Profiles:

Mid-Coast Working Women

Compiled by Participants and Staff
Project Advance
Waldoboro, Maine
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This publication, undertaken with the goodwill and help of many people, is a sampling of career experiences of area friends, neighbors and acquaintances. Although it could not begin to represent all of the jobs in which Mid-Coast women are engaged, we nevertheless hope it may be of help to others in their search for fulfilling work.
INTRODUCTION

The image of the American woman was once this: a bonnet-and-apron-tied mistress churning butter while her four sons and two daughters gulp down their midday meal. Her clothes are dusty from working in the fields with her husband and brothers-in-law, and her mental eye is calculating how many potatoes and carrots are needed to be dug for the evening’s meal.

Mankind has been working since the garden of Eden was lost. Men sweated in the sun and women slaved at their sides. Now, a man makes important decisions that affect many lives, and a woman weighs the fates of many individuals before making a determining vote in a crucial issue.

In bondage, men and women are forced to work together, but in freedom, woman’s work has often been regarded as subordinate. If jobs did not involve money and prestige and power, would things be considered the same way? If work was done for the doing, if people employed themselves because they saw that something needed their attention, would women still be discredited?

Women have worked and will always have to. Times have changed. With each passing decade, governing powers redefine what “woman’s work” actually is, but who are these leaders to say? Only the women know what their work is. Only they know what they can do.

Seldom are careers handed out on silver platters to women. For the same amount and type of work, women have been paid less than their fellow male workers. When it came to a promotion in the company, women have watched longingly while a male from below passed them. When it came to receiving praise, women often stood in the shadows while men were commended for work that both sexes had done, but those days are slowly coming to an end.

Women have always worked in Maine. From secretaries to pipefitters to housewives, from congresswomen to teachers and authors, from police officers to missionaries to lawyers, women have put in many years of hard work. These women are a few of us. Their struggles are often ours. These are their stories of how they made their marks in Maine.
Introduction
MAUDE OLSEN / ARTIST
BARBARA PEAKES / WATERCOLORIST
MARA MULLIGAN / COLUMNIST/WRITER
MARY C. JANE / WRITER
MIRIAM BETTS / WRITER
PAT PROCTOR / POTTER
ROSALEE GLASS / HANDWEAVER
YSOBEL RUSSELL / DANCER
ARLENE JUREWICZ / PHOTOGRAPHER, HERBALIST, TEACHER
CAROL FARRAR / MUSICIAN/SINGER
ARLENE TITLEY SPOONFEATHER / CRAFTSPERSON

To exist is to change, to change is to mature, to mature is to go on creating oneself endlessly.

Henry Bergson
Maude Olsen is an artist who teaches art privately, and at the Farnsworth Museum in Rockland. She is married and has five children. All of them are on their own except one who is living at home.

Maude was born in the Phillipine Islands. Her father was in the Navy when she was growing up, so she has traveled a lot. She has been to every state in the Union including Alaska and Hawaii.

When Maude decided she wanted to go to college her parents offered to pay her way. (Back then it only cost $1200). She moved to Pennsylvania where her father was a legal resident which helped pay for her tuition. In college, she took four years of classes in three years because the country was at war and classes were held year-round. She majored in science the first few years; then she changed to art. Her decision to change came after she had done some drawings for her teachers and
found out that she could draw and that she was very interested in it.

She says there were two people who influenced her in her early years: her grandfather who gave her a great sense of worth and a feeling she was something special; and her father who stood behind her and was always positive about what she wanted to do.

Today Maude is a very relaxed and easygoing person. She enjoys her work and says it's very rewarding.

I asked what advice she could give others who may be starting out in the art field or who want to become an artist and she said, "Be observant. Before starting out, keep your eyes open and look at all areas of art. Never let obstacles get in your way."

I asked what brought Maude and her family to Maine. She told me that they had a cottage here and that they wanted to get away from all the confusion of the city. She also said that some of her family roots were here. Maude told me that she would never want to relocate for any reason in the world.

A typical day for Maude begins at 6:30 a.m. After everyone has gone, she tidies the house and then has time to sketch or paint while listening to the public broadcasting station on the radio. She also tries to spend some time outside while looking out over the water or walking down to the dock below. She likes to read, especially books about art, and says that she learns a lot from them.

Her goal for the future is to make her own paper out of cloth, because it won't rot and ruin the picture that's painted on it.

Her fantasy goal would be to have a swimming pool that she could roll into from her bed.

Her one wish would be that everyone be exposed to art starting at a young age.
Barbara Peakes is a woman who is combining her responsibilities as a wife and mother with her goals and dreams as an individual. She has two small daughters, Kristan and Molly, and she is an artist, a painter struggling to find her spot in the professional world.

Her mother was an artist, so Barbara grew up in a home where art supplies were easily accessible, but she never became really involved in art until after she was out of high school. At graduation, she was torn between pursuing a career in writing and a career in art.

When she was studying at the Maryland Institute College of Art, she was not encouraged to paint things the way she saw them. At that time abstract art was the accepted style but it was too detached from the everyday world for Barbara's realistic eye. She was attached to subject matter. She needed something tangible—like an apple—not just a design, a mere suggestion of the fruit.

When she returned to painting, after working in clay for six years, she enrolled in the Portland School of Art; but with a husband and baby, the work-study program was too difficult for her to continue. Since then, she has been painting at home and helping her two daughters grow.

Her favorite medium is watercolor, which she has been working with for the last four years. She used to paint portraits in oil, but when she started concentrating on still lifes and landscapes, watercolor—with its bright, clear colors and smooth strokes—became her ally.

The subject matter of her compositions is everyday objects, primarily buildings, fruits and plants. Her landscape paintings are of simple sights, stark views. Because life is so chaotic, she tries to simplify what she sees, but she still likes detail. This is what is so impressive about her work: it does not look busy or crowded, but it has a fullness of idea, a richness of color and design.

Barbara's goal in life is to become a great painter, to be able to go into a studio and work a forty to sixty hour week. She aims to make a name for herself, and to have her work hanging in galleries throughout New England and beyond. Thus far, she has had some of her work shown in one of the banks in Damariscotta, in the Waldoboro Gallery and many other galleries in Maine. In February, she went to Boston, where she gave her first major exhibit.

Her greatest problem with raising a family and pursing a career in art is that she cannot work as often as she would like. She cannot travel freely. She cannot pursue whims and paint all of the interesting places and things in this world.
If you have children people tend to put labels on you. Some people think you are not serious about a career unless you are working from nine 'til five, five days a week. Sometimes it's hard to take yourself seriously because of the attitudes of the people you come in contact with, so you let your own goals become low priority.

This was true in Barbara's case, until the art show in Boston. While preparing for the exhibit, her husband started helping with the housework and the children, so she could work more. Her feet are planted firmly on the lower rungs of the ladder to success. Now it is a matter of time before she reaches her goals and receives recognition she seeks.

* * *
Some authors can be identified by what and how they write. Mara Mulligan is one such person. From one article she wrote, she revealed many personality traits. At the interview, it was surprising to discover that her appearance was quite close to what her column suggested: a fairly small white/gray-haired woman with far-away eyes (behind glasses) and a sort of sad smile.

Her home was in such a cozy, secluded spot, and nothing about its appearance hinted that the inside of the house was well inhabited. The latter discovery was not made until the door was opened. Inside, it took little time to understand why her writing seemed to bear the influence of animals. Influence indeed! How could you not be affected by nature when you lived with eight cats?

Besides felines, other apparent influences on her writing are her three sons (particularly John, the youngest), and child acquaintances, her surroundings, and day-to-day experiences. World War II and her public service work as a “Gray Lady” hospital volunteer for fifteen years, and then as a Red Cross nurse’s aide—are reflected in her writing style. She likes people. She is an observer and a daydreamer. She thinks a lot and likes to talk, watch birds, and read an assortment of written material.

She writes both prose and poetry. One book, *John’s Mother’s Book,* was written here in Sheepscot, taken from columns, and a second book was planned. What she is most known for, though, is her column in the *Coastal Journal.* In “John’s Mother,” her column, she writes about the things she does and sees, about the people she comes in contact with, and about the animals around her home.

Her column had an unusual beginning. Because she went to the post office every day to mail a letter to John, she saw a lot of people. One day, she and the former editor of the *Journal* got to talking and the subject took a few turns and bends until her letters to John were brought up. He talked her into letting him read one of them. It was published in the *Coastal Journal* and her column began.

Is she satisfied with her writing career? Yes. Is there anything she would like to have happened differently? “Maybe, more money would have been nice,” but her writing has brought her a lot of recognition, so she is content.

She stands tall, knowing where life is taking her. She is not always sure how she will accomplish what she aims to do, but she sticks her foot out anyway, then shares her experiences and thoughts with whoever will read her words.

It takes a special person to be a writer, and it is a real pleasure to talk to someone who can make the world stop and think about the smallest, quietest pleasures that life freely gives.
Mary C. Jane, a writer from Newcastle, weaves stray ideas and unusual events into stories to intrigue a child's imagination. A vacant house, the disappearance of a valuable painting that had been stored in the house, a runaway boy whose guardian dies suddenly, leaving him with a relative who doesn't want him—after a chain of such happenings, we find ourselves involved in a fast-paced mystery to entertain a ten-year-old. Mrs. Jane makes it sound very easy! No wonder she writes children's stories.

What has influenced her most is her experience as a teacher of ten- and eleven-year-olds, her love of books and the outdoors, and the interesting experiences in the lives of people she has known. What does not come out in her work is her rounded personality. She is interested in politics, poetry, religion, walking, reading and pets. She is happily married and has two grown-up sons. She has had sixteen mysteries for children published by J.B. Lippincott Company, and has written many articles and poems.

Mrs. Jane offered a lot of advice from one writer to another. The publishing world is highly competitive. You have to believe in what you write, if you want to sell it. You may have to send it out many times, and learn to take rejection slips in your stride. You have to have self-confidence enough to push your product if you hope to get anywhere. You may meet with many defeats, but keep writing, for if you don't use your talents, you may lose them in the end.
Miriam Betts has accomplished an assortment of things in her lifetime. She has dabbled in everything from writing to teaching to selling crafts. She likes variety. That is why she has never settled on one definite career (except, of course, that of a homemaker).

Her talents exchange places smoothly between the limelight and the solitary life of a writer. Her interest in crafts is inspired perhaps by her artist husband. Together, they sold souvenirs made by themselves and the townspeople. "Betts House" attracted tourists to and helped push crafts in the Waldoboro area. Miriam missed the shop when it closed, and she missed the people.

Her desire to be with the public steered her into a multiple career. Miriam received post-secondary education at a two-year school in Connecticut, and at the Teachers College at Columbia University. Before her marriage she taught school for ten years, but when her two daughters were growing up she filled only a couple of substitute positions.

Teaching handicapped adults was one of the most inspiring influences on her writing career. Perhaps Rachel Baker, a former teacher of hers who used to write for young people, was the model that Miriam patterned her goals after.

Miriam was first encouraged to write in high school. She enjoyed doing composition assignments and was talented enough to win a poetry contest in her junior year. For the past forty-five years, fertile writing periods have come and gone while her days were filled with her varied interests. Her first works to be published were plays and stories written for schoolchildren. She has had one book on the market, and she writes for papers such as the Courier Gazette, Coastal Journal and The Portland Press Herald. In 1974 she wrote "The Waldoboro News" for the Coastal Journal. She particularly enjoys interviewing people.

Although not a full-time writer, she is satisfied with her career. She needs to be with people. Her career came second to that need. Now, she is mostly retired. Occasionally, she teaches a writing class or writes something for a newspaper. She reads short stories and-surprisingly-murder mysteries in her free time, and she is a devotee of crossword puzzles.

You may have seen her in the Waldoboro Library, for she read during "story hour" last year. You may have been a student of hers, recently or years ago. You may have wandered into Betts House on some summer day, or you may have read something she has written. For whatever reason you recognize her name, you probably hold a pleasant memory of Miriam Betts.

***
Pat Proctor is a professional potter who lives in the complete solitude of Camden Hills in a cottage overlooking Hosmer Pond and the Snow Bowl Ski Lodge. She is an independent, pioneer-type woman who is content to live without telephone or television and to get her supply of water from the rain caught in buckets on her porch.

Pat absolutely loves her work. "My pottery work is one hundred percent satisfying. There is nothing else I'd rather do," she says.

Pat began her pottery as a hobby while trying to raise her family and go to college too. She worked her way through night school by selling potholders, pin cushions, and Christmas ornaments made during summers in Maine.

She initially began college as an education major, thinking that she should choose a career that would bring in a good, solid income for her family. She went through six years of college in Massachusetts before she allowed herself the luxury of spending thirty-five dollars of "grocery money" on a pottery class.

She fell in love with it! She immediately found a great sense of peace within herself when she worked with the clay, while the thought of teaching in a classroom soon became depressing to her.

By her senior year, after a semester's break to think over her dilemma and with encouragement from her counselor at school, Pat made the switch to art. It took another two years for her to overcome mental blocks because of her fear of failure, but eventually she was potting and selling enough of her work to put herself through school. Her children were very supportive of her work and became capable of taking charge of the day-to-day needs of the household from notes Pat wrote each morning.

Pat did her eight-week student teaching in an alternative high school and considered this a challenging field, but a divorce was on the way and her children were now teenagers. She soon made the move to Maine and set up shop in her former summer cottage in Camden. "I was determined to make it on my own, no matter what, and wild horses couldn't have kept me from doing it," Pat now says.

Today, six years later, Pat has a successful wholesale pottery business, making pots and distributing them to outlets in Maine and Florida. She does her own advertising, has her own kiln and is a member of several potters' associations. She has trained several apprentices in her craft over the last several years and recently begun a five-month winter residency as a visiting potter at a Florida resort inn.
She works eight hours a day, often longer, and seven days a week. She begins her working day around 9 a.m. by checking all her work from the night before. She makes sure the pots have not dried out overnight and trims the bottoms of her completed pieces. Most of her day, however, is spent at her potter’s wheel making functional pottery in specially-made hues of blue, green and grey, bearing her design of the Camden Hills. It is not unusual, though hard work, for her to make four dozen mugs and a couple dozen bowls in a twelve-hour day.

In her spare time, she’s trying to be good to herself by going to parties and just getting out with her friends. “I’ve been a workaholic for six years,” she says.

Pat’s advice to anyone interested in potting is to make sure you have the self-discipline and energy the job requires. “You can’t be laid back, if you’re going to be a potter,” she says. “Be prepared to work really hard.”

Despite her unqualified joy at being a potter, she admits to other less pleasant aspects in her work: clay dust, chemicals in the glazes and the days she experiences severe muscle aches from bending and using her right side so much. As a self-employed businesswoman, she also worries about the financial side of her trade—whether her accounts from last year will be renewed, how many shops will be reordering this season, will it be a good year?
She also worries about accidents on-the-job: if her kiln should misfire, what would she tell customers, how would she make up the losses?

Pat's goals are to keep her life exciting and to keep growing in her career. If she could do it all over again, she wouldn't have married and would have started her pottery much earlier, at seventeen. That, however, is hindsight, and Pat's not looking back.

Her fantasy goal is to have a companion, a lover who shares her interest in art. They would travel around the world together, selling their crafts as they go. She is interested, she says, in how other potters work, what their techniques are, and what they can tell each other about their craft.

* * *
In the 1920's, in those early days of ballet, one little six-year-old told herself, "That's what I want to do." Young Ysobel Russell made up her own steps and kept practicing until she felt confident enough to dance for garden parties.

