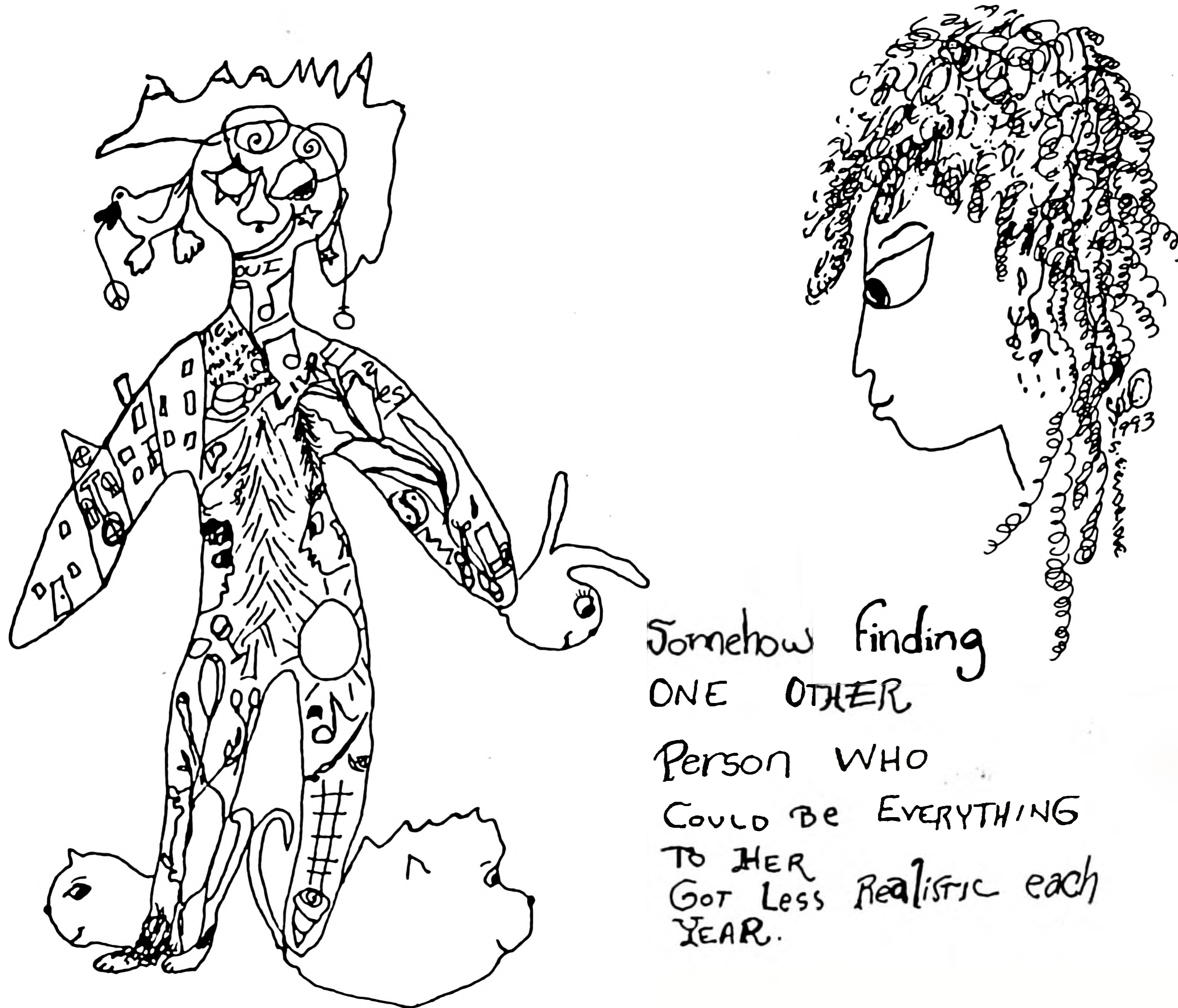
*When reaching out to the dark corners of his soul you feel a hand turning your cheek away*

*You've gone too deep again You're lonely*

*Now you want what you never needed before those days of small talks aren't enough anymore when the lights go on and leaving is inside you days like these go on for long long times and*

*You're lonely, for something out there is calling you and only if you could pull his soul inside yours would you have what you never needed before.*

Jules Gray lives in Ellsworth, Maine



Somehow finding  
ONE OTHER  
Person WHO  
COULD BE EVERYTHING  
TO HER  
GOT LESS Realistic each  
YEAR.

## MY HOUSE

by Mallory Dalton

*I live in the wrong house with the wrong man. The clapboards are green. The lines straight, as if I knew something. And I don't.*

*That's not the truth of course. I live in the wrong house, is. With the wrong man is. The rest is a lie.*

*I know who I am alone. I know who lives in my heart. I know what I want. What is true...is.*

*I know what I want and can't have yet. My windows are perfectly proportioned. They glitter. And are blank at night.*

*My bed is on the rich pine floor. As if needles centuries deep could cradle me, Could soften the edge in me who knows.*

*Some people live in the right house with the right men. I did once. For a short dream, though I fought to stay asleep*

*I lie here awake in the right bed alone. Wide awake and waiting. Insistently strumming the strings of my life's passionate drippings, licked off here and there.*

*The green lines of my clapboards line up so willingly. Comforted by the regularity of tradition. Pretending not to know.*

*I lie here alone wrestling with a ghost lover who can't be here long. I fight to stay awake. So I can dress myself tomorrow.*

Mallory Dalton lives in Monroe



# Cycles & Spirals

Reviewed by Mary Ann Solet

Recently I received in my mail Volume 1, Number 1 of a newsletter, *Cycles & Spirals*, spinning webs of wisdom. Intrigued by the title (I'm a spinner of fibers and associate webs with the weaving I am learning to do on both a practical level—rag rugs and scarves—and a personal/spiritual level), I glance inside to see pieces with titles like: "The Many Faces of the Goddess," and "Expressions of the Feminine in Art."

