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APRIL 2021

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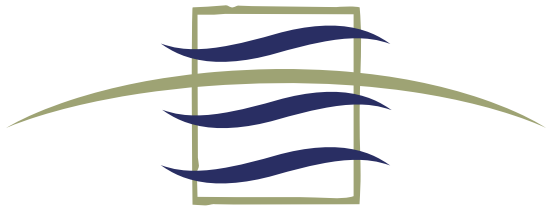
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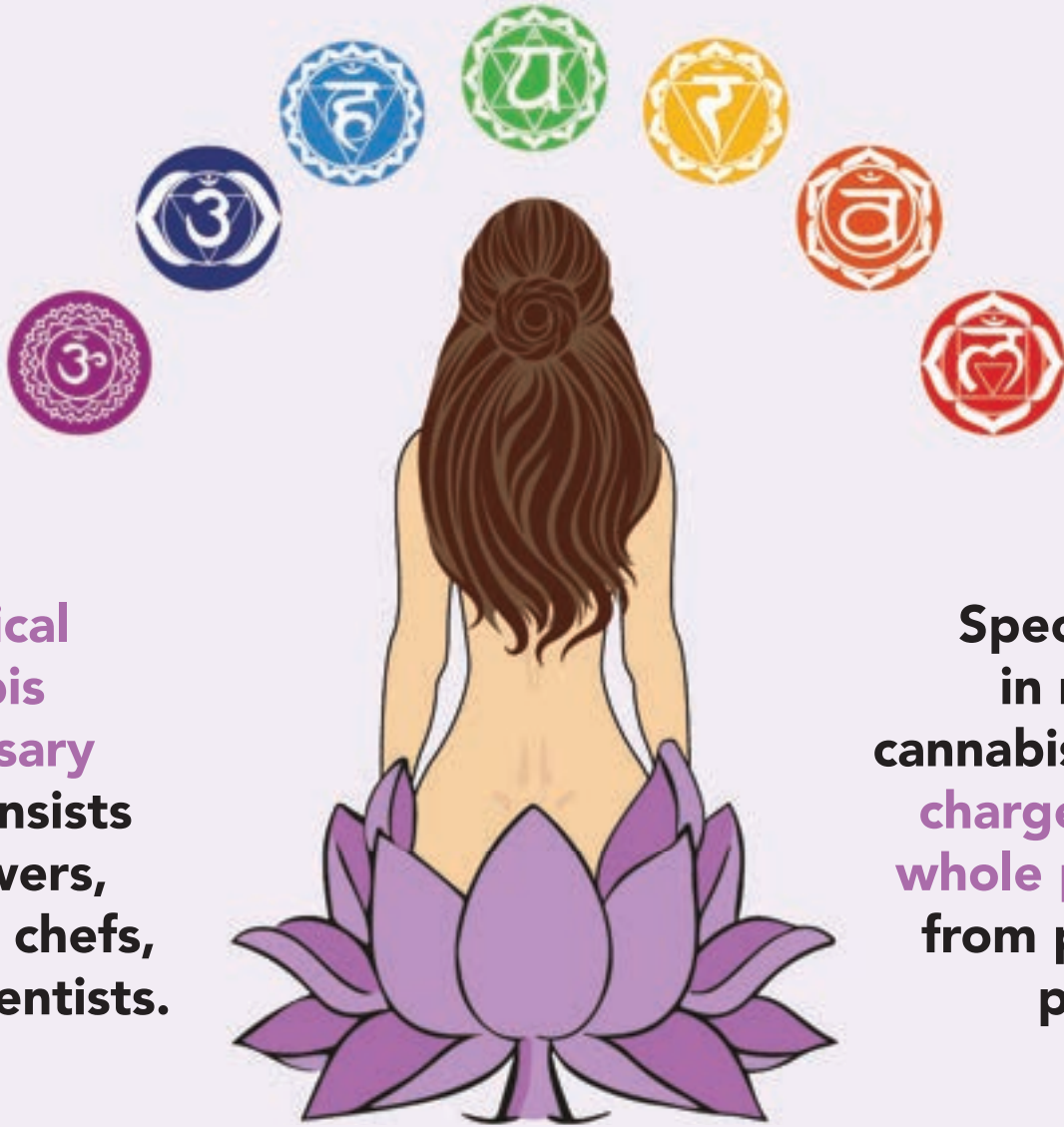
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Photo by Kari Herer

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Paige Marcello reflects on her family's roots in this historical location.