When Ysobel was ten, she began correspondence with a ballerina who eventually came to see her and inspired the youngster to start taking lessons. By her eighteenth birthday, she danced well enough to perform with the only company in existence in America at that time - Anna Pavlova and Company. She and her sister traveled one season with them from Montreal to California to New York. After the season closed, Anna Pavlova offered to take Ysobel to London, but the young ballerina declined.

"Cleopatra" was the first opera that Ysobel ever danced in. At that time, dancing in vaudeville or dancing with the opera were the only other options open to a ballerina, aside from work with Pavlova's Company.

The year was 1919 and the tour with the Chicago Opera Company from Chicago to Boston and on to New York taught Ysobel an interesting lesson. The people of Boston were shocked at the "indecent exposure" of the play. Flesh-colored costumes were worn, but the city-dwellers' feathers were ruffled by the apparent immodesty displayed by the "Cleopatra" cast.

"Carmen," "Samson and Delilah," "Aida," "La Giocanda" and "La Traviata" are some of the others she has performed. Her favorite, "Aphrodite," was presented in Chicago in 1919, when Ysobel was nearing the end of a pregnancy. She worked until the child was born. After each of her three pregnancies, Ysobel took a recess from her career and then returned to work.

Because her husband traveled a great deal and because of her ballet, the Russells decided that Maine was a central location for their careers. Her husband loved her work and felt that she could raise a family and dance and teach also, but World War II was on the horizon.

With her husband off to war and the children in school, Ysobel became employed at the Bath Iron Works. She began as an assistant, covering pipes, but before long had her own assistant. She was very proud of her work there. When the war ended, she returned to teaching at Castner Grammar School in Damariscotta and later at the Model School of Dance in Portland.

Before her husband's death, Ysobel started a nursery school at their home on the Bristol Road. The school would close at noon and ballet lessons would continue until supper. People in the area knew very little
about ballet, but their interest grew. Soon she was giving lessons in the Dara building in Damariscotta and, afterwards, in the basement of Castner School, when the Dara Building was moved.

"I can't stand to be bored," she says. She enjoys her dog, Nellie, and her parakeet. She plays tennis, goes to the theater and embroiders. She also continues to tutor ballet privately in the second-floor studio of her home.

Ysobel has led a busy and talented life. She has traveled to many places that most people never see, and she has entertained New Englanders for many years. When she looks at the portfolio of newspaper clippings and photographs from her various performances, she must feel fulfilled.

* * *
Carol Farrar has entertained many Mainers from Rockland to Augusta, from Lisbon to Gray. She has been heard in any number of bars and clubs, at BYOB affairs and wedding receptions, and at Legion halls all over the state. She is the leader of "Impulse," a four-piece band consisting of lead, bass, and rhythm guitars; drums and vocals.

She and her husband Ralph, the drummer in the band, lead hectic lives. Each has a day job and two children from former marriages. Their days are spent juggling time. After "x"-amount of hours at their day jobs, they must grab time for group and individual practice sessions, meals and housework, and time to spend with their offspring.

It is hard to spend enough time with the four children. They divide their time with the children with both former spouses. The band does take weekend time away from the children, so it takes planning and effort to have "family time." As much as she and Ralph enjoy the band, the family is their first priority.

Carol was interested in music when she was young. She used to sing along with anything, including the commercials on television, and when she was six years old, she sang in public. She had voice lessons when she was twelve, and after high school graduation, she attended the University of Arkansas where she majored in music.

She was born to a well-to-do family, so her education was no financial hardship. While in college, she purchased her first public address system and started playing folk music in coffee houses. Before getting her degree, she married a navy pilot and moved from her hometown, Tulsa, Oklahoma, to Maine. Because her husband's work involved a lot of travel and moving, she finished her studies through a correspondence course.

During her first marriage, she didn't hold down a regular job because of her husband's work, which because of constant changes in residence, made pursuing a career impossible. With two sons to raise, a career took low priority on her list, but she kept her foot in the music circuit by continuing her work in the coffee houses.

She played the piano in church and directed the choir. She sang in the Brunswick Choral Society, and also performed with Gilbert and Sullivan Productions in Brunswick for two seasons. She and her husband were divorced, and that phase of her music career came to an end.

She didn't play the type of music she wanted until she was thirty. Being the leader of a band has had its problems. There are few female band leaders and a few people have a strange reaction to seeing a woman
“calling the shots.” She has to ignore a few wisecracks, since some people's behavior may be influenced by the "spirit" of the evening and their purchases at the bar.

The greatest pressure in her line of work is to pick the songs that will please a majority of the crowd. Choosing songs is usually done before a gig, but what songs are actually done is usually decided by the mood of the crowd. If it is a wild, Saturday night, the majority of the songs used are real rockers, but if it's an extra-slow Friday night, more waltzing material is chosen.

One element in the success of a band is to have good output. You have to present yourself in such a way that people can tune into your enthusiasm. If you don't look like you are enjoying what you're doing, people won't be inspired. They won't dance and get thirsty, then spend money on drinks and munchies. The bar owner won't make lot of money, so you won't be hired back there again. That's simple enough.

Each band has preferences and dreams. Carol prefers to play where people have already heard the band. It's so much easier to relax in a place where the people know you and like what you do. It's a nice dream to be able to devote full time to music, and to travel with it, but at this stage with children at home, it will remain only a dream. The most immediate goal is to purchase a bigger sound system.

When I asked her if there was anything that she would like to change, she said there was one thing. Looking back, as an experienced musician, she debating the value of her classical music education. In some ways, the training was good for her, but in many ways, it hindered her growth in the direction she chose to go. She's had to make a complete turn-around to go from singing opera to rock.

At the moment, the greatest problem in her career is the economic distress our nation is suffering. Because people have less money to spend, less cash is left over after bill-paying. Cheaper forms of entertainment and fewer outings per family have forced the bars to hire bands less often or to pay soloists over bands. Because the amount of work available has declined so quickly, the competition between bands has soared. "Impulse" is caught in the middle of it.

Carol Farrar has led a busy life. Her career in music has been an interesting one to follow. It's a rewarding career to be in because you can tell - by crowded dance floors, "yeehaas" and empty beer glasses - that people like what you're doing, and it feels good to see people having a good time.
Arlene Titley Spoonfeather is a craftswoman who lives in Waldoboro. She was born in Long Island, New York, and was inspired to be an artist when she was young by the art her mother placed around her home and by art teachers in school.

Arlene studied art at Southern Connecticut State College in New Haven for four years and another two years in graduate school. At that time, she didn't want to teach art but rather to create it on her own and perhaps sell it. Once she started teaching, she knew that's what she was good at and wanted to do. Today, she prefers not to teach full-time in the public schools but rather to teach one class at a time for local groups in the community.

After college, Arlene worked in Connecticut. She was divorced from her first husband. She now lives in Maine with Wayne and their two children, Seth, eleven, and Tasha, three. It was after several vacations in Maine that they decided to move here and depend on Arlene's artwork, teaching and farming and Wayne's masonry skills to carry them along.

Arlene loves all kinds of arts and crafts. Once, she made a stuffed moose for Wayne as a joke. He took a picture of it and sent it to a company in Connecticut. The company wrote to Arlene and asked if she could make thirty-six more. The moose were so popular that the company increased its order eventually to four hundred. Arlene and Wayne worked on them together; he did the machine work while she did the handstitching. Arlene makes other craft items such as little girls' hats and teaches whenever she can.

She doesn't work full time because she wants to wait until her daughter is in school. She finds time to do her art in the afternoon while her daughter is napping or during the day with Tasha working on her own art.

Arlene's advice to anyone just starting out with possibly a family and also wanting to work is "to enjoy one thing at a time. If you're a mother," she says, "accept the fact that you're a mother and enjoy the mothering times. When you get time for yourself, enjoy that too."
If she could have a fantasy goal, she said it would be to have her own studio and have the time to run her studio well and still be a good wife and mother. Her goal for the future is to spend more time on her art when her daughter is older.

Arlene doesn't have much spare time, but when she gets the chance, she likes to read, draw and cook. She has a few animals and a garden which she works with her family. She also likes to take walks down by the water and to go riding around, exploring with friends.
Business

Finance

and

Law
It is not because things are difficult that we do not dare; it is because we do not dare that they are difficult.

Seneca
Connie Skov, farmer, teacher, chemist, is a very unique and inspiring woman who leaves you with the feeling that any woman can do anything she wants to and be successful.

Connie was born and brought up on a farm in the Catskill Mountains of New York. She went to college and received a bachelor's degree in chemistry, to medical school for two and a half years, and more recently to get a master's degree in education.

Connie's family now has forty acres of beautiful farmland in Waldoboro in which every piece of land is used efficiently. Approaching her drive, you can smell all of the familiar scents of the average farm. It gives you a very subtle, peaceful feeling as you listen to all the different animal sounds. Off to the left, behind her house, is a pond and rowboat and near the pond is one of the two half-acre gardens where all the vegetables are grown. Fields and more gardens lie beyond.

Connie's farm is run by her whole family. Her husband and three sons, ages fourteen to eighteen, are all a big part of Roseacre Farm. "My children are very important to the farm. Their work efforts make possible the variety of projects we now do," Connie says.

Connie has Scotch Highland cows, which are raised and sold for breeding stock when they are six months old. Connie also raises black sheep. She shears them and spins wool to make sweaters and sells the lambs for breeding stock. She says she enjoys the sheep most because they are easiest for a woman to handle.

A typical day for Connie begins anywhere between 5:30 a.m. and 8 a.m. - earlier on farmers' market days. Her husband makes breakfast, which Connie thinks is great. Three days a week, Connie and her family pick vegetables and cut flowers after breakfast and prepare to go to a local farmers' market. When they've loaded the truck, she and a son take it down to the market and set everything on tables. Connie says that the advantage of being a woman is knowing how to set up and attract customers. She knows how to color coordinate both vegetables and flowers. "People buy more when it looks attractive," Connie says. Another advantage is knowing what foods go together and how to cook an unusual item.

Around mid-afternoon, Connie returns to the farm and works in the garden, makes preserves or sometimes takes a nap. In her spare time, she likes to read, hoping to find new ways to improve growing conditions on the farm. She also enjoys geology and craftwork that produces something useful, like knitting sweaters for her family. During the winter, she also is a part-time substitute teacher at the local high school.
Connie’s goals are to continue farming and to help her children grow to be useful persons. Her individual goals are to breed black sheep that will be heavy enough to be good meat sheep, and to find better ways to improve the efficiency of the farm so she and her husband can make a good living without depending on her sons. If she could have one fantasy goal, it would be to see how other people around the world productively utilize their land.

The best advice Connie can give anyone just starting out in this field is to know how to manage money and to save enough money before you begin to help insure your success. “You can’t be saddled with debts when you first get started,” she says, “as the profit margin is slim. Paying interest on debts can easily make farming unsuccessful financially.”

A small farmer should also be able to understand economics and how to manage time well. “You’ve got to be able to understand all the problems of a self-owned business,” Connie says.

* * *
Marcia Tedrow is the manager of the Anchor Inn in Round Pond. Marcia has lived in Maine, near Waterville, since she was five, and used to spend her summers as a child in Round Pond. She has been in the restaurant business since she was sixteen. She started out as a waitress, gradually moved up to chef and is now a manager.

Marcia first started to work to keep up with teenage expenses, and later worked to save money for college. In college she majored in education. Although she worked for a while in the teaching field, she doesn’t feel that teaching was as satisfying as her current job. As a matter of fact, her future goal is to someday own her own restaurant, as she is now renting the Anchor Inn.

In the morning, Marcia does bookkeeping, makes bank deposits, and picks up whatever food and liquor are needed in the restaurant. She usually arrives at the restaurant by noontime and checks to make sure that everything is going smoothly. Once a week she takes inventory and Monday through Thursday she tends bar and hostesses. Sometimes she helps cook on the weekends. She bakes quiche every night, for the daily quiche offered on the menu.

Marcia works seven days a week, from sun-up to midnight or 1 a.m. When she manages to find free time, she enjoys swimming, sailing, dancing, and cooking.

Marcia learned her skills gradually through the years at her different jobs. She suggests that if you want to get into restaurant management, you should definitely learn bookkeeping, accounting and inventory, to help you in your career.

* * *
Zibette Dean is one of the store managers at the Rising Tide Co-op in Damariscotta.

Her job at the Rising Tide consists of stocking shelves, working the cash register, answering questions, training and supervising volunteers, and acting as a buyer of stock. Zibette also keeps records of the stock in the store and how fast the various food items are sold. Before Zibette got the job at the Rising Tide she worked in a retail store. She didn't have any special schooling; she was trained while on the job.

Zibette likes her job because it gives her a feeling of independence. Everyone there works together, and she likes the people she's working with, she says. Although the job is part time, it gives her a variety of things to do, and she finds it challenging and rewarding. An additional benefit is that working time is flexible.

Zibette has five children who are all grown and have moved out of the house. She went to work because she didn't like sitting around the house, as well as for financial reasons. Zibette's husband helps with the shopping and the cooking. Her work causes conflicts only rarely, Zibette says, when she doesn't arrive home for dinner on time.

When Zibette is home she weaves rugs and wall hangings in her spare time. She also weaves fabrics to make into shirts and other articles of clothing.
Elizabeth Vannah works in the Waldoboro 5 & 10 Cent Store as a salesclerk and cashier.

She graduated from Waldoboro High School and began working after her children were grown. She worked at the post office in Winslow's Mills, at a laundromat and at a restaurant in town, until friends of hers who owned the 5 & 10 asked her to work for them. When her friends later sold the store, the new owners asked her to stay on part time.

Elizabeth has been working there four years this November. She works thirty hours a week: pricing merchandise, stocking shelves, helping customers, and working the cash register. The benefits of her job are workmen's compensation, if she should get hurt, and a yearly paid vacation and paid holidays.

She says that there is nothing she dislikes about her job. She likes being able to serve the public, with very few irritations. The pay is adequate, she says, and her family approves of what she's doing. Her only frustrations are people who shoplift.

Elizabeth plans to stay with her job until her retirement. Her other interests outside of work are bowling and swimming.
If anyone had told Pauline Nay twenty years ago that she would be running a boarding home in her future, she would have laughed the person out of her house.

"I wasn't interested in a career - I was going to get married and have a family," she says.

Pauline was born in Gorham, and went through her junior year of school there. Then she dropped out, at sixteen, and got married. Her first daughter was born when she was seventeen.

The succeeding years were spent in various locales raising her family; two more children followed and a second marriage and divorce. During that time, she worked on and off in the restaurant business as a cashier, hostess and waitress. Child care was nonexistent then in the form of centers or licensed professionals, so Pauline had to cope with finding sitters for the ten years she was working.

It was when she moved to Waldoboro and was unable to find work in the restaurant field that Pauline, at the age of thirty-seven, decided to get the degree she had missed by dropping out of school. She took the high school equivalency exam (G.E.D.) in one day and passed, without any previous preparation.

"I've always been one to read, and I think that is one of the reasons it (the test) seemed easy," she says.

Although social work was emerging as a field she was interested in, the required four years of college training persuaded Pauline to seek alternatives. She began working as a cook at an institution for the treatment of the mentally ill, Hill Top Mental Health in Warren. During that time, she worked for and received her certified nurse's aide certificate, her medication certificate and her mental health certificate. She was soon promoted to assistant operational supervisor in charge of the overall supervision for the care of the sixty-five patients there.

After four years of work there, the opportunity arose to buy a boarding home that was on the market. Pauline took the plunge and became owner of Will-Ines Boarding Home in Waldoboro, which is licensed to provide round-the-clock care to twenty residents. As owner, her job consists of payroll and record keeping, personnel management (she has eleven employees), and overall supervision of the facility. She works fifty to sixty hours a week right now, trying to renovate the facility she has owned less than a year.
Pauline says she likes her job. She likes listening to the older people tell stories about themselves when they were young, and she likes trying to make them as comfortable as she can.