Feeling as if I am about to enter a warm place where people speak to my heart, I go back to the front page where editors Susan Auglis and Kathleen Luke articulate their vision for *Cycles*:

"...Our experience is that the energies and principles of ancient wisdom are being spontaneously remembered in the visions and hearts of people all over the world. An awareness is returning that life cannot be sustained without a vessel and that the Earth is our vessel. There is a new respect for the cycles that govern our earth, bodies, and stars. We are beginning to admit that Nature operates according to invisible laws yet unknown to science. Recent research in near-death experience is affirming the possibility that death may be birth into other dimensional realities and that these realities can be accessed without dying. There is awakening within us the wisdom that our existence on this planet is sacred and must be treated with honor and respect.

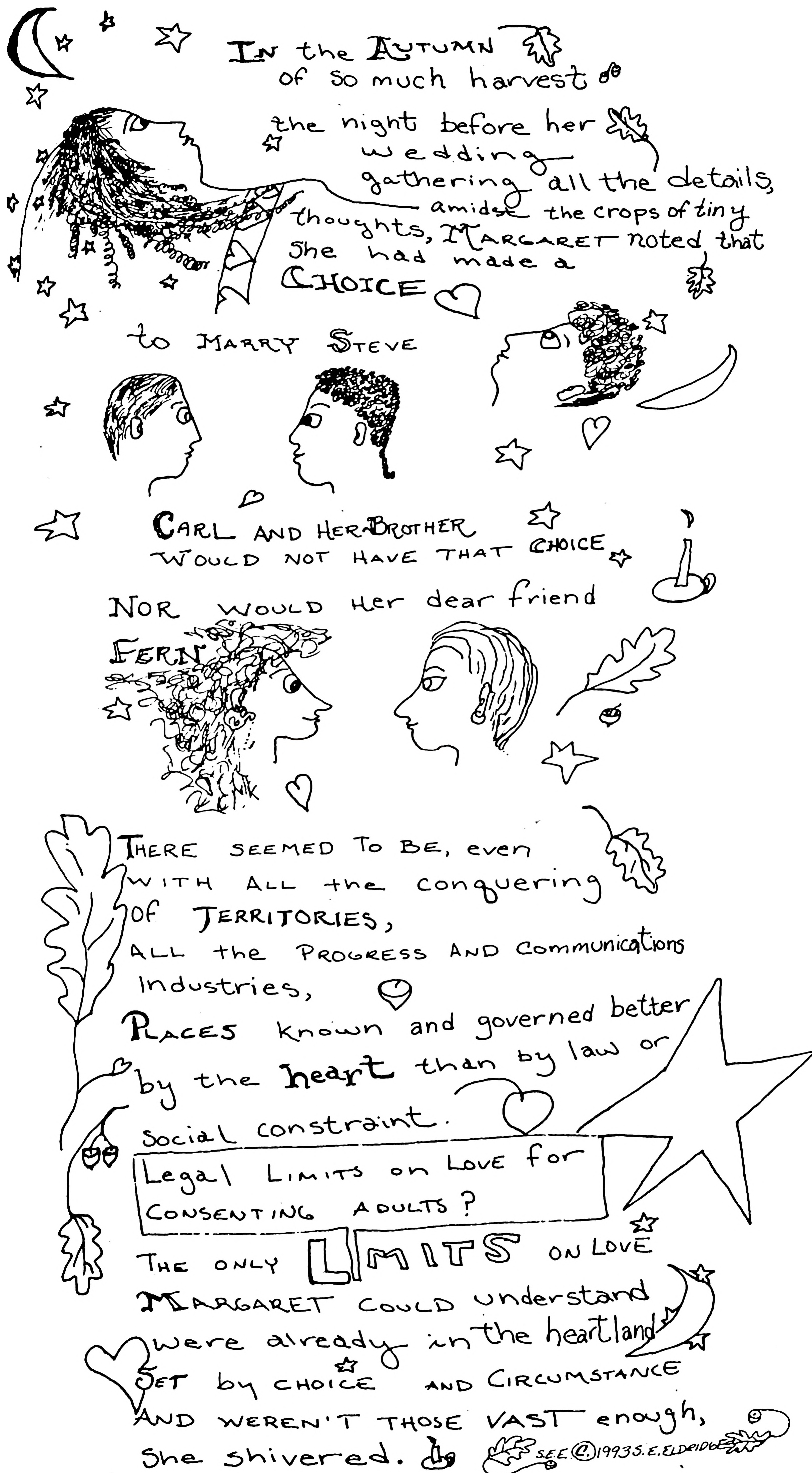
"The intent of this newsletter is to help join us together to fuse old- world wisdom with aspects of our current experience. In so doing we may create new seeds for the yet to be. We would like this newsletter to be an opportunity to spin our words, workshops, and ideas into a spiral of energy and connection as we cycle through critical stages of our personal, cultural, and world transformation."

Susan and Kathleen extend to us An Invitation: "...Community implies cooperation and mutuality, to put forth a shared effort that benefits everyone. This is not the experience many of us have when we attempt to work with others, even when we begin with the very best of intentions. Somehow, mutuality gets lost. We find deep cooperation difficult, painful, often illusive.