If someone told you a year or so ago, “Hey, the world is going to have a deadly pandemic. We will all have to wear masks and keep apart. Stores will be closed. Schools will be closed. Unless you are an essential worker, you will work from home, if your job survives. Restaurants will be closed. You will cook and garden more and eat at home. There will be few or no live concerts, plays, fairs, sports events, gatherings, or other public fun. For the most part, seeing your friends and extended family in person will end. Most travel will end.”

Your answer would most likely be, “Yeah, right. Are you writing a science fiction novel?”

Well, as we all know, it happened. We are—still—living through this pandemic. And what amazes me is how we all have done our best to change everything we knew to something different. We did that!

I don’t wish to minimize it. This time has been such a horror, with so much pain for so many families.

But it has shown me and all of us how resilient and amazing the human spirit is. It has shown every one of us what we can do. How we can change. And it has been a gift to watch how so many have found the good in this horror.

You have all stepped up. You have been examples for your families, your friends, and your coworkers.

So today, I ask you to celebrate YOU.

Be proud of the good deeds you have done and the help you have given so many. I am so proud to be a woman today. Every day, I hear wonderful stories and see such courage in so many.

I am with you all today. I celebrate each and every one of you.

Thank you for the many cards and letters you’ve sent in with your good thoughts and ideas. I am honored at the hope and joy *Maine Women Magazine* has given you all. Please keep them coming.

Please continue to spread the joy of who you are!

Mary Frances Barstow
Publisher

Maine Women Magazine neither endorses or critiques the women featured in our magazine based on their belief system or political viewpoints. We wish that political and personal differences be respected and used to start conversations based on curiosity and learning. We believe in freedom of speech.

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By L.C. Van Savage

Cover photo by
Justin Smulski

Your article on the astronaut Jessica Meir [*Maine Women*, February 2021] has given my girls such encouragement that they can do anything. I love this magazine. It is truly world class.

—Mary Dwyer

The story about Holly is so fun. Every month I just can't wait to hear what she is up to.

—Pat Greene

Thank you for the article, "A Pillow from a Poet: May Sarton" [*Maine Women*, February 2021]. It brought back memories of seeing May Sarton at a writer's conference years ago. Her presentation was given with youthful enthusiasm. Another time, in her publisher's booth at a book festival, I saw her again. She was relaxed and holding her cigarette in a Bette Davis manner.

—Oscar Greene

Dear Mary, What fun memories I have about my adventures with my Irish friends on St. Paddy's Day. As I read the article on this subject [*Maine Women*, March 2021], I think back to celebrating with a group of my girlfriends in Portland.

—Molly O'Brian

Originally, I grabbed your pub for my girlfriend because she is a driven, strong, and smart woman who appreciates the stories of other women out in the world making things happen. However, I realized that I am also drawn to the stories of these incredible women, probably due to being around confident women with strong character my whole life. Now I read *Maine Women* regularly! I used to be a sailor, and my mother is an author, so you can guess that I especially enjoyed the recent article "Danger and Joy" by Sarah Reynolds [*Maine Women*, March 2021], about Ali Farrell's book *Pretty Rugged*.

—Gabe Whitney

Hello, I picked up the March 2021 issue of *Maine Women* while visiting a rest stop off 95 and just loved this magazine! My husband and I are actively seeking to relocate to Maine, and your publication provided inspiration and a boost to our planning! Many thanks for providing a beautiful and amazing tribute to all women, no matter where they reside. :)

—Dianne Regnier

MAINE WOMEN MAGAZINE

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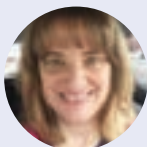
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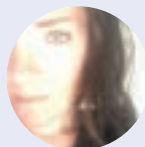
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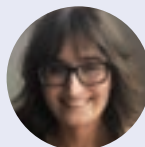
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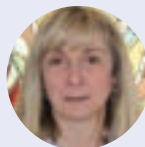
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Suanne Williams-Lindgren, after over 30 years as an organization development consultant, is thoroughly enjoying living life the way it should be, exploring various art interests, volunteering with art organizations, and finding creative, yet safe, ways to connect with friends and loved ones.