She is hoping to finish the upgrading of the facility at Will-Ines and, then, to buy one or two more boarding homes.

One word of advice to people who think that being the owner of a business is easy because you can hire someone else to handle your "headaches". "If you are conscientious," she says, "your job as an owner is demanding." But, she says, she's not at all sorry.
Ida Tame is a flea market operator in Bristol who has lived in Maine since 1941. Her parents moved to Maine so that her father could find work in the mills. Ida is married and has three stepchildren.

Ida doesn't sell her goods; she swaps them for something of an equal value. She is especially interested in trading for food - vegetables, fruits or canned goods. The only things she will not trade for are things that are broken.

Her shop is small and is filled with clothing and plants, mostly houseplants and a few flowering plants. She also has jewelry and books given to her from a local library, hats, records, and other odds and ends. People who need clothes for their children can trade vegetables at her store in exchange for clothing.

Ida really enjoys her work. The shop is so convenient, she says, that she can spend time around the house and in the garden. Ida also works a few days each week for a rollerskating rink across the street from her. She sells tickets and works at the refreshment stand. She used to work there full time, but she said her legs bothered her if she stood too long.

Ida likes to sew. She has an old-fashioned sewing machine that she works with her feet. Right now she is working on two quilts for her husband and herself this winter. She also likes to crochet.

Someday Ida would like to own and run her own grocery. Right now, however, she's content with what she has - the garden, her shop, and the ability to extend a helping hand whenever she can.
Marilyn McLoon is a real estate broker with Peter Coe Realty in Newcastle. Before that, she worked with Century 21 in Wiscasset.

Marilyn first became interested in real estate by buying, renovating and selling houses of her own. Fifteen years ago, a broker in Massachusetts who was selling a house of hers, suggested that she would be good in the real estate field. Marilyn felt, however, that it was too demanding a job for her to have while her children were young, so she never really got involved in it until a year and a half ago.

Marilyn begins every work day at the office, usually by 8 a.m. or 9 a.m., to check phone messages and to see how her schedule for the day is lining up. From then on, she deals with the problems of buying and selling houses and property. She spends a great deal of time out of the office showing property to prospective buyers. She also is on the phone throughout the day, talking with clients and working with bankers and lawyers.

Because you are constantly trying to solve problems for other people, you must have good communication skills in this job, according to Marilyn. You must also be able to listen to people well, so that you can get a clear idea of what they are really looking for in a house. You must be a self-starter, very organized, and have a great deal of stamina. It's a great field for women, she says, because there is no discrimination in hiring and because women in our society have been encouraged to develop skills particularly useful in this field.

Marilyn had special training for her work. She finished an accredited course in real estate law and studied appraisal with a local real estate agent to prepare for the salesman's exam required by the state. After passing the exam, she worked the required year as a salesman, before taking her broker's exam. Being a real estate broker means that she is legally authorized to handle money and that she can open her own business if she should so choose.

Some of the stresses in her work revolve around finding enough time in the day to do everything and the financial pressures involved in finding financing for people and negotiating a sale. Getting ready for a closing on a house and dealing with both parties can be difficult, Marilyn says, but for the most part she finds it more enjoyable than stressful.

Marilyn is married and has five children between the ages of eighteen and twenty-six. Her children now are old enough to understand her work and are quite involved in their own lives. Her husband's one reservation about her work, she says, is the long hours she puts in.
The advice Marilyn would give to someone just starting would be that you must be able to go without an income for the first four to six months after you begin. Real estate agents are paid by commission, and it takes at least that amount of time for a sale to go through and a commission to be paid. Be prepared to work seven days a week and ten hours a day, she says, and be willing to devote a great deal of time to your work in order to be successful. There is also a surprising amount of paperwork involved.

Marilyn’s goals are to continue in real estate and to keep improving her abilities. She would eventually like to own her own real estate business.
Sally Pennington is the co-owner and managing editor of the *Maine Antique Digest*, a monthly newspaper about antiques. As the managing editor, Sally takes care of all the business activities of the newspaper, pays salaries and taxes, and oversees the equipment and publishing costs.

She was brought up in Texas, went to high school in Southern Louisiana, and graduated from college there as a teacher. She really enjoyed teaching school and taught for six years, then stopped to raise five children. Today her children range in age from twelve to twenty-one.

Her husband was in the Air Force and moved around a lot. Sally liked traveling and had traveled as a child because her father had moved a great deal also. Finally they settled in Waldoboro.

Sally and her husband used to work in an antique shop when their children were very young. She took the children to work with her. Sally liked her job at first when she was getting furniture for her house, but once she got what she needed, she lost her enthusiasm for buying things and gave it up.

Sally tried to re-enter the work force as a teacher, but found there were no jobs available. In 1973 her husband decided he wanted to start a newspaper and, sharing a love of antiques, they combined the two into
the *Maine Antique Digest*. When they started the paper the three oldest children, in seventh, eighth and ninth grades, were able to help.

An important benefit of owning her own business is being her own boss. Sally likes being the one in charge. She can set her own hours and can leave to do something that she feels is important. "It is different when you work with your husband in your own business because if your kids are sick you don't have to explain it to someone else besides family," she says.

She feels it is very important for a wife who works with her husband not to feel that she is working for her husband, and that they both are equally important. Each of them owns one-half of the company. She says that they couldn't work together if she felt that she had to please her husband as a boss.

She said that this business is very successful and profitable. Sally and her husband tried to put out a weekly paper but it was never a financial success so they closed it down.

She thinks sometimes women fear working for themselves. Sally thinks this is changing, but not fast enough. She feels that the best thing for a woman is to feel successful and not be afraid to speak her mind. She realizes though that some women who work would like to stay home and take care of their children, and that's okay, too, she says.

Sally and her husband love antiques. She feels this is an ideal job because she is around the things she enjoys the most. They will probably run the business until they decide to retire.

* * *
KATHY LAVIGNE/ACCOUNT EXECUTIVE

Kathy Lavigne is a salesperson and an account executive with WKXA radio in Brunswick. She sells advertising time to different advertisers and writes commercials for their products.

Kathy graduated from high school and began working because she had to support herself and pay her bills. She managed a business and sold computers in three states before she heard about her present job through a sales manager at the station. She has been there for six months and works fifty hours a week or more, occasionally on Saturdays. Her benefits include medical insurance and bonus-incentive programs offered by the station.

Kathy decided to work in advertising because it was a challenge and because she liked meeting new people. She likes everything about her job. She says, "If you can deal with people, you can handle it." The stress involved in her work is not a strain to Kathy, but rather a challenge, she says. The pay varies, she says, because it is dependent on the contract that was signed and the actual cost of the project.

The satisfaction in Kathy's job is being able to make people happy, and making people money through WKXA radio. Frustrations occur when she gathers together the information needed to make a sale and then the clients change their minds or say they need more information.

In the future, Kathy wants to return to school to get her marketing degree. Eventually she'd like to be the head of a company's advertising department.

Kathy's family thinks her job is great as long as she doesn't tire herself. She, while loving the social contact it involves, admits it sometimes does interfere with her personal life.

Kathy is an outdoors person. She likes camping in the woods by a lake and all sports, especially those in which she can participate.

She's always on the go somewhere to put ads on the radio. You can tell she likes her work and it, in turn, suits her.
Clarice Giusani lives in Friendship and is the Vice President in Charge of Operations at the Waldoboro Savings and Loan. She has worked there for twenty-one years.

Clarice enjoys her work very much because she likes being around people. There is a great deal of responsibility in her work, but she considers it a very rewarding job.

Clarice's work day begins at 9 a.m. She looks over the mail and makes sure that there aren't any problems and then takes business calls throughout the day. She basically has an overseeing role - solving any problems that may arise and making sure things are running smoothly.

Stress in her work can occur, for example, when electrical power is lost and the computers and other machinery cannot operate. It can also be a strain on working conditions when important papers are lost in the mail, or when errors are made and she has to help correct them.

When Clarice entered her field, banks didn't require any special schooling or training. She took typing in high school and was given on-the-job training when she went to work at the bank.

The advice that Clarice would give to someone just starting out in this field is to have as much schooling as possible and to get on-the-job training because she feels it is the best way to get banking experience. Background in using a dictaphone is also helpful. Important personal qualities for anyone involved in banking include good communication skills and patience when dealing with other people, she says.

Clarice is a widow and has two children who are grown. She initially chose to work at a bank because her children were in school nearby and she needed to be close to them to take them back and forth to school. Most of the time she never had any problem with child care when her children were young because they were always with their grandparents.

Clarice has lived in Maine most of her life, except for a brief period in New York City where she worked at a commercial bank. Now that she is settled in Maine, she doubts that she will ever relocate.

Clarice spends her spare time with friends and belongs to several organizations. She's very happy where she is, has achieved most of her job goals, and is looking forward to her retirement.
Suzanne Smith is a lawyer in Bath in business with her husband. She gives advice and handles legal matters such as divorce and child abuse cases. She is also involved in real estate and other property matters.

She usually starts her day in court at 8 a.m. and finishes work at 6 p.m. She has a very long day, but each day varies. Included in each day is a great deal of interviewing time with clients and other people.

Suzanne decided on this kind of work in her senior year of college. The superior judge at that time inspired her to follow a law career. She has been a lawyer since 1972.

Suzanne really loves her work. She finds it to be very rewarding and always wants to continue in this field. In order to become a lawyer, she needed a high school diploma, four years of college and three years of law school. A law career is great for a woman, she says, because you can be self-employed and dictate the hours you want to work.

Her advice to anyone beginning a law career is to learn how to write and how to use a computer. She also suggests that anyone interested in law get a broad background and not become too specialized, at least early on.

Suzanne has always lived in Maine, except for the time when she attended school. She now lives in Woolwich, is married, and has one child, four years old. Her husband thinks it is great that she works. She has always worked since she was married.

Suzanne is very busy outside her law office as well as at work. She is the Democratic chairwoman for the county and is active in Democratic politics. She is also a member of various social organizations. In her spare time at home, she enjoys playing with her son, gardening, sewing, swimming and sailing.
Offices
RUTH LANE / BOOKKEEPER
EVELYN HANSON / HIGH SCHOOL SECRETARY
JOLENE HEDGES / TELEPHONE OPERATOR
PAT RYAN / KEY PUNCH OPERATOR
PHYLLIS HARPER / RECEPTIONIST
DOROTHY JACKSON / SECRETARY/RECEPTIONIST

Xvxn though my typxwritxr is an old modxl, it works quitx wxll xxcxpt for onx of the kxys. I'vx wishxd many timxs that it workxd pxrfxctly. Trux thxr arx forty-two kxys functioning wxll xnough, but just onx kxy not working makxs thx diffxrxncx. Somxtimxs it sxrxms to mx that our organization is somxwhat likx my typxwritxr — not all the kxy pxoplx arx working propxrly. You say, "wxll, I'm only onx pxrson. It won’t makx much diffxrxncx." but you sx, thx nxxt timx you think your xfforts arxn’t nxxdxd, rxmxmbxr my typxwritxr, and say to yoursxlf, "I am a kxy pxrson and nxxdxd vxry much."

Contributed by D. Jackson
Mrs. Hanson is the secretary to the principal at Wiscasset High School. She had no special schooling for this job, except that she graduated from high school where she took business courses.

She started working for the school department as a substitute in the cafeteria at Wiscasset High School and the elementary school. While at the high school she would fill in for the secretary in the office when she was ill or out of the office, which eventually averaged about three days a week. When the secretary resigned, Evelyn was offered the job. She has been the full-time secretary for twelve years now.

Her job as secretary consists of shorthand, bookkeeping, figuring grade point averages, assisting the principal in compiling the budget and typing all of the purchase orders relating to the budget, and acting as a receptionist. She likes her job because the people she works with are very friendly. She also enjoys working and being able to help the students.

Although Evelyn has a husband and children, she didn’t have any problems with child care when she wanted a career because she waited to work until her children were in school. Her husband now helps out with the household chores, as does each family member.

Evelyn enjoys gardening, knitting and sewing for herself when she is not working.

* * *

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Jolene Hedges is a young, single woman working as a telephone operator for New England Telephone Company. She started with New England Telephone Company after graduating from high school. She heard about the job through the counseling service at the high school.

Jolene was given two weeks training when she began. She has now worked for New England Bell for four years. She enjoys her work, but feels you must like your hours, as the work is done in shifts. She likes the evenings the best. She works five and a half hours at night and gets paid for eight hours. The benefits are also good. Dental and medical coverage as well as a half-rate on phone bills are available.

There's also a certain amount of freedom in her job. She says she likes feeling independent and not having anyone looking over her shoulder.

The disadvantages are that you are working for a large company which may sometimes seem too impersonal and it is very difficult to get a job with the company because there is such a demand for these jobs. Telephone operators must also be on call at certain times, which means they must be available to work if they are called, even though they are not being paid for the time they're on call. Because of the need to have steady phone service, there is only one unexcused absence allowed before you can be fired.

Telephone companies are becoming computerized now, and Jolene is currently taking computer-operating training offered through her company.

She eventually would like to marry and have children, although she would continue to work.

Her hobbies are needlepoint, reading, and rug hooking. She also loves to drive and travel. * * *
Pat Ryan, thirty-eight, is a key punch operator at Penobscot Bay Medical Center (Pen Bay). She works in the data processing department recording information needed for later use. Pat has been with Pen Bay for eight years. She worked in the business office collecting and recording patient payments and in the accounting office doing accounts payable, before transferring to data processing. In order to get this job, Pat had to be able to type accurately; the hospital trained her to use the key punch machine.

Pat’s work load is always changing. The hours are very flexible but most of the time she works from 8 a.m. to 4:30 p.m. Occasionally she has to work on the weekends.

Pat just came back from Massachusetts, from advanced training in terminal and computer operations. The hospital reimburses all their employees if they want any more training or education, as long as it has to do with their jobs. When the new computer system is installed, Pat will go to school for one week for more training.

Pat likes her job. She says she gets along with her co-workers and has great communication with her boss. She also gets paid well and receives ample benefits: Blue Cross and Blue Shield, life insurance, dental, disability, vacation pay and a pension plan.

Pat is divorced and has four teenagers ranging in age from fourteen to nineteen. When her children were younger, she had child care problems in the summer because they liked having their mother around. Now that they are older, Pat says they are basically more responsible and able to take care of themselves.
Phyllis Harper is a receptionist for Dr. David Hill, a general practitioner in Bath. She has been a receptionist for six years, five years for a pediatrician in Bath and one year in her current position.

Her duties include bookkeeping, billing, making appointments for patients, and handling insurance for the doctor. She arrives at work at 9 a.m. and is scheduled to leave at 5 p.m., although often she stays longer to complete what has to be done. The doctor arrives at 10:30 a.m., about the same time as his first appointment.

Phyllis started working when her husband was not able to work because of a back injury. She heard about an opening for a receptionist at Dr. Hill’s office and took the job because it was full time, which was what she wanted. She also liked her previous job working with the pediatrician, because she likes children.

She enjoys her work very much and would like to continue in it. She took one term of medical terminology courses from the University of Maine in Augusta, which helped prepare her for her job, and had someone already working at the office help her with the bookkeeping.

Phyllis lives in Bath, is married, and has four children, three of whom are living at home. She is working to get her two youngest children through school. When Phyllis considered taking this full-time job, she sat down and talked it over with her family beforehand. They all agreed with her idea.

Phyllis doesn’t really have much spare time to herself because she also has to take care of her home. She walks, reads, and rides her bike when she can find the time.