"...We would like to encourage a dialogue around the question: What does it mean to work in community? Please write and share your thoughts and feelings about mutuality. Share your experiences, successful and unsuccessful, with being in collaboration. Let's spin webs of wisdom around our communal efforts. Let's help each other create safe environments in which to listen, share, and collaborate with open hearts." Write to *Cycles & Spirals*, 280 Black Point Rd., Scarborough, ME 04074. Donations to defray cost of printing are welcomed.

## WomanSpirit

Women are gathering on the third Thursday of every month to create ritual together that honors and celebrates the sacred feminine in creation and in ourselves. We meet at 6 pm at the First Unitarian Universalist Church, 345 Broadway, Rockland, to participate in ritual that includes song, dance, readings, prayers, silences, and whatever we bring that month. We follow that with a potluck meal. Our first gathering in July appropriately celebrated Creation. In August, we celebrated "nurturing our souls." We hope to create sacred ritual from diverse traditions around the world. If you are interested, please call Anita Wingert at 236-4195 or Annie Kiermaier at 785-4705, or the UU church at 594-8750.





# Compatibly Co-parenting After Divorce by Beth Tableman

Having dinner in a restaurant, our family appears to be the average family unit—parents talking, children talking, parents whispering behavior instructions, children talking to parents, and laughter. So, what makes us different? Divorce. To 98% of the divorced population, a compatible post-divorce co-parenting existence is an impossible concept. However, our family is a functioning example of the positive emotional and psychological ramifications of co-parenting. The family unit does not have to break down, become a battle zone, with children being messengers between warring factions.

Little has been written about the final and perhaps most important step in the divorce process: compatibility between former spouses after the divorce is finalized. Incredible? How can two people who did not communicate while married, do so after the words, actions, and deeds before and during the divorce process?

People may end their marriage partnership, but they cannot and should not end their co-parenting communication, responsibilities, and partnership. There are numerous 20-year studies on the children of divorce, and the evidence is overwhelming. The dysfunction(s) in these children were not from the divorce process, but from the learned negative behavior patterns needed for survival in the new, altered life after divorce. The goal is to establish a positive alternative family life that includes both parents and communication.

Ten years of personal experience with three children has proven this theory to be a valid, workable concept that has very positive results. The "how to," obviously, can vary from family to family, but the important concept is to always maintain a structure that works best for all. Remarriage, of one or both parents, should not be allowed to change co-parenting. For both emotional and practical reasons, these parameters must be established with the new spouse. Today we know, as the data indicates, that there should be therapy with all parties involved before any new marriage, and perhaps for a period after the remarriage. Children can have both their original family and their extended family.

Does all of this require a great deal of communication and compromise? Yes. Are there rough spots and perhaps a return to former negative behavior patterns that were present in the marriage? Yes. However, the primary concern is the children. Our children have never had a parent who just drops them off in the driveway, after visitation. As custodial parent, I do not make any major decisions without consulting the children's father. The children cannot go to the other parent after one has said "no" to a request. All birthdays and holidays are spent together, as well as all school functions. Our children have their parents together in a room. Indeed,

their father has dinner with the family from time to time, or he takes us out to dinner. He certainly does do things with them, without me. Neither of us has ever believed in prescribed court visitation. He is a father 365 days a year, not just every other weekend and on certain holidays.

I am sure readers are shaking their heads in dismay and thinking, "this could never work for me." Certainly, there was a point in time that I also believed this concept was impossible. However, the greatest reward was when our oldest son called home, after attending a life seminar his freshman year of college, to tell his father and me that out of 14 students in the class, of whom four or five came from divorced homes, he realized that he had one of the most stable and cohesive family units, and that included the students who came from a non-divorced situation.

This entire process has been a continual learning experience. Yes, both parents have had failed second marriages. Did these marriages fail because of co-parenting? No. Were they affected by it? Yes. All four parents interacted, attended school functions, spent holidays together with the children, and all major decisions were made as a group. Did the two biological parents, in reality, have the final say? Yes. Could this have been a point of contention? Yes. Was traditional jealousy an issue? Yes and no. My ex-husband and I would spend time, on the telephone or even when all four of us were together, discussing issues. At no time, however, did we ever do anything to give either respective spouse a reason for traditional jealousy. However, in both marriages there were certainly unrelated issues that caused a second divorce. Again it became necessary for us to unite, as parents, to help the children with yet another emotional disruption. It cannot be stated strongly enough that therapy is essential. In our family, we consider therapy an integral part of preventive medical care.

The necessary primary ingredient is that both parents must be willing to work together to co-parent. My ex-husband and I still have our differences. Through therapy, we have learned that our personal differences no longer matter, but what matters is the family unit and parenting our children. Do we argue? Yes. For the most part, it is in a constructive manner, unlike when we were married. Occasionally, we both do slip into our respective former negative patterns, but the vendetta is not carried forth. We accept human mistakes and move on, again, to effectively co-parent.

Our children have had the distinct advantage of interacting with two parents who are entirely different people, and being exposed to both their positive and negative traits as a unit and as individuals.

Therapists today are beginning to realize that the co-parenting approach, when workable, has a far more positive effect on children than the therapy approach of learning to

cope with the traditional concept of divorce. Each parent has a separate life; however, they have a shared or common life in co-parenting. Indeed, I have never felt that I am a single parent. I know that my children's father is always available and I am not making the unknown journey through parenthood alone.



## Amnesty International Update by Thesil Morlan

Letters seeking protection of Beauty Mkhize in South Africa (focus of the July column) were noticed and appreciated. Because of more outside attention, recent demonstrations in the Driefontein area have been better monitored by police and international observers, and the threatening atmosphere has improved. Amnesty International has been asked to pass on "the thanks of the people of Driefontein...; the pressure put on the authorities by the stream of letters was successful."