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POST CARD FROM HOLLY



BY HOLLY MARTIN

Holly Martin, 29, is sailing around the world in her 27-foot-long Grinde sailboat, which she has christened the SV Gecko. She left Maine in the fall of 2019, from Round Pond Harbor on the Pemaquid Peninsula. Holly sent this “postcard” by satellite from the South Pacific, to the readers of Maine Women Magazine.

Some Fruits In-Season in French Polynesia

Pamplemousse:

These green giants of the grapefruit family grow to about eight inches in diameter, with light green flesh. The locals slice them into eight sections and eat the fruit off the rind. Compared to its red and yellow cousins in the US, the French Polynesian pamplemousse is sweeter, with just a hint of tartness. One of these beasts is easily a filling snack for two people.

Mango:

Right now, we're in the height of mango season. They litter the roads, ditches, and forest floor. People are hired to sweep them from the streets. On hikes, I have to dodge them as they fall from the branches. Many variations of mangoes grow here, and from local people I've learned the same species can even vary from tree to tree. After many mango tastings, I too have begun to discover the subtleties of flavor. If I'm home on the boat, I slice the mango from the seed on either side and cut little squares into the flesh. If eating on a hike, I peel the skin off with teeth and messily devour.

Breadfruit:

Dangling temptingly from the trees, breadfruit grow even larger than pamplemousse—sometimes reaching a foot in diameter. The skin is a tough and dimpled neon green and about the thickness of a weathered potato. In fact, the starchy breadfruit is quite similar to a potato. Inside, the fruit is bright white and rather tough. My favorite local recipe is to slice it into thin wedges, soak it in saltwater for 10 minutes, and then fry it in a pan. The result is an exotic variation of a French fry.

Banana:

These critters are everywhere, prolific and plentiful as weeds. Tiny and sweet, they can be eaten in a few bites. Locals often gift me giant stalks. They make delicious pancakes, breads, and snacks.





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She Said YES!

Maine Seniors Magazine Carries an Important Question for Two Young People

BY MARY FRANCES BARSTOW

Oh, what a privilege it was to answer the phone and hear the voice of a young man requesting to place an ad in *Maine Seniors Magazine*—with a public marriage proposal!

Yes, Sam Weiss did just that, as we here were working on preparing the February 2021 issue of *Maine Seniors*, a magazine in the same family of publications as *Maine Women*. When speaking with Sam, I did wonder about his age. He sounded youthful.

Sam told me both he and his girlfriend Erin are 30 years old. I couldn't help but ask, "Why have you decided to put your marriage proposal in *Maine Seniors Magazine*?"

He shared with me that his girlfriend loves the magazine and reads it cover to cover every month. During the pandemic, they would get copies of each issue at Hannaford's, which was one of the only places they went regularly during the COVID time. Being a newcomer to Maine, Erin gravitated to the magazine, interested to read its profiles and interviews. For her, it was a way to get better acquainted with the state and its many remarkable people and places.

Erin and Sam met through a dating app. Sam had been making trips to Boston to visit his grandmother. Those visits put him within the 5-mile radius that Erin had specified when she signed up for online dating. They each knew within 24 hours that they had found "The One." They spoke for hours on the phone and then met for dinner. Their connection was, "undeniable, and really special," Sam said.

Sam, who is studying to be a rabbi in New York City, relocated to Maine almost a year ago. His parents and he had vacationed in Maine for many years, and they maintain a home here. So, as the pandemic dragged on, it seemed like a good idea for Sam to stay at his Maine home when education facilities closed. And after visits to Sam in Portland, Erin moved to Maine, too.

As they got to know each other, they realized that they had both lived in the same cities on the East and West coasts, at the same times. They speculated that they might well have passed each other on streets and sidewalks, more than once. Fate works in mysterious ways. They were able to find each other just at a time when, as Sam says, "people in general were feeling that they had little control over their lives."