If she could do it all over again, she said she would have gone to college. Her fantasy goal is to be worry-free about finances.
The first face you will see when you walk into the CETA office in Damariscotta is probably Dorothy Jackson's; and nine chances out of ten, she will call you by your first name and ask how life has fared since she saw you last. If you have not been into the office before and you have those I-don't-know-what-to-expect jitters, you'll find that it is a little easier with her in the room.

Within the time you wait for your interview to arrive, the telephone will probably ring a few times, the buzzer will sound, and the contract she is typing might be added to by a few lines. A program manager is apt to fly through with work that needs doing, or interrupt the tapping of keys with a question on the whereabouts of "x"-and-so's file.

Dot must be used to keeping track of where everything is, was, or is going. With eight children over the age of seventeen, life must have been quite hectic for a few years. She was married at sixteen and became a mother soon afterward. For the next many years, she washed diapers and mismatched socks, and tried to keep caught up with her offspring.

Dot worked at GTE Sylvania in Waldoboro for seventeen years, then took a leave of absence to care for her spouse. After her husband's death, she was left alone to support herself and two adolescents. Her status at Sylvania had dropped, so she sought work elsewhere. She went to the CETA office to become involved in child care. At that time, she was unfamiliar with the program, but she figured that she could at least take care of children.

She had an intake done, and the question, "What do you really want to do?" came up. She had always wanted to be a secretary/receptionist, and all of the self-search tests she took pointed toward that field. She was surprised to discover that CETA could help her reach her goals and bring money home at the same time.

The first step involved was getting her high school equivalency certificate, which she received within three months. Next, she was placed on a work-experience program and spent two weeks as a receptionist at the Recreation Center in Damariscotta. An opening was found in a fifteen-week clerical course in Augusta. She learned accounting and assertiveness training at the same time.

After seven weeks in the clerical course, she was hired by the CETA office in Damariscotta. At that time, she had learned everything in the course except the typing. One of the instructors in the office gave her a class once a week, and she learned how to type.
Math had always been her favorite subject in school. She did a lot of time cards for her fellow employees when she worked at Sylvania, and she liked operating the business machines. She likes people (but not pets) and likes to be busy. She likes to talk. That is why she works at the CETA office. Her goal in life is to become an office manager. I don’t think that her present job description is far from that goal.

If there’s anyone you can depend on, it’s Dot. She is what keeps the office running smoothly. She is friendly and easy to get along with. She is well organized and possesses a humor that keeps the tensions within the office from getting out of hand, and a wit that can put a smile on your face when you are not feeling quite up to par. She brings a little sunshine into any office. It would seem that these qualities are apparent to more than her colleagues now, for in 1981 Dot was selected Secretary of the Year for the WKXA radio listening area.
Trades
IV.

KRISTINA VAN REENEN / BAKERY OWNER
RUTH NYGAARD / BARTENDER
ALTHEA RUSSELL / COSMETOLOGIST
DIANE SIMMONS / COSMETOLOGIST
PAMELA MOUNT / LAND SURVEYOR IN-TRAINING
ELLIE GOLDBERG / VIDEO PRODUCER/CAMERA WOMAN
LEONA GRIFFIN / ELECTRONICS WORKER
JOAN CUNNINGHAM / SHIPFITTER

One of the greatest sources of energy is pride in what you are doing.

Spokes
Kristina Van Reenen had her own bakery business by the time she was twenty.

She began baking and selling by renting a pizza parlor after hours and using the ovens and counter space as well as her own two-room apartment to make her breads and pastries.

Now, Kristina, twenty-seven, has her own bakery, Kristina's Place in Bath, and has even expanded into co-ownership with her father of a food processing plant in New York City.

Owning the business means that Kristina is constantly kept busy with the three shifts of people she employs as well as the general work of overseeing the business of baking. With the new food processing business, Kristina will be even busier, traveling back and forth between the two.

The qualities of a good baker are: you have to be organized and you have to be strong. The rest is a matter of getting used to, like any job such as waitressing or day care, she says.

Kristina says she enjoys skating and traveling, but she doesn't get the time. Basically, her job is the commitment of her life, with its own rewards in the people-to-people contact and the satisfaction of a job well done.
RUTH NYGAARD/BARTENDER

Ruth Nygaard was a divorced woman with four children, one son in college, when she started working. She began as a night cocktail waitress at what was once the Bounty Lounge in the Sheraton Motor Inn, in Bath, now called the Best Western Motel.

She did not need a babysitter because all her children were old enough to take care of themselves. Ruth explained that her children, especially her eldest son, initially did not want their mother working in a bar. After a while, even her eldest son began to accept the idea, knowing there would be extra money for college.

Ruth worked evenings at the Bounty as a cocktail waitress for four years. She now tends and manages the bar from 11 a.m. to 6 p.m. She likes her hours much better now and things are working out just great, she says. Ruth's job entails stocking the bar, making out the work schedules, and mixing drinks. She says that she likes her job because it pays well and she likes working with the public. However, she wishes she had been better educated, because advancement in a career is often limited for women with little or no education or job experience.

Ruth has three children at home, but still finds plenty of time to relax and enjoy herself. She may get married someday, but is satisfied with her life style as it is now.

* * *
Under the laundromat in Damariscotta, you will find a rather unusual hairdresser in the most unordinary shop you'll ever see around this area. Althea Russell is a woman who has made a career a very personal thing. She has brought a homey feeling into her work by sharing her talents and interests with her clients.

Her shop must have once started out with just the equipment you see in a beautician's usual place of employment. The chairs, sink, dryers and other gadgets and supplies are there, but so is an antique desk, some old trunks, a pile of yarn balls and some completed hooking products, a friendly dog with a box of Bonz to snack on, a vacuum, an assortment of plants and other odds and ends of things.

It is easy to see that she likes animals, arts and crafts, and antiques, and you can bet that she is a people-person. She is a great conversationalist, she likes to mingle, and she is easy to get along with. She goes to the homes of senior citizens to style the older ladies' hair. She
styles hair for older clients to keep them company and to make them feel good.

She has been a hairdresser for twenty-two years. She received her training at Central Beauty School in Augusta while she worked as the downstairs maid in the Blaine Mansion. She gave tours of the estate during the day and attended classes at night. (Former Governor Edmund Muskie's mother is one name on Althea's list of past hairdressing clients.)

When her daughter and sons were young, the last thing Althea wanted was to go to work. When her baby was three, she moved to Damariscotta and opened a shop in her home. She decorated cakes and worked for an opthalmologist. Her hairdressing career and children grew together. Now she has a satisfying career and years ahead of her still to fill.

She has reached her goal of becoming a hairdresser. Her other interests fill in the gaps where her occupation is quiet. Is there anything else that she really wants to do? Yes, she would like to take some courses in typing, art and English. She likes to learn new things.

She has a rounded personality that stimulates the people she comes in contact with. She has found a way to make the world smile a little more by making people look nice. That is a very worthwhile career indeed.

Since this interview, Althea's Hairdressing has moved to a new location. Her place of business is now on Pleasant Street in Damariscotta. Her clients will miss the old salon because of its homeliness but perhaps the new shop will look just as interesting.

* * *

52
Diane Simmons is a hairdresser and owner of the Natural Part in Waldoboro.

She grew up in Rockland and went to Rockland District High School. After high school, she didn’t know what she wanted to do so she decided to try hairdressing school, along with some of her friends. Her schooling lasted nine months, amounting to fifteen hundred hours of instruction and experience at The Golden School of Beauty in Portland, now called Mansfield’s School of Beauty. She feels her schooling was suitable for her needs and that anyone going to school for a career shouldn’t “fool around” with shortcuts in their education.

After beautician’s school, she worked for three years at Mr. Gene’s and Walter’s in Boothbay. Then she stopped working for awhile to raise a family. Her children are now eight, eleven and twelve years old.

On returning to her career, Diane worked at Adawn’s in Rockland and at two other shops, the Latienda and Lynx’s. After this, she made home visits to style hair. She opened her own shop, the Natural Part, in November, 1979.

Her job consists of cutting, perming, coloring, washing, conditioning and setting hair as well as ordering supplies and cleaning the shop.

The benefits of owning her own shop are that she can make more money and that she can choose her own hours. It’s nice to be able to take a day off at your own discretion and to be your own boss, she says.

Coping with a job and having a family isn’t hard because her husband does the bookkeeping for her shop and everyone helps around the house.

Diane is easygoing and likes her patrons to feel at ease and relaxed in her shop. She likes a friendly atmosphere to work in, so she doesn’t give direct orders. Everyone just chips in and does whatever is needed, she says.

* * *
"Ready-made jobs are like ready-made clothes; they don’t fit right.” This is the enterprising philosophy of Pamela Mount, who left previous careers in teaching and restaurant management for the wild outdoors life as a land surveyor-in-training. This is her last year of a three-year apprenticeship with a retired, registered land surveyor. She clears land, verifies boundary lines, checks deeds and handles other paperwork associated with the job.

Pamela was born in New Jersey. She attended the University of Delaware, married in her third year, and graduated with a teaching degree in English.

Pam moved to Maine after a vacation spent in the state. She taught school for eight years, but decided that teaching wasn’t what she wanted to do for her living. She also ran a restaurant, but the work didn’t satisfy her enough to want to make it into a career.

After six years of marriage, Pam divorced, wanting to prove she could make it on her own. She decided to build a house with the money she had earned from her teaching and restaurant work. During this time a couple of land surveyors came to her house - one of whom was a woman. Pamela remarked to the woman that someday she would like to try surveying. When that woman eventually quit as a land surveyor, the foreman of the surveying crew, remembering Pam’s remark, called Pam and asked if she wanted the job. That is how Pam got started in surveying.

Pam loves her job and says she wouldn’t change it for the world. She works twenty-five hours a week, which gives her time for the activities she enjoys: cooking, designing, studying and entertaining. Pam also likes her work because it is outdoors work and because it varies from day to day.

Pam believes that this new career will be a long-lasting one. She feels she has proven she can be independent and now is sitting high, enjoying her life and her new friends.

* * *
Ellie Goldberg is a camerawoman, producer and director who is establishing a reputation in the field of video production.

Ellie wants to effect change. She has a bachelor's degree in sociology and psychology and has worked as a welfare worker and an adolescent drug counselor in New York, and later as a mental health worker in Rockland. She has also been the program manager for a nationwide council on alcohol abuse.

Ellie turned to video when she moved to Maine, "burnt out" from her years in social work, and wanting something that would make a larger impact. She had been self-taught as a still-life photographer and began to look to video, the method of production used in making television programs, as a possible step forward. CETA provided the impetus with funding for a twelve-month training position while the University of Maine at Augusta supplied the equipment and instruction.

She initially began as a video cameraperson, handling the very technical aspects of the video-making process. Currently she is working on a series of television programs dealing with the needs of disadvantaged youth for which she is the producer (the person who conceives the idea, acquires the funding and produces) and the director (the person who implements that idea).

The nature of her working day varies with the different stages of production. Prior to actual filming, her days are spent on the phone making arrangements to meet with people and setting up the filming schedule. During production, when the film crew is on location, the hours increase to sixty or seventy a week, as the production deadline becomes closer. Post-production is the editing stage, where the sound and photography are interwoven to achieve the final desired product.

To be in video, you should be highly motivated and highly trained, according to Ellie. Most universities will have a media or communications department that will offer that kind of training. A film school is another option, she says.

The one regret Ellie has about her schooling is that she didn't work more in video. She wishes that she had been more aware of her options at an earlier age. Her parents thought she should become a school teacher, so she never saw what other careers were available to her.

Her pleasant personality and openness make it easy for people to talk to her. Her goal of becoming an independent video producer is one that is far from selfish, for she wants to help the disadvantaged who do not conform neatly into society's "little boxes." The field she has chosen is tough, but so is she, and if the opportunity for having public impact is possible in video, she's willing to test the waters.
Leona Griffin is an electronics worker at GTE Sylvania in Waldoboro where she runs an S-81 machine that makes light bulb coils. She has been an employee there for eight and a half years.

Leona grew up in Bremen. For the past two years she has lived in Bristol; eight years before that she lived in Damariscotta. She is single and has a fourteen year-old son and a sixteen year-old brother who live with her. She says that at times there have been a few slight problems with her son's not wanting her to work, but in the long run everything has turned out fine.

Leona didn't have any previous training to get her position. She was trained on the job. The benefits of her job include medical, dental and sick pay. Leona says that the only thing she really doesn't like about her work are the hours, from 3:45 p.m. to 12:15 a.m., and the stress that sometimes occurs when trying to meet a daily production quota. Although there are things she doesn't like about her job, she says, it always seems worth it at the end of the week when she receives her paycheck.

In her spare time, Leona enjoys reading and likes to visit her friends. At times she says she wishes that she hadn't had a child so young and that she had gone on to business college, but normally she takes life on a day-to-day basis. Her goal now is to get her son through high school.

Her advice to anyone getting into her field is to always be willing to work hard and to expect the overtime to be somewhat more than in other fields.
Joan Cunningham, a small, dark-haired woman with glasses who wears a rose tattooed on her left shoulder, each day picks up her hard hat and joins a line of men entering the gates at Bath Iron Works.

Joan, thirty, is a shipfitter at the ship-building company located in Bath. Three and a half years ago, Joan knew nothing about shipfitting, the art of assembling steel parts into units that will eventually be made into a large ship. She did know that she wanted some kind of a trade that could support her and her son. She obtained a job at the Iron Works through CETA and was trained on the job and through courses offered by the Iron Works: one is tacking (steel assembly) and another on reading blueprints.
Today, Joan is very satisfied with her job, which is similar to carpentry or sewing except it involves working with steel measurements, instead of wood or cloth. There is not much welding involved either, she says. It is a challenge because there are days when nothing gets done and you have to wait until someone else associated with your job is finished, and then you're busy. You also have to be able to keep up with the men, she adds.

The benefits of the job are: Blue Cross and Blue Shield, access to the credit union and two weeks' paid vacation. There are no paid sick days allowed until you have been with the company for five years. It is also very important to be on time to work, she said, and you can get in trouble if you aren't.

Joan made a goal in her career to be well-liked by the men and women with whom she works. She says she has a good relationship with her co-workers and with all of her bosses. One of her bosses even stops and tells jokes sometimes.

Joan's biggest problem in being a single parent is having to do everything alone such as parenting, housing and bills, and not being able to take personal days off from work. Her son is twelve years old and she has been working since he was nine months old. She feels that if there were any changes in her life that she would make, it would be to stay home with her son.

Joan has many other talents and interests outside of work, such as skiing, sewing, sunbathing, and traveling.

* * *
Community

and

Personal Services
CHRISTA BAADE / DAY CARE TEACHER
JUANITA McLEAN / BABY-SITTER
PAMELA FLINT / WAITRESS
BRENDA PERRY / CUSTODIAN
RUTH CREAMER / FOOD SERVICE AIDE
ROSIE GILMORE / AQUATICS INSTRUCTOR
LINDA HICKS / RECREATION DIRECTOR
RUTH HOFFSES / FAMILY SERVICE COORDINATOR
ELLEN WELSH / LIBRARIAN

The whole worth of a kind deed
lies in the love that inspires it.

The Talmud
Christa Baade is a day care teacher for Bath Day Care and lives at Brigham's Cove in West Bath.

She has been interested in working with children since high school and has been working with children of all ages for eight years now. She says that children are so unpredictable that they make life interesting, and that's what she likes. She also enjoys being instrumental in the development of the social, emotional and intellectual growth of individual children.