Meanwhile, we have been alerted that the lives of Elizabeth Recinos Alvarez de Leon and Eluvia de Salam may still be in danger following their June 17 abduction and subsequent reappearance. Eluvia de Salam was released the following day, but Elizabeth Recinos, who has testified that she was beaten and interrogated, was missing until June 23, when she was found unconscious outside Eluvia de Salam's house. After her consequent hospitalization, both women are believed to have gone into hiding. Elizabeth Recinos is a leader of the Union of San Vicente Hospital and a member of the National Assembly of Public Health Workers. Eluvia de Salam is a leader of the Social Welfare Union and a member of the National Federation of Guatemalan Union Workers. Both were active in the May demonstrations against former President Serrano's attempted seizure of near-dictatorial powers.

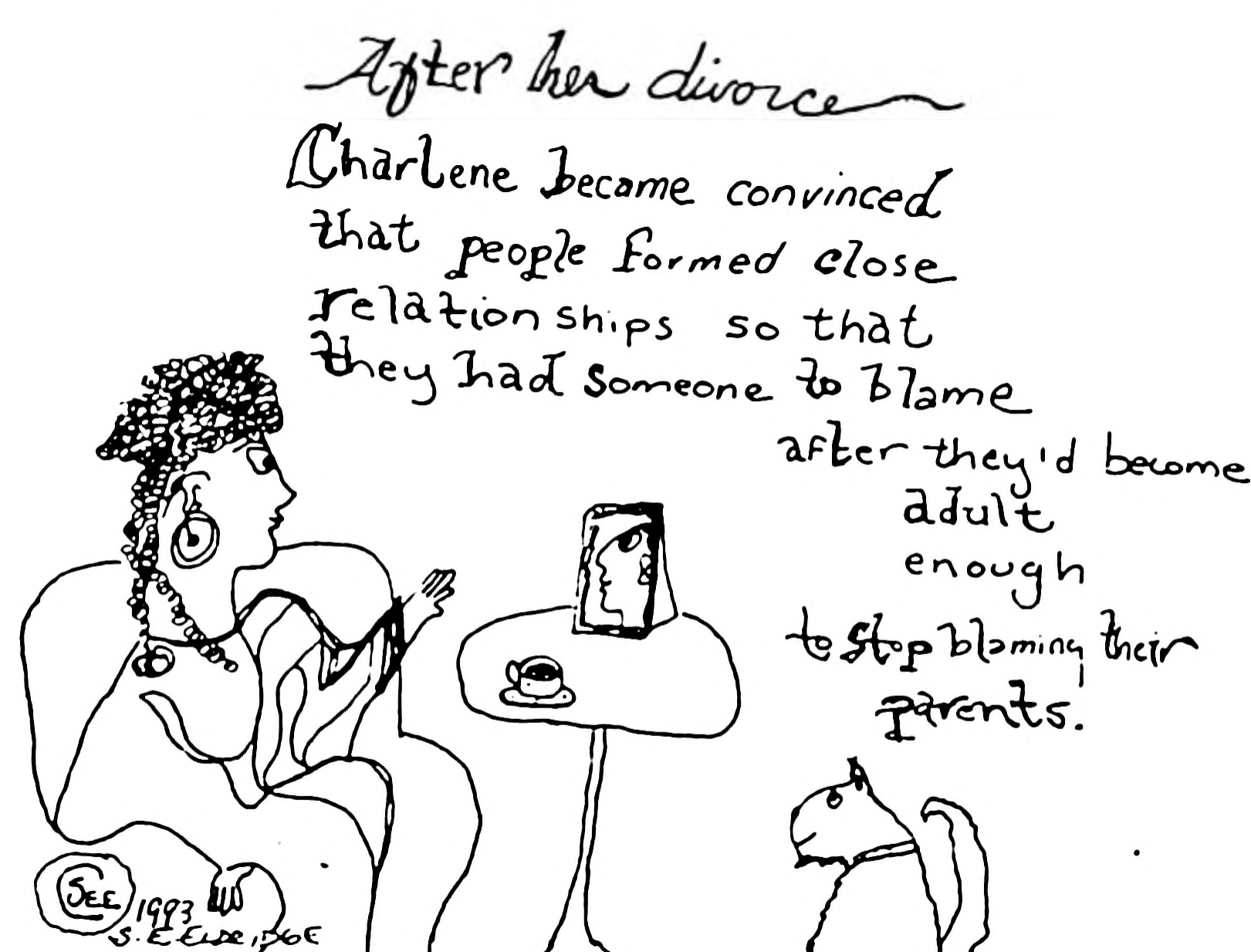
In Peru, where similar presidential action already had taken place, Cecilia Valenzuela, a journalist for the weekly magazine *Caretas*, reportedly has received several anonymous death threats. On her May 1 birthday, she received a bouquet of flowers with a note, "You are going to die." On February 27 an anonymous letter addressed to her reportedly was found in an elevator in the *Caretas* office building. Inside the envelope, along with a threatening letter, was a chicken's head with a cord around its neck and a blood-splattered clipping of a photo of Cecilia. This threat followed *Caretas* publication of her article on the trial of army officers accused of attempting to overthrow the emergency government in November 1992.

Please write politely (in English or fluent Spanish) to President Fujimori to request that his government take immediate and effective steps to guarantee the safety of Cecilia Valenzuela. Urge him to initiate a full and independent inquiry into the death threats, to make public the findings, and to bring to justice those responsible for threatening Cecilia Valenzuela's life.