Erin is originally from San Diego and now lives in Portland, Maine. She has taken easily to the area, feeling connected to nature in beautiful Maine. She says she always takes particular delight in the sun rising over the ocean in the early morn here—something she never experienced in California. Maine scenery has had a huge impact on her. "I think having so much space and quiet and beauty surrounding us made it possible to make big choices," she said.

When Erin finally saw the proposal ad Sam placed in the magazine, she screamed with such love, joy, and surprise. Seeing the proposal in the magazine was unexpected, to say the least. She gasped! "Which was hazardous," Sam said, "because we were eating dinner, and she had just taken a bite of couscous. Then she started trying to pull the page out of the magazine, thinking that it was something I had printed out myself and slipped in there. That's when I told her 'No, it's in all of them!' I got on a knee and asked

if she would marry me. She caught her breath and said yes!"

"Yes," they wrote me, with the attached letter.

Erin and Sam are planning a fall wedding in Maine. They feel blessed and happy to begin their lives and become a family together in our state.

In Sam's words, "This year has been so full of surprises, some really difficult and sad, and some really beautiful and wonderful." This proposal was certainly one of the wonderful ones.

And the beautiful diamond engagement ring Erin wears is the one that had belonged to Sam's late grandmother, who in a way was the one who brought them together. •





Dear Mary,

Erin and I are engaged! She was totally shocked, and we are over the moon. I didn't catch it on video—couldn't figure out when she was going to read the thing! But her reaction was priceless and something I will remember forever. She said she has never felt more special.

We did it! Thank you so very much for your help with this. Today is Shabbat (the Jewish sabbath)—we are going to bask in this wonderful moment all day. Wishing you a Shabbat shalom!

With immense gratitude,

Sam



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BEYOND

Sushi

*Cultivating a
Taste for
Maine's Seaweed*

BY LYNN FANTOM

Among the 2021 winners of the San Francisco-based Good Food Awards, three pop out as unexpected. Not the truffles, cheeses, fruit preserves, bacon, or wildflower honey. Many brands in these categories met the judges' criteria for being both flavorful and responsibly produced. But so did three seaweed products from Maine, all developed by women.

"All of the social missions in the world don't matter if people don't find seaweed delicious. Right?" says Briana Warner of Atlantic Sea Farms, one of the winners.

In recent years, seaweed has morphed from a staple in health food stores to the vaunted vegetable of hip food bloggers. Heralded because it sucks up carbon dioxide, it's gone from the naturally growing stuff you slip on when you launch your sailboat to a crop cultivated by environmentally aware farmers. Along the way, tasty and nutritious seaweed-based products have become much easier to find.

"I think that health is a major reason that Americans choose to eat seaweed," says Dr. Mary Ellen Camire, a professor of food science and human nutrition at the University of Maine who studies consumer acceptance of healthful foods. Whether called sea vegetables, ocean herbs, or marine macroalgae, seaweed has important nutritive value, if consumed in the proper amounts.

If people are cutting down on sodium or switching to sea salt for its taste and texture, they could be at risk of getting too little iodine, Mary Ellen explains. A shortage of iodine can compromise healthy metabolism and present risks to pregnant women and the proper development of their unborn babies.

"Seaweed is a natural way to add that iodine back into the day," Mary Ellen says.

And vegetarians: they may need a boost of Vitamin B12, important for brain function and general metabolism. After analyzing non-animal foods ranging from mushrooms to mung bean sprouts, Japanese researchers pinpointed the red seaweed nori as the best source of naturally occurring Vitamin B12.

Seaweed also offers plenty of gut-healthy fiber. "That's something most Americans are not getting enough of," Mary Ellen notes.

But nutrition was not the inspiration when Linnette and Shep Erhart started Maine Coast Sea Vegetables back in 1971. It was a pot of miso soup simmering in their farmhouse kitchen that had an unusually full, rich flavor. When they realized the source was a special ingredient—the wild seaweed they had gathered from the shores of the Schoodic Peninsula—the idea for their business was born.