Christa went through four years of college and received her bachelor's degree in psychology and minored in special education. She paid her way by working as a counselor and later, program director, at a summer camp for retarded children. She also was a supervisor for a work program for disadvantaged youth.
Christa loves working with children, especially with handicapped children. At the day care center she does both. She supervises staff and develops and implements educational and social programs for the preschoolers in attendance there and works individually with a handicapped child in the program. Each morning, she helps get the center readied for the activities planned for that day and works with the one "special-needs" child. She also supervises the daily programs, attends meetings and handles some paperwork.

In her spare time, Christa reads, draws, takes workshops and classes related to children, practices yoga, walks and spends time with her friends.

Her goals for the future are to get married and continue working with children, preferably the handicapped.

If she had it to do all over again, she would choose to specialize in a particular field, rather than take so many general education courses. She is considering going back to school to get her master's degree in either speech therapy or special education.

Her fantasy goal is to live on the ocean in a huge house with lots of land and take in handicapped or underprivileged children for the summer, to be happy and financially worry-free.

* * *
Juanita McLean is a baby-sitter who works in her own home. She cares for four children, ranging in ages from one to five years, and baby-sits approximately forty to fifty hours each week. She has been a baby-sitter for almost seven years.

Her job consists of discipline, getting meals for the children, and changing diapers. She exercises with them and has them play outside when the weather permits. When they get tired, she puts them down for a one-hour nap.

Juanita baby-sits to earn money and also because she has a little boy that benefits from the contact with the other children. Her baby is learning how to get along with youngsters of all ages—how to share and how to talk better, she says. These children help take the place of brothers and sisters for her baby, since Juanita's only other son is nineteen and not living at home.

Juanita says that there is nothing she dislikes about her job. She likes watching the children and listening to them try to talk with one another and tell each other what to do. It makes her feel good to have the children know that even though their parents aren't there, somebody is with them to give them the attention that they need so much.

The only time she gets frustrated is when the children start to fight, and she has a hard time getting them to stop. The pay is low, she said, but she doesn't really mind because it keeps her occupied.

Juanita enjoys spending time with the elderly. She has one boarder—a seventy-two-year-old man named Jason, who has been there for three months. Her goal now is to rent rooms in her home to one or two older people who do not require medical care.

* * *
Pamela Flint, twenty-seven, has been a waitress at Moody's Diner for seven years. She was born in Maine and has lived here most of her life. She is divorced and has no children.

She helps in the kitchen to get ready for the day ahead, waits on tables and cleans the booths. Before she leaves work, she must clean her section of tables and make sure all the sugar, salt, and ketchup containers have been filled. The waitresses, she says, try to work together in order to keep things going smoothly.

Pam likes her job and doesn't think she will be changing her line of work. She is paid a base salary which is half the federally-established minimum wage, plus tips. She likes the opportunity to meet new people. She was very shy before she started waitressing, but working with the public has changed all that.

Waitressing can be frustrating at times. You have to cope with repeated phone calls, men making passes and cranky people who, instead of treating you like a person, treat you like a slave, Pam says. Waitresses don't automatically get vacation time off either; you have to ask.

To be a good waitress, you must be patient, tolerant and kind. You must also be able to keep up the pace taking orders, cleaning booths and bringing the food hot to the tables for your customers.

In her spare time, Pam likes to swim, ride horseback, walk in the woods, pick berries and play with animals, and she enjoys children.

Pam considers this job to be her career, but if she had to do it all over again, she might have tried her hand at veterinary schooling. In the future, Pam would like to remarry and have children.
Brenda Perry is a custodian at the Weatherization Office in Bath and at the Bath Day Care Center. She cleans the bathrooms and washes the floors in both places, including the kitchen at the center, then also cleans the CETA offices upstairs. Her hours run from 2 p.m. to 10 p.m.

Brenda really likes her job. Initially she had trouble finding maintenance work because she was a woman and some people thought she couldn't handle the physical labor, she says.

Before this job, she worked at Grossman's Lumber in Brunswick as a cashier, then on the salesfloor, helping customers and stocking merchandise. She attended classes to learn more about paint and other information that customers might want to know, and eventually even drove the company forklift in the back area of the store.

Brenda really enjoys this kind of work. For most of it, you don't really need any schooling; it's mostly on-the-job-training, she says. In her present job, she repairs windows and ceilings, as well as cleaning and general maintenance.

Brenda is married and has three children. She is currently remodeling her own house in Bath, when she is not working. She has done a lot of hard work that most women might not think they could do, but she really enjoys it and says she learns a great deal from it.

She loves children and her hope now is to get into day care. In the future she would like to run a nursery school in her home.

* * *
Ruth Creamer lives in Bath and works at the Neptune Hall at the Naval Air Station in Brunswick. She is a hard-working lady and a very devoted mother. She has always worked because she was divorced years ago and she had fourteen children to care for. They all understood why she had to work, but they wished she didn't have to work so much. Her children are all grown now, except one, who will be eighteen in September. She also has twenty-three grandchildren and three great-grandchildren.

Ruth works five days a week, including the weekend, and has Wednesdays and Thursdays off. She begins her day by getting up at 5 a.m. and starting work at 6:30 a.m. At work she takes care of trays, cleans, and works in the kitchen, cleaning vegetables and making salads. She finishes work at 2:30 p.m.

On her days off, she rests, crochets and spends some time helping at the American Legion Hall, where she is a member of the American Legion Auxiliary. Sometimes she and other Legion and Auxiliary members go as volunteer workers to the veteran's hospital in Augusta to help the veterans when they play beano. She also attends Auxiliary meetings held one night every month, and has served as their chaplain for the last three years. In general, she is very busy, even in her spare time.

Ruth really enjoys her work. She didn't need any training for this job. She says that this kind of job is physically hard work, but it's an interesting job because you meet many people. Someday she would like to work as a hostess, but she really enjoys what she's doing now.

Ruth's future goal is to get married and her fantasy goal is to move into the house that she wants.
As a child growing up, Rosie Gilmore always enjoyed athletics and knew she wanted to teach some kind of sports for children when she was older. Today she is the aquatics instructor at the YMCA in Bath, Maine.

Rosie received a Bachelor of Science degree in Physical Education from the University of Maine at Presque Isle. She worked ten years as a camp counselor, then four years as a physical education teacher. She has been at the “Y” for eight years.

When Rosie first came to the “Y”, she taught gymnastics. Now she teaches swimming to all ages, from mothers and toddlers, through young children and adolescents to adults of all ages. She teaches about five hundred people a week.

Rosie is not married. She is at work every day, except Sunday. She feels like all the youngsters at the “Y” are hers, and feels it would be hard if she had children of her own because of the long hours.

Besides teaching swimming, Rosie keeps the swimming records for all the children in her classes—noting what swimming level they are at and filing a report on them when they pass into a higher swimming level.

Her favorite age group to teach are the “little waders,” ages three to six years, although all ages are fun in the YMCA environment. She likes all aspects of her work. The only thing that is sometimes hard is getting
into the water when it is cold outside, and finding shopping difficult because she works on Saturday.

"To be a good aquatics instructor," Rosie says, "you must enjoy and be able to work with children, and, if you are working at a camp, you must enjoy the outdoors."

Rosie's goal is to have every child be able to swim without the orange safety bands that help them keep afloat. Her personal goal is to progress to the rank of certified aquatic director for the YMCA, the highest rank you can hold within the aquatics organization. In order to do this, she has participated in a special program for administrators offered at the state YMCA camp in Winthrop, and will soon be receiving her certification in the mail from the national headquarters.

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* * *
Twenty-eight-year-old Linda Hicks is the program director of the Damariscotta Recreation Center. She has been working there since 1978.

Linda waitressed while she was in high school. She enjoyed sports such as field hockey and softball and received a scholarship in physical education while she was there. After high school, Linda clerked in a hardware store, taught physical education and worked at a sporting goods store before the recreation position became available.

As program director, she is in charge of planning the ten-week recreational programs for fall, summer and spring, as well as the summer day camps and special events such as dances and public suppers. She also hires and supervises personnel, helps out in the reception area, oversees exercise classes for senior citizens and is responsible for children's activities during school vacations. There is also a great deal of phone work involved in organizing co-ed volleyball and rounding up coaches and officials for the youth tennis leagues. On her own time, she also studies recreational programming for her own knowledge.

Linda enjoys working with children. She thinks they have a great deal of potential and admires how constructive and active they are.

She has a baby girl who is usually either with her at work or with her husband at home. When her husband has work of his own to do, their daughter goes to a babysitter. Linda credits her husband with relieving her of a good portion of worry because he helps with child care. The center doesn't mind if she brings her baby to work, and she feels it is good for her daughter to be with other children.

Linda likes the people who come to the recreation center and very much enjoys her work. Some times of the year she is busier than others, she says, but she never does the same thing from day to day.
RUTH HOFFSES/FAMILY SERVICE COORDINATOR

Ruth Hoffses works as a family service coordinator for the Waldoboro Head Start program. She is responsible for recruitment, social services, parent involvement and health.

Ruth has been with the Head Start for nine years. There wasn't any training required for her position at Head Start, but the opportunity for the training came with the job. She works and gets paid for 35 hours, but wishes the pay was higher and the paper work and record keeping less involved. Benefits from this job include school vacations and summers off, and being close to where she lives.

As family service coordinator, Ruth works to involve the parents with Head Start, as well as making personal visits to the home of each child. During her home visits, she is responsible for making sure the children get their dental and medical check-ups, and for acting as a "listening ear" for the parents and offering referrals when needed.

Although Ruth has very little time available to spend with the children at the Center, she enjoys joining in with their activities whenever she has the opportunity. The children attend Head Start two four-hour days a week: one group of twelve on Monday and Tuesday, and another group of twelve on Wednesday and Thursday.

The children's activities at the center include: self-help skills such as dressing and undressing themselves, brushing their teeth, serving themselves at meals, picking up after themselves and taking care of their meal dishes after they have eaten.

The teaching staff works with them on fine motor skills such as drawing, cutting, and coloring, helps them improve their large motor skills like jumping, climbing and running, and helps them to build on their cognitive and language skills. All of the staff works with the children to build a positive self-concept and individual strengths.

Ruth sometimes finds her job stressful when dealing with clients' family problems. She says she isn't always sure how to handle them. She also says that she becomes frustrated by the lack of available services that will help families, and by trying to be in too many places at one time.

Ruth no longer feels the need to stay home with her children, as they are old enough to take care of themselves, but missed it when they were younger. Her youngest son says that he wishes she wouldn't need to attend evening meetings that keep her out late.

Her goal is to be a writer, because she loves to write, and would like to make money at it.

Her other interests are decorating, art, and music. Someday she would like to travel.
Ellen Welsh is the head librarian at the Skidompha Library in Damariscotta.

She was born in Boston and has lived in New York, Ohio, Missouri, Michigan and Tennessee. She majored in theatre in college, then became a mother and housewife, raising three children and working in community theatre. Today, two of her children are grown; her youngest is in the ninth grade.

Ellen is energetic, reads a great deal, and enjoys working with people. She initially began working at the Skidompha Library eight years ago as assistant librarian, responsible for cataloging and classifying books. A year ago she was promoted to head librarian, responsible for book selection, record keeping, program development and supervision, in addition to her general library duties. She works afternoons, five days a week, and receives a yearly salary from the Library Association.

Library work is surprisingly varied, according to Ellen, and it requires more physical effort than most people would expect. In order to be a good librarian, a person should also enjoy meeting and helping a variety of people, have patience, be inquisitive and love to learn.

Ellen's goals are to expand the library and to offer more special programs for children and adults. She has started a children's story hour this summer which she hopes will continue year-round. She has also improved her skills by taking courses in library administration, cataloging and book selection, offered through state and national library associations, and looks forward to taking other courses in children's literature and reference and research work.

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Health Services
VI.

LONNA BUNTING / PEDIATRICIAN
DEBBIE LARSON / REGISTERED NURSE
ANN SCHAER / PHYSICIAN'S ASSISTANT
SARAH ROBEY / PHYSICIAN'S ASSISTANT
DEBORAH ALTEMUS / MIDWIFE
LINDA SCHICK / AMBULANCE ATTENDANT
DIANE MOSLEY / DENTAL HYGIENIST
CHRISTINE WELCH / VETERINARIAN
LYNNE BOWERS / VETERINARY TECHNICIAN

The world is before you and you
need not take it or leave it as it was
when you came in.

James Baldwin
Lonna Bunting is a pediatrician at the Miles Professional Building in Damariscotta.

When she was younger, she liked biology. She went to college and then attended medical school at Dartmouth from 1971 to 1974. She received her medical degree from Dartmouth and then studied pediatrics for three more years, including a hospital internship and residency.

A pediatrician's job is to take care of sick and healthy children. Lonna works approximately fifty to eighty hours a week to do that. She begins her day at 8 a.m. by checking her messages and returning phone calls, then spends the rest of the day in her office examining patients. When she is at home, she receives calls from the hospital and sometimes visits there if she is needed. She is also available for calls on the weekends.

A good doctor should be compassionate and have a basic understanding of science. A good pediatrician must also enjoy working with children and their mothers, she says.
Lonna chose to work in Mid-Coast Maine because the area needed a good pediatrician. She worked one year in Bath before coming to Damariscotta two years ago.

Lonna is very satisfied with her job in helping mothers feel confident about taking care of their children. A doctor is always on call, she says, either at the office or at her home. Her work comprises most of her social life. Supper is often delayed, and sometimes it becomes frustrating when she's in the middle of a project and the phone rings, but that is the nature of her job.

Her advice to anyone interested in the profession is that they follow a doctor around for a while to get a feel for the nature of the work. Anyone interested in this field should understand the number of years required for this kind of training and the hours it takes away from your personal life. Mixing medicine with marriage requires an unusually understanding and flexible spouse. "Your home comes second," she says.
Debbie Larson, thirty-three, is a registered nurse at Sheepscot Valley Health Center in Coopers Mills.

Debbie grew up in Massachusetts and went to college immediately after she finished high school. She paid her own way through school, completing a three year program at Beverly Hospital School of Nursing in Massachusetts. To be accepted into the program, she needed chemistry and three years of foreign languages as well as college-preparation courses in her high school background.

Debbie has been out of college for twelve years now. She moved to Maine in 1974, after visiting her parents who have a summer home here. She quit work to have her two children, then returned to work in 1979. Debbie said she had a real hard time with her daughter, who was four years old then, rebelling against her because it was the first time her mother had left her.

Debbie's main job is as an educator in charge of teaching subjects such as diabetes, prenatal nutrition and weight reduction to individuals and groups at the center. Besides speaking to at least one patient each morning on health issues, she also takes blood samples, prepares patients for exams, checks blood pressure and assists doctors during exams. She also checks all exam rooms to make sure they have enough supplies, does all the necessary lab work, sterilizes equipment, orders supplies and answers phone calls.

She says that there is not much pressure in her line of work and that she really enjoys her job. Things are never the same; they're always changing, she says.

In her spare time at work, Debbie likes to read medical books to keep up to date on new advancements in medicine. She also plans educational programs and writes notes on her ideas. In her spare time at home, she has many hobbies, such as playing the piano, sewing, crocheting and needlecraft. She likes to spend time with her children most of all and feels she has more time to spend with them now that she is only working part time.

Her goal for the future is to go back to school to get her bachelor's degree in science and eventually to retire. If she had it to do all over again, she said that she would do it the same way.
Ann Schaer is a physician's assistant at the Miles Professional Building in Damariscotta. She has always been interested in health care and medicine because her father was a veterinarian. She graduated with a degree as a physician's assistant from the Bowman Gray School of Medicine in North Carolina in 1977.

Ann has worked at the hospital for four years. She found out about her job from an ad her mother clipped from the newspaper.