President Alberto Fujimori  
Palacio de Gobierno Plaza de Armas Lima 1, PERU

(suggested salutation: Senor Presidente)

For more information about the work of Amnesty International, please contact Thesil Morlan, Area Co-ordinator, 2361 Friendship Rd., Waldoboro, ME 04572.



Network encourages Maine women to submit articles, news notes, calendar items, poetry, etc. Whether your submission is hand-written or typed, please double-space and use one side of the page only. If you've word-processed a long piece, please send the file on disk (both IBM-compatible and Mac okay) as well as the printout. Please give your piece a title, and be sure to include your name, organization/affiliation, address, and phone number. If you would like the printout and disk returned, please include sufficient postage and a self-addressed envelope. Thank you.



# WBDC: Profile of a Work-at-Home Business Owner

by Shelia Coyle

Sonja Christiansen of Christiansen Associates, Auburn, has built her work-at-home business success around her personal experience.

Working at home has always been a way of life for Sonja. As the oldest of 13 children growing up on a Maine farm, Sonja planted and canned vegetables, cut wood, sold Henry Field seeds, and had a GRIT paper route.

When Sonja was a child she had problems reading and writing. It wasn't until she was in her 30s that she was diagnosed dyslexic. "I was relieved," she said. "I thought I was retarded."

Sonja married a farmer and worked with him on the farm. An unexpected divorce followed. "The only thing I knew how to do was work at home," she said. She had lots of skills but lacked business know-how.

She started a massage therapy business which supported her two children and herself for the next 15 years. Although she didn't have a business mentor, her customers were experienced businesswomen. It was from them that she learned about business.

"Three years ago," Sonja said, "the Women's Business Development Corporation sent me information." WBDC is a statewide organization promoting and supporting business ownership for Maine women. "I'd been receiving information from WBDC for some time. I knew the women on the board. They were good businesswomen. But I felt WBDC wasn't appropriate for me and that I didn't have the time."

"A friend encouraged me to become involved. She thought I'd be a good addition to the WBDC board." At this time Sonja was well known in health care and the healing arts in Maine.

Since then Sonja has not only served on WBDC's board, but she's also Director of the Mentoring Program and enterprise agent for Working Capital in Lewiston-Auburn. WBDC brought Working Capital to Maine. Working Capital's purpose is to help people who are self-employed, full or part-time, to borrow small amounts of money.

Sonja has put together her own stress management program for her business, Christiansen Associates. She travels around the United States and out of the country presenting seminars. Her working travels have taken her to China and the Azores.

Having lived the difficulties of balancing work and child care as a single parent, Sonja focuses on real issues in her seminars. The seminars are predominantly for women. Her fee for a corporate seminar starts at \$1,200 a day. Outside the United States seminars start at \$1,200 plus expenses. For

nonprofit organizations, fees are negotiable.

Sonja has preferred to market her services in a low-key way balanced to her way of life. She could have pushed to make more money, she said, but it wasn't worth the stress.

Writing has entered Sonja's life since she purchased a computer. "I feel like I've been let out of a cage. Now I can write."

She's also produced two cassette tapes, *The Magic Garden* (visualization/relaxation) and *Healing in the Light* (meditation). Each tape is one hour long and costs \$12.95. The tapes can be ordered from Sonja Christiansen, 201 Whitney St., Auburn, ME 04210

## Women's Financial Workshops: Transitions

The Maine Displaced Homemakers Program is offering a "Financial Planning Series for Mid-Life and Older Women" starting September 8 for seven consecutive Wednesdays in Ellsworth.

The Maine Displaced Homemakers Program is a women's economic development organization which has a 15-year history of providing comprehensive services to women experiencing personal and economic change. Their traditional population is full-time homemakers who suffer financial hardship because of divorce, separation, or the death or disability of a spouse.

Their goal for this series is to successfully integrate mid-life and older women into the changing economy within their communities. They believe that giving women the tools to assess their financial situation will provide them with the first step necessary to begin to take control of their economic future. At the end of the series, they will offer the women long-term support services that will enable them to make the transition into economic self-sufficiency. Support services will include Self Esteem, Assertiveness Training, and Career/Life Planning workshops. Although there is a nominal fee for the financial series (a one-time \$15 fee with scholarships available), all of the other classes and groups are free of charge.

Each workshop will feature a professional from the community who will speak in easy-to-understand language. Small groups will then meet with their facilitator to discuss

Sonja's life has been an inspiration to women struggling to start a business. She enjoys encouraging women and tells them, "You know a lot more about business than you think you do."

The Women's Business Development Corporation is a statewide nonprofit membership organization committed to the equality of Maine women through economic development. WBDC encourages and supports business growth through training, networking, advisory services, education programs, and technical assistance, including the Working Capital program. For more information, call 234-2019 or write WBDC, PO Box 658, Bangor, ME 04402-0658.



those aspects of the large topic which most concern the women in the individual group. Each woman will receive a copy of the AARP "Money Management Workbook" to begin the process of evaluating her financial identity with her small group.

Please call for further information. Transitions: Maine Displaced Homemakers Program, Ellsworth Center, UMS, 240 State Street/Mill Mall, Ellsworth, ME 04605, 667-3897 or 1-800-442-2092.