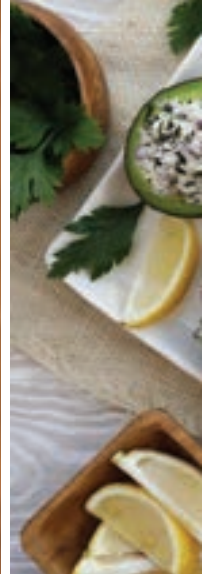
Today, Maine Coast Sea Vegetables is widely recognized as a pioneer in the industry and a culinary leader. "They're wonderful," Briana Warner says, crediting their inventiveness in cooking with seaweed. Based in Hancock, the company harvests wild seaweed from areas certified organic and dries it at low temperature. Sold online and at health food stores, products include bags of dried alaria, dulse, and kelp, "just-shake" sea seasonings, and a "Kelp Krunch" snack, as well as nori sushi sheets.

The reason why these seaweed products bring such a deeply delicious flavor to what's cooking—like the Erharts' soup—is umami, the fifth taste. Scientifically speaking, umami only joined the quartet of sour, sweet, salty, and bitter when the tongue's taste receptor for it was discovered in 2000. It is often described as "savory," but how it performs its magic with the other tastes is why chefs say it gives dishes "harmony" and "balance."

Although Japanese cuisine is most often associated with umami, cooks worldwide exploit it. Italians, for example, generously wield umami-rich foods like tomatoes, cheese, cured ham, and porcini.

Seaweed is a star of umami, yet it doesn't have to occupy center stage. As a bit player in the chorus, it can help bring the whole show to life. "A little goes a long way, in terms of both the flavor and nutrient benefits," says Kara Ibarguen, a cooking teacher who also works in the R&D kitchen of Maine Coast Sea Vegetables. Her aim, she says, is to "demystify cooking with sea vegetables."

There could be no one better to tackle this goal. With her approachable style, she gives students easy access to a wealth of culinary knowledge. The Maine native gained this experience during cooking stints from the outdoor kitchens of Madagascar to a brewery in Maui.



Briana Warner, CEO of Atlantic Sea Farms, pulls a blade of honey-colored sugar kelp, the most widely cultivated seaweed. *Photo by Daniel Orr*

Above left: These seaweed and sesame noodles are easy to prepare with Atlantic Sea Farms Fermented Seaweed Salad. *Photo courtesy The New England Ocean Cluster*

Center: A cube of Atlantic Sea Farms frozen kelp, local cranberries, and kale take almond milk to new heights in this popular superfood smoothie. *Photo courtesy Atlantic Sea Farms*

Right: Atlantic Sea Farms suggests kelp and crab as a delicious combination to stuff an avocado or serve as a salad. *Photo by Jenny Shae Rawn*

Kara has created many of the recipes featured on the web site of Maine Coast Sea Vegetables, including those for seaweed salad (see sidebar on page 20), smoked dulse asparagus soup, and Irish moss blanc mange. For that pudding, her friendly voice comes through in the instructions to “use any flavor that tickles you.”

Kara also originated the Good Food Award-winning sesame ginger Kelp Krunch bars, delicious with hints of maple syrup, vanilla, and cayenne. Such snacks (bars, chips, nori sheets, and flakes) are seaweed’s hottest segment, projected to grow 10.8 percent from 2020 to 2027, according to Grand View Research.

To launch a recent Zoom cooking class, Kara conducted a “show and tell” with seaweed she had foraged herself. Wearing a fisherman hat and dangling earrings, she held up samples, large and small, to show species in the brown, red, and green categories. (See sidebar on page 17.) In addition to wild harvests, she noted, seaweed is also grown by farmers in the fast-developing aquaculture industry.

Briana Warner has partnered with 24 such farmers from Casco to Penobscot to Cobscook Bays and, in the process, multiplied kelp production at Atlantic Sea Farms 14 times since she became chief executive in August of 2018.

“Good food should do good” is her mantra. She calls seaweed a “virtuous vegetable” because it helps combat climate change. It also gives the Maine fishing community an opportunity to diversify beyond lobster, especially since seaweed is an off-season winter crop.



Tips from Kara's Kitchen

What types of seaweed are native to Maine and how can you use them? Cooking teacher Kara Ibarguen's tips take advantage of dried products from Maine Coast Sea Vegetables but may inspire new ideas for frozen seaweed, too. The foundation of this list is courtesy of Maine Sea Grant.