Her hours vary from fifty to sixty hours each week. The pay, she says, is adequate. Her job benefits include malpractice insurance, health insurance, paid-holidays and two weeks paid-vacation.

Each morning, Ann completes her rounds in the hospital, then works in the office the remainder of the day. Her cases include respiratory illnesses, abdominal pains and pelvic problems. She also advises on baby care, high blood pressure and diabetes, as well as doing biopsies, repairing lacerations and working with casts for broken or fractured bones.

She sees people in the emergency room and does admission histories and physicals. Sometimes she assists in surgery. In addition, she makes house calls and visits nursing homes.

Ann likes her co-workers and enjoys the feeling of satisfaction she receives from being able to help others feel better. Patients who ignore medical advice and the amount of paperwork she must handle can sometimes prove frustrating. The job, because of its long hours and because emergencies sometimes arise, can sometimes interfere with personal plans, she says.

Ann is single, and works not only to support herself, but to do something meaningful. "I'd go crazy if I stayed home," she says. She chose to work in Damariscotta because her family lives nearby and because she likes the area.

Her future goals are to continue her education in the health-care field and to expand the scope of her work. "It all comes with time," she says. Her other interests are horseback-riding, sailing, hiking, reading, crocheting and contradancing, as well as caring for houseplants and her cat.
Sarah Robey, twenty-seven, is a physician's assistant to Dr. Edward Kittfield, Family Practitioner in Wiscasset. She comes from Massachusetts and is from a family whose members are involved in a variety of helping professions, including medicine. Sarah went to college and studied biology and behavioral science.

After college, her parents inspired her to take "The Health Associate Program" for physician's assistants at Johns Hopkins School in Maryland. There are fifty such programs in the country, the nearest one in Massachusetts. To be accepted into the program, Sarah needed two years of college courses and two years of medical experience, although the definition of medical experience was quite flexible.

Sarah and her husband moved here to Maine because of his job. They both like living here, and both are happy with their jobs. If they should ever decide to move again, it would be a joint decision.
Sarah has been working two and a half years altogether since the program. She held a job in another doctor's office before coming to work with Dr. Kitfield six months ago. Sarah really likes the job she has now. She said that she's glad that she didn't become a biologist.

A typical day at work for Sarah is to fix a pot of coffee, make telephone calls to talk to new mothers with problems, finish paperwork, and to meet with a drug agent to talk about new medicines. Sometimes she makes rounds at the hospital to see her in-patients there. Sarah sees patients with routine medical problems, makes diagnoses and decides the management plan. She gives checkups, does prenatal care and gives children their immunizations. The more complicated cases she refers to Dr. Kitfield.

Sarah works forty-five hours during a five-day week. She works on weekends only if they have an emergency, such as a delivery. Her husband is supportive of her working, and he helps with the household responsibilities.

Sarah says her job is very exciting and fun. She says there are pressures, both good and bad. It is really busy sometimes, but she gets to meet many new people, and things are always changing. Some days she doesn't even get to have lunch. When she does get the time, she likes to take a long walk, just to clear her head and to think. But she really does like the job and all the activity.

If Sarah should decide to have children, she said that she would probably take off a couple of months, then return to work, perhaps part-time. She would not give up her job altogether.
Deborah Altemus, age twenty-nine, is a midwife. She was born in Virginia and has lived in many places in the United States and abroad. Deborah became interested in this profession after attending some births with another midwife three years ago.

There are no schools in midwifery in the area, so Deborah left her husband and home for one year to go to The Maternity Center in El Paso, Texas. The first six months she spent as a student and the second six months as an intern. She learned a great deal and handled many births, primarily among the Mexican women.

Here in Maine, Deborah works alone and has an office in her home. She has between two and four clients a month. People find out about her from word of mouth. Deborah says it is the mother who delivers the baby, not the midwife or doctor. She is there to guide and support, and has assisted over two hundred and eighty babies into the world.

When someone comes to her Deborah checks out her medical history and gives a physical exam to screen for high blood pressure, diabetes or anything which might cause complications. If she feels the pregnancy or birth might be risky, she advises the mother to plan a hospital birth. Deborah requires each client to have a doctor back-up, lab work-up, to have taken childbirth preparation classes and to breast-feed. Deborah's prenatal exams include: blood pressure check, pulse, urine test for glucose and protein, mother's weight, position of baby, fetal heart tones, fundal height; she offers nutritional advice and gives a routine internal exam. Her fee is three hundred dollars plus travel expenses. This covers all prenatal exams, the birth and post partum home visits.

Some of the reasons women have their babies at home are: women want personal, continuing care, they do not want routine hospital procedures done to them and their babies, they feel birth is a normal process which does not require drugs, intravenous injections, etc., and they want to labor and give birth in a familiar setting with friends and family present. Homebirths cost less, and women are eager to take responsibility for their own experience of childbirth.
Although her practice is her priority, Deborah holds two other part-time jobs, one at the Wiscasset Airport and one at the Shelter Institute in Bath. Those for whom she works understand and agree that she can leave whenever a woman goes into labor.

Deborah said her husband, Mark, who directs the school Maine Reach, has been very supportive of her from the beginning and thinks what she is doing is wonderful.

Some of her goals are to have a partner she does not have to train, to share information with other midwives, to start a movement class for pregnant women, and to work more closely with doctors in the area.

* * *
Linda Schick, thirty-six, is an ambulance attendant in the Damariscotta area. She is married and has two children.

Linda was born in Louisiana and lived in many different places during her childhood. She went to college in Vermont and received a bachelor's degree in biology. It was there she met her husband who was also going to school.

Linda and her husband moved to Maine in 1970. When her children were small she took first aid classes at Miles Memorial and became very interested in medical-assistance work. She started transferring people during the day and has been associated with the hospital for the last nine years.

The state requires anyone working as an ambulance attendant to be licensed. There are many different levels to choose from, but all require first aid and cardio-pulmonary resuscitation (CPR) training. Others require more advanced training. Linda took classes, two nights a week for three months, to become an emergency medical technician (EMT). She feels that having her background in biology helps her a great deal now because she knows more about the body and how it functions.

Linda works as a paid volunteer part-time, on evenings and
weekends. She also works full-time in the chemistry lab at the Ira C. Darling Center in Walpole.

Linda's job as an "EMT" is to transfer people requiring medical care from wherever they are to the hospital. She often works transporting the elderly who have fallen or are ill, from nursing homes to the hospital. Very rarely does she handle a bad traffic accident, she says. The most stressful part of her job is having to deal with little children who are injured because they remind her of her own children and because they are young and have so much ahead of them.

When Linda's children were small, it was difficult for her to work because it was hard to find a baby-sitter who would come at any time she received an emergency call. This is why most women don't stay in this field of work very long, she says. Also, her job requires that she be on call during the weekends, which can affect the time she spends with her family.

When Linda is not too busy, she likes to go to the schools and show the children how the ambulance works. She shows them where everything is located and tells them a little about her job. She feels that such talks may help lessen a child's fear of riding in an ambulance, in case that situation should ever occur.

Linda really likes her job because it allows her the chance to help someone else. That good feeling she gets after helping someone makes it all worthwhile, she says.
Diane Mosley is a thirty-two year old dental hygienist from Newcastle.

Diane studied social work in college for four years. She worked as a social worker with abused and neglected children for six years. She decided that it was time to move on from the pressures of her work to something different, so she went to college for two more years in a dental hygiene course. She has worked in that field for two years now.

During her eight-hour day, Diane does patient education, cleans teeth, checks for cavities and laboratory work. She also takes impressions of teeth and makes models from them. At the end of the day, she cleans the instruments and picks up the office before going home.

As a dental hygienist, Diane gets to meet many different people, and she says she looks forward to seeing those patients who are always good humored and can perk up a day. The drawbacks of the job are the relatively low pay and few fringe benefits, which make it difficult for her as a single working woman to support herself and pay her bills. She feels that if she had looked into this line of work more closely, she might have chosen something with more variety in its routine and which challenged her more.

Once a week Diane goes to an aerobic exercise dance class. On the weekends she visits her parents in Franklin, or friends in Vermont.

Her goal for the future is to get married. If she could start all over again, she would work for a master's degree in business administration.

If she could choose any fantasy goal, she said she would probably choose to run and own an exercise salon.
CHRISTINE WELCH/ VETERINARIAN

Christine Welch, twenty-eight, is a veterinarian who has been working at the Damariscotta Veterinary Clinic for three years.

Christine was born and raised in Maine, and her lifelong dream was to become an animal doctor.

She went three years to Purdue University in Indiana and received her bachelor’s degree in animal science. She then took four years of medical school.

Christine had financial support from her family and a few small scholarships to help pay her way through college, which was very expensive. Her father inspired her, because he was a scientist and she thought that his career was exciting. While she was going through school, she worked for Dr. McClure Day, a veterinarian, who also inspired her. She is now a co-worker with him at the Damariscotta clinic.

On a typical day for Christine, she spends her mornings operating on animals, repairing wounds, broken bones, neutering and spaying, and other types of operations. In the afternoon she does diagnoses and testing, gives vaccination shots, sees injured animals and sometimes makes farm visits. She works often after-hours and can be called anytime during the night. If it's a real emergency, she will go; if it's not, she will usually have them wait until the next morning.

Christine says that there is not much glamour in her work, and there is more to it than just being around animals, and petting them. She sees many badly hurt animals, and a great deal of blood. She has to deal with dogs that bite and cats that scratch, putting animals to sleep and the emotional people who bring in their hurt pets that they love dearly. It’s very strenuous work, and a great deal of emotion is felt by the owner of the animal, the animal itself, and Christine. You’ve got to have a lot of understanding and patience to be a veterinarian, Christine said.

Christine doesn’t have much spare time, but she likes to work with her horses. She also likes to garden, paint, and do craft work.

If she had it to do all over again, she would do it the same, but would have studied harder in college so that she could have learned more.

Christine’s dream for the future is to someday work in a zoo as a veterinarian where she would work with different types of wild animals.

* * *
Lynne Bowers, twenty-six, is a veterinary technician at the Damariscotta Veterinary Clinic.

She was born and brought up in Maine and went to the University of Maine at Orono where she received her two-year associate’s degree in animal medical technology. Most of the courses required for that degree are science courses with a smattering of the liberal arts, such as English and psychology. She received a small scholarship to go to school, but basically paid her way through school by also working part time at the animal clinic. She has worked there continuously since receiving her degree three and a half years ago.

A veterinary technician is the “right hand” of the doctor. She works in the reception area, cleans the equipment and the kennels, and offers a helping hand with animals during exams. She also does lab work, helps take and develop x-rays, preps animals for surgery and assists the doctor during the operations. She does not, however, diagnose cases, prescribe medicine, or perform operations as a veterinarian can.

Lynne loves her job because it is so interesting. Something new happens every day, and that is what makes her look forward to going to work each day.

Lynne said anyone interested in this field should be willing to go anywhere to find work, should have patience, and should also be a good listener.

Lynne will be marrying soon, and her personal goal is to someday stay home and raise a family, while continuing work in some aspect of veterinary technology.
Educational and Social Services
The best educated human being is the one who understands most about the life in which he is placed.

Helen Keller
Loraine Crosby is the field coordinator for the Bath-Brunswick Adult Learning Cooperative and the Bath Program of the University of Maine at Augusta.

Loraine went to college when she was sixteen. She received a Bachelor of Art degree in Sociology and completed one year of graduate work toward her master’s degree in social work. Before her marriage she was a social worker and parole supervisor at the State Reformatory for Women in Framingham, Massachusetts. She then went on to become the social caseworker for the Family Welfare Society in Concord, New Hampshire.

Thirty years were to go by between her social work and her work in the field of adult education. During that time Loraine raised four children. You can experience a great deal and learn so many things from raising a family, Loraine says. Yet, while a housewife and mother, she found time for other activities such as volunteering one day a week at a local hospital and working for the Red Cross.

Four years ago she decided to re-enter the work force. Her job is to coordinate the course offerings in the Bath area for the University of Maine at Augusta and to help improve area adult educational services and to stimulate new learning activities through her work with the Bath-Brunswick Adult Learning Cooperative. Each day she talks with many people who are inquiring about area educational opportunities and makes arrangements for the next semester’s course offerings. She also does high school equivalency testing (G.E.D.) for people who did not complete high school.

Although Loraine has very much enjoyed what she has been doing she will be retiring this year. She has so many things she wants to do, she says. Besides working on various committees and doing much reading, she and her husband each year plant a huge garden that occupies most of her spring and summer with planting and maintenance and much of her fall with canning and freezing.

If she could have a fantasy goal it would be to finally write the book she has always planned to write.
Most people have one main goal in life. A child will grow up with a strong interest in animals, and someday pursue a degree in the veterinary field or the child will be interested in making doll clothes, then, someday, open her own dress shop in the city. Most people have one great dream that they intend to make into reality someday, but some people have so many interests that they are torn between their talents. In order to satisfy their needs, these people have to spread themselves quite thin. Virginia ("Jini") Powell is one such person.

Jini has been a professional artist for forty years now. At the age of seven, she displayed a talent in that field. In high school, she decided that she would become an artist someday, but a few things prevented her from following her dream until she was thirty years old. The Depression, her father’s death and high school graduation came within the same time frame. After graduation, she married and bore children. With four little ones to raise, her career goals were prolonged a few years.

Jini worked to help put her husband through medical school, and when he completed his studies, he helped put her through college. Because she attended school at night, twelve years passed before she received her degree. She was fifty-two when she left the University of Maine in Orono. Before graduation, she found employment at Lincoln Academy, a private, secondary school in Newcastle, Maine. She has taught Art and Art History classes there for sixteen years.

Virginia Powell loves teaching. It keeps her busy. She always has an eye peeled to keep the "jokers" from using half a bottle of tempera paint, running off with all of the expensive paint brushes, or dumping glue on their friends' chairs. There are always students who try to skip out of the room before the class ends, or not attend that period at all.

With all of its chaperoning, teaching has definite rewards. (That is why she teaches the high school age group.) Among her 170-odd students per year, there are always a few who display real talent, the kind of creativity possessed by true artists. These students are a pleasure to teach because she can see the fruits of her labor.

A teacher possesses strong nurturing feelings and a curiosity for what the mind can learn. She admires accomplishments. Runners and gardeners carry a certain credibility in her eyes. In Philadelphia, some years ago, she had one of the first "victory gardens." She enjoys nature and is inspired by the environment she lives in. She draws many artistic ideas from the great outdoors, especially the lakes, mountains, and forest areas around Baxter State Park.
She has traveled across North America. She appreciates music and written material, and she has worked as a receptionist. Her Red Cross nurse's aide days have had an influence on her art work, for she has an eye for physical characteristics.

She uses color well and is more at home with painting than with any other medium. She considers herself a "representational" artist because she draws and paints things the way she sees them. The one subject she has trouble painting is oceans. Perhaps they are not involved enough to satisfy her.

Her painting goes through plateaus. She can work on a composition for a long period of time, then not pick up a brush for months. At this time, she is going through a dry season. Her diet and exercise goals have taken bites out of her painting time. When the gardening days come in season, she will have even less time left over to devote to art.

After a dozen years of teaching in the school attic, (a small cramped cubbyhole at the top of the school, where students bumped elbows around overcrowded tables and sketched lower-case masterpieces while sitting upon gouged, rickety-legged stools, while well-worn records blared familiar discords of hard rock), a new studio, which she designed, was built.

The romantic world of the old studio is missed by past students. It was a room separated from the rest of the school. It was a place cramped with a strange assortment of paraphernalia ranging from art supplies to vases to a pottery wheel, to creations of former students and herself. It was where the humanities-dabblers gathered. It was a setting that inspired many compositions. It is a little sad that the room is now barren of creativity.