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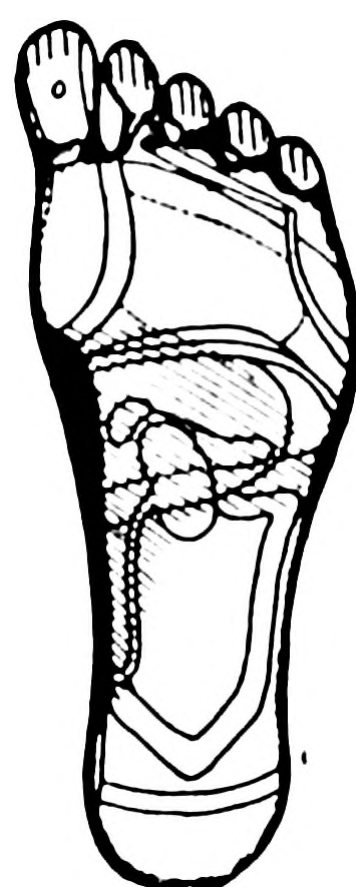
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# Moving Away from Meat by Betty Stookey

I am aware that more and more of my friends are vegetarian or macrobiotic eaters...and just as aware that there are many more who would like to be but don't know how, or where, to start. It is hard to avoid all the negative press about meat (see chart below). I believe that as we grow spiritually and intellectually, the physical calls out to be attended to as well. Our bodies need to be as carefully and lovingly fed as our spirits and minds. It is to this "physical feeding" that I wish to address this article.

In my own travels toward macrobiotic, I have studied various styles of cooking, taught vegetarian cooking classes, and put together a booklet of information about vegetarianism, protein, calcium, non-dairy foods, and recipes to facilitate the transition.

The recipes had to meet several fairly rigorous standards: (1) taste good to finicky family and friends; (2) have, for the most part, ingredients that can be found at the local supermarket (with maybe an occasional health store run; (3) cost no more, and conceivably less, than the equivalent meat dish; (4) be high in nutritional values and low in fat; and

(5) be relatively quick to prepare. The following are recipes that have been tested by the above standards and approved by family and friends.

Are you interested in a column of this sort? Do you want to know how to use tofu (great low-fat and low-cholesterol source of protein and calcium)? Are you curious about non-meat protein sources? Want to make great-tasting non-dairy, no-sugar deserts? Let us know your thoughts.

## Meat Facts

Human population of U.S.A.:	242,000,000
Number of human beings who could be fed by the grain and soybeans eaten by U.S. livestock:	1,300,000,000
Percentage of protein wasted by cycling grain through livestock:	90
Pounds of grain and soybeans needed to produce 1 pound of feedlot beef:	16
Number of children who will starve to death every day:	40,000
Number of pure vegetarians who can be fed by the grain needed to feed 1 meat-eating person:	20
Number of people who will starve to death this year:	60,000,000
Number of people who could be fed by the grain saved if Americans reduced their intake of meat by 10%:	60,000,000
Risk of death from a heart attack by average American man:	50%
Risk of death from heart attack by average American pure vegetarian man:	4%
Pesticide residues in the U.S. diet supplied by meat:	55%
Pesticide residues in the U.S. diet supplied by dairy products:	23%
Pesticide residues in the U.S. diet supplied by vegetables, fruits, and grains:	11%
Percentage of tropical rainforest deforestation directly linked with livestock raising:	More than 50%
Amount of forest lost for every hamburger produced from livestock raised on what was Central America forest:	55 sq. ft. (size of a small kitchen)
For every pound of steak the amount of carbon released into the environment has the same greenhouse warming effect as:	Driving 25 miles in a typical American car

Sources: *Vegetarian Times*, April 1990; *Diet for a New America*, 1987; *World Watch*, May/June 1991.



## Pasta with Onion Sauce

*A very light sauce, despite the pound and a half of onion.*

2 Tbsp butter  
2 Tbsp olive oil  
1 1/2 lbs yellow onions, sliced thin (about 6 cups)  
cup grated parmesan cheese  
1 lb pasta  
2-4 Tbsp tomato paste (optional)  
1 cup hot water  
Salt  
Pepper

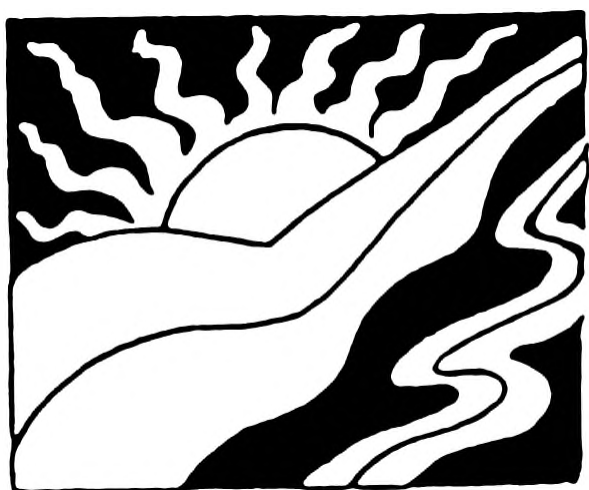
Melt butter and oil in a 2-3-quart saucepan, add onions and stew, covered, until onions "melt," about 30 minutes. Stir occasionally (put water on to boil for pasta after 20 min). Dissolve tomato paste in 1 cup hot water and add to cooked onions along with a generous pinch of salt and plenty of pepper. Simmer uncovered for about 10 min., then cover and remove from heat until pasta is ready. Drain pasta and mix in onion sauce. Top with cheese.

## Spicy Chickpeas

2 Tbsp olive oil  
1 tsp ground cinnamon  
2 medium onions, chopped  
2 tsp curry powder  
2 cloves garlic, minced  
1/4 tsp cayenne pepper  
1 Tbsp fresh ginger, minced  
Salt and fresh-ground pepper to taste  
2 cans chickpeas, rinsed  
15-oz can whole tomatoes drained  
3-4 Tbsp lemon juice

Sauté onion, garlic, and ginger in oil. Add seasonings and chickpeas plus about 1/2 cup of water. Chop tomatoes and add to mixture with 3/4 cup of their liquid. Bring to boil, then reduce to simmer for 10 min. Add lemon juice, little by little, until flavor suits you. Serve over brown rice.

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# Calendar

Our apologies to the **Maine Media Women** for the misinformation in the notice about the date and location for their fall workshop as it appeared in the August Network. Here is the correct information: **Maine Media Women's Fall Meeting** is (TENTATIVELY) set for Saturday, November 6th at the Captain Daniel Stone Inn in Brunswick.

Topics covered: Women in Communication; Resume workshop & other workshops. There will be a registration fee TBA. FMI, contact Mary Regan, vice president, Programming, Maine Media Women, 64 West St., Portland, ME 04102.

And, if you want a copy of the MMW Newsletter, please write to Carol Jaeger, Editor, "The Maine Line," P.O. Box 175, Round Pond, ME 04564.

**Mothers and Daughters: The Unhealed Relationship**—A Series of Discussions, beginning September 13. FMI, call 799-4927, 883-9053, or 642-3117.

**Women, Healing, and Power**, afternoon workshop with Susan Auglis, November 13, Portland. FMI, call 883-9053.

Free Workshop on Lesbian Sexuality. "Wild, Wet, and Well," a workshop on lesbian sexuality and intimacy, will be held on Saturday, September 18, from 10:00 am till 12:30 pm, at the Mabel Wadsworth Women's Health Center, Intown Plaza, 334A Harlow St., Bangor. The workshop leader is Bobby Poulin, Coordinator of Down East AIDS Network.

"Wild, Wet, and Well" is a fun workshop exploring intimacy, communicating about sex, and safer sex for lesbians. Ms. Poulin is well known across Maine for her lesbian safer-sex workshops. She has offered several well-attended lesbian sexuality workshops at the annual Lesbian-Gay Symposia, including the May Symposium in Unity.

According to Ms. Poulin, "Lesbians need a safe, friendly, enjoyable environment in which to learn and talk about our sexuality, including how to communicate with our partners, how to achieve intimacy, how to practice safer sex, and how to enjoy it."

This workshop is free. FMI, call the Mabel Wadsworth Women's Health Center, 947-5337.

The **Women's Business Development Corporation** (WBDC) will host the following monthly regional group meetings during September. All meetings are free of charge and open to the public. Each meeting is approximately one to two hours long. The general format of each meeting is a short period of networking, a member business highlight, and a training session. The member business highlight gives a member of the group an opportunity to talk about their business. The training sessions can involve specific training relating to business or can be someone from a local organization speaking to the group about their organization. FMI, call WBDC, 234-2019.

**Lewiston/Auburn Area.** Tuesday, Sept. 7, 12-1:30 pm (bag lunch) at the Androscoggin County Chamber of Commerce.

**Southern Maine Business Women's Network.** Thursday, Sept. 9, 6:30 pm at Huntington Commons, Kennebunk.

**Bangor Area Businesswomen.** Wednesday, Sept. 8, noon-1:30 pm at One Cumberland Place, Bangor.

**Mid-Coast Area.** Tuesday, Sept. 21, 6:15 pm at Coastal Journal, 316 High Street, Bath.

**Augusta Area.** Wednesday, Sept 1, 8:30 am-10:30 am at Key Bank Conference room, 9th floor, 286 Water St.

**Belfast Women Entrepreneurs.** Thursday, Sept. 2, 6:30 pm at Senior Spectrum dining room, Merriam Rd., Belfast.

**Maine Tradeswomen Network.** Supportive, organizational meetings. Tuesday, Sept. 14, 6:30-8 pm and Sunday,

Sept. 26, 3-5 pm in Falmouth. Call 797-4801 for information or follow signs from Exit 10 Maine Turnpike. All tradeswomen are welcome! We are growing.

The **Women's Business Development Corporation** will host a "Start Smart" Seminar. The Start Smart Seminars will provide a comprehensive overview of the process of developing a business idea into a successful business. Start Smart is an all-day seminar with hand-outs. The sessions include: Developing a marketing plan; what is a business plan and why is it important; the key elements of a marketing plan for a product or service; advertising and promotion strategies; licenses, permits, business I.D. numbers, and much more!

Friday, September 17, WBDC, 12 Spruce St. Augusta, 9-4:00 pm Monday, September 20, Campus Center, USM, Portland, 9-4:00 pm

The cost of the Start Smart Seminar is \$75.00. Scholarships are available. WBDC is a statewide, nonprofit membership organization committed to the equality of Maine women through economic development. FMI or to register, please call Lisa Ellis at the WBDC office at 234-2019

**Women's Downeast Network** meets on the second Wednesday of every month at the Sorrento-Sullivan Recreation Center, Route 1, 6:30 pm. Contact Dorothy Torrey, 667-3897 or 963-7888, or Anne Sargent, 422-3889.

**Tewawine Medicine Circles.** September 7-28, in Blue Hill. Ohkie Semine, a Mohawk, has studied the ways of shamans and medicine people from Canada, central Asia, and Mexico for 20 years. She offers a synthesis of various shamanic practices and understanding of this path in a series of evening and weekend seminars. For information and reservations, please contact Scarlet Kinney, PO Box 114, Blue Hill, ME 04614, 667-4772.

**Women's Retreat** led by Patricia Brown. "Nourishing the Dynamic Feminine." October 8-11, 1993 at Bouldaire, Blue Hill Falls, Maine. FMI call (207) 236-3096.

**Monthly Women's Movement Circle** will meet on third Thursday of each month. 9am - noon beginning September 17. FMI call (207) 236-3096.