Time has passed and progress has been made. Long anticipated goals have been reached. Each September, a new class of freshmen wander into the art room. Each June, an old class of familiar faces graduates. At the end of every school year, she meets a goal: giving the students enough encouragement and teaching to be as creative as they choose to be, and to understand as much of art as they are willing to absorb.

Every once in a while, an old student will pursue a career in the art field and make a spot for himself in the creative market. This is perhaps the greatest reward in her teaching career. May she see many more in the (ten, she guesses) years she has left at Lincoln Academy.

* * *
Anna Rainey, twenty-nine, has been a librarian at Great Salt Bay School in Damariscotta for two years. She has her master's degree in school library science and has been working in her field for six years.

Anna grew up in Bedford, Indiana, attended DePauw University in Greencastle, Indiana, and received her Bachelor of Arts degree in Education in 1973.

She worked for three years in the Virgin Islands, one year as a fifth grade teacher and two years as a school librarian. During the summers she worked on her Master of School Library Science degree, which she received from Indiana University in Bloomington, Indiana, in 1977. Before coming to the Damariscotta schools, Anna also worked two years as a librarian in Mexico, Maine.

Anna loves her job as a school librarian. At Great Salt Bay School, she works with children in kindergarten through eighth grade and also has library helpers who are in the seventh and eighth grades. Her job is basically to help the children become acquainted with the library and become familiar with its resources, as well as developing special library programs.

Anna works from 8:00 a.m. to 3:30 p.m., although some days she stays until 4:30 p.m. During the summer, Anna returns to work before the students to organize the library and get ready for the new school year. There is a great deal to be done before school reopens, she says. She puts new books on the shelves, makes sure the films she has ordered are in and ready to be used and puts up posters and makes other displays throughout the library.

To be a good librarian, Anna says that you should like books, children, curiosity, and be able to develop a balance between maintaining a routine within the library and at the same time, being flexible enough to drop what you’re doing to answer an urgently needed research question, if necessary. If not, you will turn your students off, she says.

Anna is single and is always on the go. She likes hiking and farming and often has former students from Mexico, Maine, come visit her home in New Harbor. She is a Maine enthusiast and says she loves the state for its mountains and pine trees, its grassy hills and its deer and wildlife.

If Anna could have one fantasy goal, she would like to be all of the following: a farmer, an artist, a writer and a painter. That could only happen if she should decide to leave her library position, she says, and she doesn’t think that’s really a possibility just yet.
Pam Fogg is the director of deaf services for Pine Tree Society for Crippled Children and Adults. Her office is in Portland.

She likes her work very much and says she gets many personal rewards from working with her clients. She feels she has learned a great deal in a very positive sense about what being “handicapped” is all about. She had four years of college and two years of education for the deaf at Smith College in Massachusetts. During college, she worked a part-time job as a telephone operator to pay her way.

Pam lives in Portland, is single and has no children. She doesn’t know if she would relocate anywhere because Maine is very beautiful and easygoing for her.

Her day consists of interpreting for deaf clients, doing administrative work and talking to deaf people by “TTY,” a special telephone-typewriter that allows deaf people to communicate with each other. She also attends various committee meetings.

In her spare time, she reads and works on a quilt she has started. She also writes a little.

Her future goal is to develop more resources for her clients and to eventually see the day when hearing people understand the needs of the deaf.
Pat McCallum is a ministry student at Andover Newton Theological School in Newton, Massachusetts. She started school in September, 1980, and has two more years to go to receive her Master of Divinity degree. The cost of her schooling is approximately nine to ten thousand dollars a year.

Pat also works part-time, fifteen hours a week, at Eliot Church, United Church of Christ, in Newton. Her job consists of planning and leading worship services, preaching, leading discussion groups and working with the youth group and the various church committees, and counseling people.

Pat became interested in the ministry as a continuation of her work in teaching and counseling and as a way of working from her own faith. A satisfaction in Pat's job is being able to share the many important events in people's lives. She likes this deep involvement at many levels with people, including the spiritual aspects of her work. There is a great deal of stress and responsibility in this line of work, according to Pat. The frustration, she says, lies in the sense she sometimes has that the work is not being done as well as it might be or that others may not share in her vision of the future. She sometimes encounters people who don't know how to deal with her as a woman minister-to-be. This provides a major challenge of working in an area that traditionally has not had
many women in leadership roles. This is happily changing in many areas today.

Pat's future possibilities include working as a chaplain in a hospital or other institution or in the church community with a special interest in the role and status of women in religion and the church. She is working toward these goals by trying these different fields: last year she did church or pastoral work; next year she may be working in a hospital. While doing so, she will get the opportunity to see and talk with people in different jobs and see how their lives are for them, as well as experiencing the work herself.

Pat says that benefits within each field vary. Some hospitals and churches provide housing and insurance, paid vacations, a salary and sometimes money for further education. Because the pay is often lower than other equally-trained professionals receive, there have to be other motivations for being in such work. She has liked her work in Massachusetts because the church she found is liberal and socially active, and the people accept different ways of life and are appreciative of her role in the church.

Pat says her job provides what she terms "a challenge" to her social life. Her parents were initially surprised to hear about her new profession, but now are supportive of her work. Whether it will have an effect on her personal life or not, she says she doesn't know yet, because she is still a student. Pat is divorced and has two children whom she doesn't see as much as she might like while she is at school, yet who are very proud of what she is doing. Pat's other interests are songwriting, playing the guitar, hand-dyeing fabric or 'batiking,' as it is called, and jogging in the woods.

* * *
Anne Mueller became a social worker for the Department of Human Services in Rockland fourteen years ago.

She began, after college, as a teacher in Ohio. Then, after changing fields and further training, she was a research bacteriologist in New York and later did research at the College of Physicians and Surgeons in New York City.

She married a chemist and began domestic life in Philadelphia, Pennsylvania.

After her daughter was born, grew up and went to school, Anne did volunteer work as a Girl Scout Leader, at a hospital and with various clubs in Illinois.

When her daughter was away at boarding school she had more free time. At this time, she joined the Rockland office of the Department of Human Services. During the fourteen years with the Department she attended social services classes and was accredited as a social worker. She worked both in Waldo and in Knox Counties with children in foster care and with babies and children for adoption.

Her greatest satisfaction in her social work was in encouraging and in seeing the youngsters finish high school and in the adoptive placement of babies in families who needed them.

No matter what the reasons for working, the wife and mother must have the cooperation and the help of her family to make the working and the home a satisfying and pleasant experience.

The easiest way which Anne Mueller found in coping with home and housework, family and social life, job and advancement was to work out a tight, interlocking schedule with definite commitments to each segment.

This plan worked well, in this particular case, for fourteen years until her retirement from social service work in March 1981. Through a process of trial and error this plan was refined over the period of fourteen years to minimize the conflicts, frustrations and anger which continuously arise when work, home and family impinge on the other domains.

Now she has begun a new schedule involving only family and home. She misses the youngsters with whom she worked, but is happy to have given up the paperwork involved in her job and is enjoying her role as full-time housewife, again.

The future beckons with more volunteer work, with traveling and with studies in genealogy. The priorities and the interests change as time passes.
Mary Rae Means has worked two years as a community mental health consultant at the Bath-Brunswick Area Mental Health Center. She graduated from college with a master's degree in education and taught kindergarten through fourth grade for fifteen years. While Mary Rae was teaching, she started taking college courses for credit in psychology and group process.

Psychology really began to fascinate Mary Rae, as well as the idea of working with adults. She took other non-credit courses - Transactional Analysis, Gestalt Therapy and Bioenergetics - and finally began conducting workshops with other people and by herself.

Mary Rae's job at the Bath-Brunswick Area Mental Health Center entails holding workshops and speaking to different groups and organizations, such as working women, parents of preschool children, teenage parents and the general public. She sometimes consults with people on an individual basis and occasionally writes articles for newspapers.

Mary Rae feels satisfied with her job and its benefits. Her husband likes the fact she works because it makes her feel good and provides income for the family. Sometimes it is frustrating because she doesn't get to spend as much time as she would like with her two children, ages twelve and fourteen, because most of her workshops are held in the evening.

Her hobbies are: cross-country skiing, clay sculpting, photography, listening to classical music and gardening.

* * *
WOMEN IN GOVERNMENT SERVICES
EUNICE POTTER / POSTAL CARRIER

HOLLY DAWSON / POLICE OFFICER

CYNTHIA D'AMBROSIO / PRISON GUARD

MARY GENTHNER / YOUTH AIDE

NANCY POMROY / SELECTWOMAN

RUTH WITHAM / TAX COLLECTOR, TREASURER

MARTHA TIBBETTS / TOWN CLERK, TAX COLLECTOR, TREASURER

CHARLOTTE SEWALL / STATE SENATOR

OLYMPIA J. SNOWE / U.S. CONGRESSWOMAN

America, in the assembly of nations, has uniformly spoken among them the language of equal liberty, equal justice, and equal rights.

John Quincy Adams
Holly Dawson, thirty-one, has been a member of the Bath Police Department for seven years - beginning first as a radio dispatcher, then as a patrol officer and now as a detective. In 1980, she was named Police Officer of the Year for the state of Maine.

Holly grew up in Bath and attended Morse High School. Her mother wanted her to be a nurse, but Holly thought then that she didn't want to work nights and weekends! Instead, she was in the first graduating class from Southern Maine Vocational Training Institute (SMVTI) in law enforcement, and received her associate's degree in 1972.

After graduating from SMVTI, Holly applied to the Bath Police Department and was hired as a dispatcher. Back then, it was more difficult for females entering law enforcement because some people were not sure a woman could do a police officer's duties, she said.

The dispatcher currently answers all the emergency calls for the city-ambulance and fire department as well as the police department - and logs them in a teletype machine. Her shifts rotated, so that one week she worked days; the next week, she worked early evenings, and the next week, the midnight shift.
After nine months as a dispatcher, Holly was promoted to police officer, and worked in patrol for five years. In 1980, she was appointed a detective in the Youth Aide Division. As a detective, she works a forty-hour week, usually days, with some overtime when necessary. She works as a liaison between the community and the police department. She spends much of her time in juvenile court and with crime prevention programs throughout the city. She is also an advisor for the Bath cadet program, which gives young men and women, ages fifteen through nineteen, an introduction to police work.

Currently, Holly is the only sworn woman police officer in the Bath Police Department. There are also four female dispatchers and one secretary in the department.

Holly chose this field because she cares about people and wanted to help them. Her job is a challenge, as well as being rewarding, she said. The one quality a police officer should have is to be fair and consider all people as equals; she believes that others should be treated as she would want to be treated.

Holly, who was also named First Lady of the Year for the city of Bath in 1981, feels that there is a place for women in police work. “So does the government,” she said. “They realize in hiring women on police forces, that they find they are doing their work as well as the men,” she says.

* * *

* * *
Cynthia D'Ambrosio is a twenty-three-year-old woman who works as a prison guard at the Maine State Prison in Thomaston. She is responsible for supervising the prisoners, escorting them when they leave their cells and making sure they are all accounted for.

Cindy has been employed at the prison since June, 1981. She moved to the Thomaston area from Boston to take the position. There are currently seven women working as guards at the prison. There are no age, weight or special fitness requirements (except to be in "good physical condition") for this job.

Cindy got her job by reading an ad in a Boston newspaper. She called the prison and was sent an application. A month later, the prison called her and asked if she could start immediately. She took an entrance test and scored the highest of all the women working there at that time.

Before this, Cindy had been a part-time military police officer while she was in the Armed Services. She also studied criminology and was a sharpshooter. She has lived in Hawaii for a year and Montana for two years. She is single, has one child and now lives in Tenants Harbor where she shares a house with another woman who has a young son.

There are about three hundred and fifty prisoners in the maximum security prison in Thomaston. They are in prison for such crimes as burglary, larceny, drug trafficking, rape and other sexual offenses and murder. Many of the prisoners are repeaters, meaning that they have been in prison before.
Cindy works nine and one-half hours a day, five days a week. She begins working at 8:10 a.m. and leaves at 5:40 p.m. She has Wednesdays and Thursdays off. When she comes home, she does housework and spends time with her son Eric. Her son, she says, accepts the fact that she works so much because when she has a day off she tries to do something special with him, likes to go to the movies or to the fair.

Cindy enjoys her work as a prison guard. She enjoys relating to people and trying to understand their problems. She says her job is rewarding when she talks to a prisoner and can make him feel good about himself. It's not so rewarding, she says, when she walks by a prison cell and someone throws a cup of urine at her. "Ha, ha!" she says, "you missed!"

Cindy gets paid extra for overtime, and because she works so many hours, her take-home pay is nothing she would scoff at. "I think women should get into more men's fields, because you can't beat the pay," she says. Other benefits include Blue Cross and Blue Shield medical insurance which also covers her son, a life insurance policy, and a retirement plan after twenty years of work. She also receives free meals when she is working.

New employees are put on a six-month probationary period to see how they handle their job, and that can make the job pressures seem greater, according to Cindy. Prison guards are also in charge of the cell keys for all the prisoners, which is a big responsibility, she says.

Of course, there is a potential for violence at any time in her shift and Cindy has to be able to handle the comments that prisoners make to her or the possibility of a knife or other weapon being pulled on her.

When Cindy first began working, she was given two weeks training about how the prison works and how to handle prisoners, how to use a gun if she has to, and how to report any bribery attempts or other unauthorized actions within the prison. She is also going to be sent to the police academy in Waterville for further training in law enforcement and self-defense techniques.

The quality of a good prison guard is to have patience, understanding, intelligence and compassion for the prisoners. You have to treat them like humans, not like animals as some people do, she says.

In her spare time, Cindy likes to eat out at restaurants, work on automobiles and make wooden furniture. She also enjoys playing racquet ball, reading poetry and listening to rock music. She is looking forward to buying property inland, perhaps in the spring.

Her fantasy goal, when asked, is to adopt every kid in the world and show them all a good time.
Mary Genthner is Director of the Youth Aide Bureau at the Lincoln County Courthouse. She lives in Damariscotta. She has two children, ages thirteen and sixteen.

Mary had been working at the Damariscotta Police Department for two years, when the police chief encouraged her to take the youth aide position.

Mary has been working for the Youth Aide Bureau for three and a half years. She enjoys her work very much and always wants to continue in this field. Mary works with young people who are in trouble with the law. She works with the children, their parents and the court to try to resolve their problems.

There is pressure in her work and it does affect her personal life. Mary would advise any person interested in this field not to expect many immediate outward signs of success in day-to-day dealings.

Mary sends her children off to school and arrives at work at 9 a.m. She goes home at 5:30 p.m. to clean her house and cook supper. Some days are really busy for her.

In her spare time she cuts wood, plays racquet ball and tennis, and works in her flower and vegetable gardens.

Mary said if she could do it all over again she would do it the same, except for getting a better education.

Mary's fantasy goal is to have more spare time.

* * *
Nancy Pomroy, forty-one, has been a selectwoman for the town of South Thomaston for six years. She is also a taxidermist, and runs a farm on the side when not working as a selectwoman.

Nancy is paid $1500 for each year of her three-year term as selectwoman. There are no standard hours, but she attends meetings held two or three times each month. The work load tends to swell in the winter and taper off during the summer.

As selectwoman, Nancy serves on a board, called the board of selectmen, which is responsible for establishing and carrying out the general policies of the town. As a selectwoman, she signs warrants, pays bills and oversees the hiring of personnel. As a chairman of the board of assessors, she is also responsible for assessing property values and keeping the tax books up-to-date.

There is no specific schooling required to be a selectwoman in small towns such as South Thomaston, but Nancy attended night school to get the assessor’s certification required by some larger towns and cities.