**Fallfest '93 - Third N.E. Festival for Womyn.** A time to come together, relax, share, enjoy the great outdoors, experience personal growth and make new friends. September 16-19. FMI write or call: PJ Productions, PO Box 188, Norway, ME 04268. (207) 539-8619.

**Women's Downeast Network** meets on the 2nd Wednesday of every month at the Sorrento-Sullivan Recreation Center, Route 1, 6:30 pm. Contact Dorothy Torrey, 667-3897 or 963-7888, or Ann Sargent, 422-3889.

If you, your group, or organization wish to inform the Women's Community in Maine about upcoming events/happenings, etc., please mail the information to NETWORK, PO Box 74, Blue Hill, ME 04614, by the 15th of the month prior to publication. We cannot take calendar listings over the phone.

## Classified

Rates are \$10 for 20 words, with address and phone number listed at no charge. Additional words, 25¢ each. Send your ad by the 15th of the month to Network, Box 74, Blue Hill, 04614 Full payment must accompany ad.

**For Rent** - Small Farm on Deer Isle. Low rent in return for animal care. 374-2405.

**For Sale** - Patrick Green Carding machine. Excellent condition, available immediately. \$6,000.00 or best offer. 374-2405.

**For Sale** - New England Barn loom. Oak, fully functioning. \$600.00 or best offer. 374-2405.

## Mainely Families

A Bangor Chapter of Mainely Families will hold its first weekly meeting in September. It is a state-wide program offering services and support to the parent or parents of troubled adolescents with behavior problems.

### Mainely Families:

- Helps parent(s) learn to deal with their teenagers' difficult behavior, including alcohol and drug use
- Publishes a quarterly newsletter for parent(s) and service providers
- Conducts courses to develop parenting skills
- Offers guidance via telephone crisis counseling and referral
- Sponsors a state-wide conference for parent(s) each year

A specific time and dates for the meeting will be announced in August. For additional information, please call 947-4637 or write to B.C.T., Suite 120, 570 Stillwater Ave., Bangor, ME 04401.



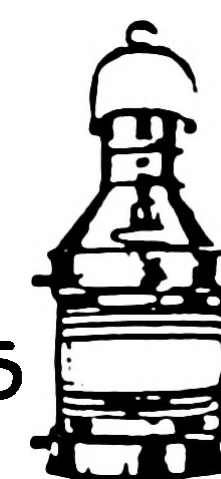
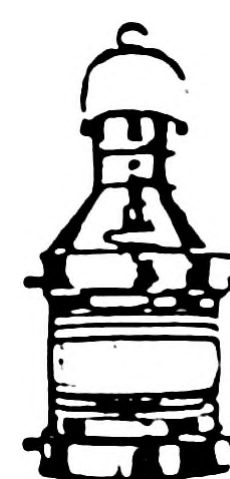
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*Maine Greens*  
PO Box 562  
Farmington, ME 04938 788-0796

*Maine NOW*  
PO Box 4012  
Portland, ME 04101 797-8508

*Maine Women's Lobby*  
*Women's Development Institute*  
PO Box 15  
Hallowell, ME 04347 622-0851

*Spruce Run Association for Battered Women*  
PO Box 653  
Bangor, ME 04402-0653  
Regional Hotline, 947-0496, 723-5664, 667-9489

*Maine Project on Women and Disability*  
39 Pleasant Hill Road  
Freeport, ME 04032 865-3970 or 781-7712

*Maine Displaced Homemakers Program*  
Stoddard House  
University of Maine at Augusta  
Augusta, ME 04330-9410 1-800-442-2092

*Peace and Justice Center*  
359 Main Street  
Bangor, ME 04401 942-9343

*Maine Youth Protection Council*  
181 Brackett Street  
Portland, ME 04102 879-8701

*Jobs Training Office*  
6 Oak Grove Ave.  
Bath, ME 04530 1-800-491-0089

*ACT UP—AIDS Coalition to Unleash Power*  
142 High Street #222  
Portland, Me 04101 828-0566

*Maine Peoples Resource Center*  
PO Box 17534  
Portland, ME 04101

*Maine League of Conservation Voters*  
PO Box 5271  
Augusta, ME 04332

*Maine Choice Coalition*  
PO Box 309  
Hallowell, ME 04347

*The Maine Women's Fund*  
PO Box 5135  
Portland, ME 04101 774-5513

*Women's Business Development Corporation*  
PO Box 658  
Bangor, ME 04402 623-0065

*Maine Coalition Against Rape*  
PO Box 5326  
Augusta, ME 04332

*Maine Tradeswomen Network*  
13 Lowell Farm Road  
Falmouth, ME 04105 797-4801

*Maine AFL-CIO*  
PO Box 2669  
Bangor, ME 04401 945-3776

*Maine 9-5 Association*  
PO Box 265  
Liberty, ME 04949 342-5017

*Women Unlimited*  
1250 Turner Street  
Auburn, ME 04210 1-800-281-5259

*Peace Action Maine*  
PO Box 3842  
Portland, ME 04104 772-0680

*Maine People's Alliance*  
RR 2 Box 135  
Orrington, ME 04474

*Maine NARAL*  
PO Box 2393  
Bangor, ME 04401

*Natural Resources Council of Maine*  
271 State Street  
Augusta, ME 04330

*The Women's Resource Center*  
5728 Fernald Hall #101  
Orono, ME 04469 581-1508

*Maine Vegetarian Resource Network*  
c/o Shari Greenfield  
RFD 2 Box 194  
Belfast, ME 04915

*Coalition of Labor Union Women*  
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