The job may not bring in that much money, but it is a very interesting one, according to Nancy. A good mathematics background is helpful, as well as steady nerves and an ability to relate well with people. The only thing she doesn’t really cater to are the boat assessments, she says. Problems in communication can mean a surprisingly heated argument over a one-dollar boat tax, she says, with a somewhat rueful laugh.

The position is a good job for women who have patience and other skills useful in this job, she says. Because it is an elected office, a person in this job must be as fair as possible and run a professional campaign.

* * *
Ruth Witham has been the tax collector and treasurer of Nobleboro for sixteen years, ever since the first selectmen asked her to take these positions. She sends and collects tax bills, does tax liens and receives money from the school district. She also registers automobiles for the state. She works forty hours a week, sometimes more, from an office in her own home. Sometimes she works evenings or Saturdays, if there is a need.

She decided to work in Nobleboro because she likes the people and the area. She likes her job because she likes meeting the public and the general tasks involved in her work. "The satisfaction of this job," she says, "is balancing the books."

There is some stress involved in this line of work, according to Ruth. Preparing the tax liens and handling all the paperwork after the tax bills are sent out are the most difficult times for her. Her job does not disrupt her social life, Ruth says, but it does sometimes interfere with her personal life, when people need her after her usual working hours.

Ruth's goal is to continue in this job until she retires. Her other interests are knitting, crocheting, and gardening.

* * *
Martha Tibbetts, town clerk, tax collector and treasurer of Damariscotta, was born and raised in that town and has never moved out of the state. She went to school at Castner Elementary and then to Lincoln Academy, both in Damariscotta.

Martha, who is one of eight children, began working at the town hall when she was fourteen, on a work-study program offered through her high school. During that time she was trained in a variety of town duties except for those she was legally not able to handle because of her young age, such as signing checks and taking deposits to the bank. At eighteen, she was appointed a “deputy,” able to fill-in, in case of emergencies or when the regular town official was unavailable.

After high school, Martha attended the University of Maine at Augusta in their secretarial program for one year, then returned to Damariscotta. She was working at Sylvania as a machine operator when the town’s selectmen asked her to fill the vacancy left by the death of the former town clerk. She has been there now for six and one-half years.

Martha must run for office every March for each of the three positions - town clerk, treasurer and tax collector - which together form a full-time job. She has never had anyone run against her at the polls.

As town clerk, Martha sees an average of twenty people a day who are coming in to pay automobile excise taxes and get their license plates. She also is responsible for issuing birth, death and marriage certificates, as well as all the record keeping for the town.

As tax collector, Martha issues and collects the town’s yearly property taxes. As treasurer, she handles the town’s money: keeping records of expenditures and receipts and making bank deposits.

She says she likes her job and enjoys working with the public. She also likes being her own boss and working at her own pace. Benefits of the job include Blue Cross and Blue Shield and a yearly paid vacation.

Anyone who would like to be a town clerk would have to enjoy working with figures and other clerical skills, such as filing, typing and record keeping, she says. Probably the greatest pressure she finds in the job is handling complaints by telephone callers.

Martha is single and plans to keep working, then maybe, someday, settle down and have a family. But, for today, she enjoys her job and her independence.
Charlotte Sewall is a Republican state senator, currently serving a two-year term representing District 20, which includes parts of Lincoln, Sagadahoc and Kennebec Counties. She has lived in Newcastle all her life.

As a young girl growing up, Charlotte’s whole family was in politics and she listened to lively family debates on issues of the day. Today, besides being a senator, Charlotte has been a state representative for three terms, the planning board chairman in Newcastle and has held a variety of political offices. This is the first time Charlotte has been a state senator. She will be up for re-election in 1982.

Charlotte’s job as senator is to present, debate, and vote on bills before the Senate, work on the state constitution, chair the public hearings for the Committee on Labor, assist in setting party policy, and to try to gain support and public input for her proposals through contact with the media and discussions with groups and individuals.

The state pays a total of $7,500 plus mileage for her two-year term as senator. One year for a legislator is divided into two sessions: the first
session runs for one hundred days; the second lasts for fifty days. The break in between allows time for committee work, and time to return to their communities, to talk to their constituents and to prepare for the next session.

A typical day begins for Charlotte at 6 a.m. at her home in Newcastle. From 7 a.m. to 8 a.m. she studies. After that, she either drives to her restaurant, Steamer's Restaurant on the pier in Damariscotta, or to Augusta when the legislature is in session. She commutes five days a week and has weekends off during the session and works seven days a week when she is at the restaurant.

Charlotte enjoys meeting people and finds her job very educational. Her role as senator also allows her the ability to influence public policy in order to make beneficial changes for everybody in the state.

There is a great deal of traveling and responsibility involved in representing her 42,000 constituents, according to Charlotte. Her district, covering three counties and twenty-one towns, is rather unusual in its diverse coverage area. According to Charlotte, the drawbacks of this position are the low pay, minimal staff and long hours. Campaigns are every other year, so a lot of time must be spent on them as well.

It is nearly impossible to find enough time to be with your family when you're in politics. Fourteen hours a day of work takes its toll, she says, and she sometimes receives complaints of being neglected from family members. Still, though they fondly term her a "workaholic," they have all offered to take a year off, stop what they're doing, and help her run for governor in 1982 or 1986 if the party should need her.

Breaks are rare in her job, but when they appear in part of a day or as a "mental health day" off, maybe once every two or three months, Charlotte can be spotted out rowing or fishing in her rowboat. Her interests outside of her work in Augusta and at the restaurant are gardening, cooking, playing the piano, sailing, golf and ballet.

To have a successful career as a senator, Charlotte says you need a good sense of humor, determination and "bullet-proof skin." You should also be sure to be financially solvent and make sure that your family understands the time and energy the job requires.

Most important, have a political philosophy and know where you are going if you want to succeed in public office. "If you know where you're going, you will get there," Charlotte says, "but it takes a lot of homework."
Olympia J. Snowe, thirty-four, is a U.S. congresswoman for Maine's Second Congressional District, which covers the northern half of the state from Auburn to Fort Kent. Snowe, a Republican, is the youngest Republican woman ever to be elected to the House of Representatives.

Olympia grew up as Olympia Jean Bouchles, the daughter of two parents of Greek descent. She was born in Auburn and was raised by relatives after the death of both parents. She graduated from St. Basil's Academy in Garrison, New York, in 1962 and returned to Auburn to attend and graduate from Edward Little High School.

Olympia was a political science major at the University of Maine at Orono and worked one summer in the office of the then-Governor Kenneth Curtis. After graduation, she served on the Board of Voter Registration in Auburn and helped establish the Lewiston district office of the then-Congressman William Cohen.

Her career as an elected official began in 1973, when she was elected to fill the vacancy left by her late husband, Peter Snowe, in the Maine House of Representatives. Olympia was re-elected to a second term there in 1974, and to the Maine senate in 1976, where she became well known for her concern on health-care issues.

Since her election to the U.S. House of Representatives in 1978, she has been concerned with issues of government spending, human rights, the environment, small business and the aging. She is currently serving as a member of the House Foreign Affairs Committee, the Small Business Committee and the Select Committee on Aging.

As a representative, Olympia receives an annual salary of $60,000 plus traveling expenses for trips back and forth to Maine that are work-related. A session of Congress convenes in January and adjourns sometime in the late fall or early winter. After adjournment, she is afforded a twelve-week break to return to her district and attend meetings and functions throughout the area.

Her working day typically begins with a meeting, either with a committee meeting or with her staff to discuss legislation and issues. During the day, she meets with constituents in Washington, runs to the Capitol for votes on the floor or takes part in debates. In the afternoon, she has more committee meetings and briefings. She is usually in her office long past dinnertime, reading and answering mail and preparing for the next day. On the weekends, she usually commutes from Washington back to Auburn to keep in touch with the people in her district.
“My days are long and full, but very rewarding,” writes Olympia. Whatever spare time she has, she tries to spend with relatives and friends. Her outside interests include reading books on politics and government, and gardening. She is also a member of the Holy Trinity Greek Orthodox Church of Lewiston-Auburn and has been active in a number of civic and community organizations.

Olympia says she enjoys the challenges of working on the committees and on the House floor to get legislation passed. A major problem, she says, is to find enough time in the day to complete her work. Often, her schedule calls for four committee meetings at once. “Yet, frankly, there is very little about my work I do not enjoy,” she says.

“This is a very exciting time to be a woman in the political area because the opportunities are more varied than ever,” Olympia says. In order to serve well as a public official, a person must be prepared to work long and hard and be willing to honestly serve his/her constituents, she says. You must be willing to listen to all sides of an issue and then make your choices based on your own judgment as to what is best, regardless of special-interest pressure.

“Certainly, it comes down to liking what you are doing. If you’re happy in your work, you’ll do a better job,” the representative says. Sincerity, compassion and honesty are other qualities that will help a public official be successful.
Project Advance was funded by a Governor's Discretionary Grant as a one year work-study program under the Maine State Employment and Training Council. It was designed and administered by CED Employment Program staff to assist young rural parents in building strong pre-employment and communication skills, and to aid them in finding employment or post-high school training after program completion.

To attain these goals, participants researched careers and "job shadowed" people in them, studied various educational skills, earned drivers’ licenses and certifications in First Aid and Effective Parenting (S.T.E.P.), and built records of work maturity through gradually increasing work experience. They consulted and were instructed by staff members of numerous social and community service agencies, without whose cooperation the limits of their learning would have been sadly foreshortened.

Although the participants undertook many projects in the course of expanding their skills, none was quite as exciting or fruitful as the researching and writing of this publication, a microcosm of the myriad talents and attainments of Mid-Coast women. We applaud them and thank them all, not only those represented on these pages, but the many more as well whose stories could not be included but who so generously shared their lives, their wisdom, with young women just daring to enter the world of work.
CONTRIBUTORS

Project Advance Participants

Shelley Bailey lives in Wiscasset. She is twenty years old, married, and has two sons (Jay Jay, aged three and a half years, James, aged two months). Her career goal is to work in the secretarial field.

Vicki Bailey is nineteen years old. She was born and brought up in Maine. She has a two year old daughter named Cortney. She is studying for her G.E.D., and is working toward finding a successful career through her work with Project Advance.

Donna Boynton has lived in Waldoboro for approximately nineteen years. She is married and has a five year old son named Robert. She attended Medomak Valley High School for three years and is expecting to earn her G.E.D. by the end of July. Her career goal is to find a full time job as a secretary or receptionist.

Narda Brown-Fait is a working mother who has been a resident of Maine for seven years. She is recently married and has a three year-old son, Jason, of whom she is very proud. She has been working to support herself and her son. This program has given her the opportunity to meet interesting people and to see what different jobs are like. With this experience, she has chosen to work with handicapped children.

Debbie Carver is married and lives in Whitefield. She has a daughter named Jessica, who is two and a half years old, and a son named Michael, five months old. She went to high school at Wiscasset High. She went through her senior year but did not get her diploma, so she is working towards it now. She is doing her work study at Augusta Mental Health Institute, and is hoping to work in a place like that after program completion.
Laurie Creamer is from Bath, Maine. She is married and has a son Joey, who will be three years old in September. She hopes to go to beautician school soon.

Teresa Bosworth Ginnaty now resides in Bremen, Maine, with her husband and babies, Mary Helen and Patrick Sibley, Jr., and her spouse's aunt, Helen G. Pearson. She graduated from Lincoln Academy in 1979, and is now pursuing a writing career. When her children are in school, she plans to further her goals by putting herself through college. Before she retires, she wishes to make a name for herself in the writing, art and music fields, while spending plenty of time with her family.

Carol Libby is from Nobleboro, Maine. She has lived in Damariscotta for twenty years, and has lived in Nobleboro for one year. She is married and has a son, James, who will be two in February. She has worked in both Day Care and Headstart Programs. Her goal is to start her own business in child care.

Raelene McCoy has been married for three years. She has a daughter, Jennifer, who is one and a half years old, and she is expecting her second child. She lives in Dresden. She graduated from Wiscasset High School in 1978. She took nurse’s training in her last year of high school and hopes to continue in that area of work in the future.

Suzanne Smith lives in Waldoboro and she has a son named Stanley who is ten and a half months old. She went to Lincoln Academy, but only finished her sophomore year. She is now studying for her G.E.D. She has a work experience at Maine Lobsterman’s Association as a clerk and secretary. She hopes that after completing Project Advance, she can continue with the Maine Lobsterman’s Association.

Christine Starrett lives in Warren, Maine, with her husband, Irven, and their daughter Jennica, who is one year old. Christine is twenty, and graduated in 1979 from Medomak Valley. She plans to attend Central Beauty School in January, 1982.
Lasca Harrington has been a resident of Waldoboro for most of her life. She is sixteen years of age and recently had a little baby girl, who is now five weeks old. In her spare time she likes to go swimming, ride horseback, go boating, and play with her dog. In the future, she would like to get married and then devote the rest of her life to her family.

Melissa Nygaard was a Bath resident who worked with retarded and handicapped children for her work experience. She has a sixteen month old daughter named Amanda. Melissa recently moved to Colorado where she plans to begin college studies.

Evelyn Hunt is from the Damariscotta area, and attended Lincoln Academy. She is interested in an occupation as a clerical/receptionist. Evelyn is married and has a three year old son named Jason.

Lori Greenleaf is from Bath, Maine, and a graduate of Morse High School. She has a one year old son named Benjamin. Lori's career interests are varied. She has received Water Safety Instructor Certification and has worked in recreation. She has recently moved to Denver where she plans to begin a college program either in recreation or business management.

Virginia Quintal lives in Nobleboro with her husband Joe and their daughter Amber. Virginia has worked on G.E.D. preparation and job shadowed in dietary and recreation aide careers.

Nadine Patrick attended Medomak Valley High School. She is the mother of two pre-schoolers, and is interested in cosmetology and photography.

Denise Flint is single and has no children. She lives in North Waldoboro, Maine. She is temporarily employed as a secretary/receptionist at Project Advance. She was in a work experience program for nine weeks and found that the program was a great experience and a great help in her future career goals.
CONTRIBUTORS

Project Advance Staff:

Janice McGrath, Program Manager
Diana Williams, Assistant Manager
April Kornmiller, Editor/Instructor

Jan McGrath earned her BA in English at SUNY and completed graduate studies in Theatre Arts at Penn State and African Studies at University College Nairobi. During her years of teaching and raising her son, now twenty-one, she followed her avocations of acting and poetry, and began developing media curricula under New York State Education Department grants. When she remarried and moved to Maine in 1978, she joined the staff of CED Employment Programs, where, as Training Coordinator and management team member, she has participated in designing innovative programs such as Project Advance.

Jan is a whale-watcher whose fantasy goal is to found a Sea-World North, which she'd share with her real goal - a grandchild.

Diana Williams is twenty-seven, and lives in Damariscotta Mills with Russ, her husband, and her Golden Retriever, Rufus. The most challenging part of Diana's life is to fit it all in - trying to balance the demanding schedules at home and work and still have enough time for exercise and play. She is an avid tennis player, biker, sailor, and cross-country skier. In addition, she likes gardening, cooking and reading.

April Kornmiller, 31, is a free-lance writer, publicist, clerk, and housecleaner from Michigan who fell in love with Maine six years ago, and has been trying to make a living here ever since. She lives in a tiny house (complete with a wood stove and water pump outside) in a tranquil setting of woods and mountains on Hosmer's Pond, in Camden.

Her interests include the anti-nuclear and women's movements, environmental and local planning issues, health care and spirituality. Her goal is to use her talents in a creative, rewarding sense and to see the election of the first U.S. woman president.