Alaria – Sometimes known as winged kelp or Atlantic wakame, this seaweed is the go-to for miso soup and seaweed salad. It has a silky, smooth texture and mild, nutty flavor. (Kara likes both alaria and sugar kelp in her seaweed salad.)

Bladderwrack – Harvested from the intertidal, this type of brown rockweed can be used fresh or as a dried seasoning. Chop it up and add it when you're steaming mussels or clams.

Dulse – This purplish-red sea vegetable is tender enough to go directly into dishes without soaking or cooking. When fried crisp, it is a popular snack. In fact, with its hint of bacon, some people call it “vegan jerky,” says Kara, who uses it in grilled cheese sandwiches. Maine Coast Sea Vegetables sells an Applewood-smoked dulse reported to “melt in your mouth.”



Kara Ibarguen rolls out the dough for sesame ginger Kelp Krunch bars, which won a 2021 Good Food Award. *Photo courtesy Maine Coast Sea Vegetables*

Irish Moss – This red seaweed is the source of carrageenan, the thickening agent in foods and products like toothpaste. In the kitchen, substitute Irish moss flakes for gelatin to thicken desserts or gravies, says Kara. Simmered with milk, it makes a “creamy, delicious” sweet pudding. And then how about a little maple syrup or lemon zest?

Laver – If you are a sushi fan, you already know laver, also called nori. It's thin, strong, and elastic—great for your California rolls. Laver boasts the highest levels of protein among all seaweeds. When toasted in a dry skillet, it can add a “nice nutty taste” to eggs, stir fries, or even popcorn. Kara recently enhanced a creamed corn dish with it.

Sea Lettuce – It's no surprise this emerald green seaweed is favored as a garnish and salad ingredient. With its high mineral content and slightly bitter flavor, sea lettuce gives a recipe a nutrient boost and sea flavor, but, as Kara emphasizes, “like most sea vegetables, a little goes a long way.”

Sugar Kelp – “A powerhouse,” this species is the one widely cultivated by commercial sea farmers. It produces a natural sugar which can deliver a sweet flavor to soups, beans, and stir fries. For seaweed salad, soak dried kelp in water for five minutes and then cut into pasta-like noodles. How about seaweed lasagna? Just be sure to use extra sauce because kelp soaks it up, just the way it does ocean nutrients.

To celebrate the partnership, Atlantic Sea Farms features photos of their farmers on all packaging.

That's important to consumers. In a survey that probed attitudes toward farmed seaweed, University of Maine researchers found that three benefits topped the list: source of iodine, sustainable, and local.

Mary Ellen Camire, who led the study, amplifies: “People are becoming less trustful of imported food.” More than 95 percent of the seaweed now consumed in the United States is grown overseas, but the trend to “buy local” is strong and gaining momentum in seafood.

With its cold clean waters, Maine now leads the US in seaweed production. However, labor is more expensive here than in Asia, and the industry is still young. “Our price point is a little bit higher. We're doing everything for the first time,” Bri says.

Briana Warner from Pennsylvania has been emerging as the face of the growing seaweed industry in Maine. In many ways, that is a surprise for someone with a master's in international affairs from Yale and an eight-year tenure with the US Department of State. But she has a vision and a powerful ability to communicate it.

Just a year ago, she engineered a deal for Atlantic Sea Farms to supply the kelp in a limited-time Sweetgreen bowl created by the celebrated chef David Chang. It debuted in 104 locations—just as COVID-19 began shutting down offices. Still, Bri says, sales exceeded projections by 50 percent.

Although she previously had been focusing on fast-casual restaurants, she quickly pivoted to retail. In what may someday be a Harvard Business School case study, Atlantic Sea Farms is now in 700 stores. In Maine, that includes Whole Foods and an array of natural co-op grocers, listed by ZIP code at “where to buy” on the company web site, where people can also purchase directly.

That “huge shift to retail” is good news for home cooks. Since people have been cooking more at home during the pandemic and experimenting with new reci-

pes, seaweed products are easier to find.

A go-to Atlantic Sea Farms product, great for popping into smoothies, is frozen pureed kelp cubes. The Saco-based company also offers a three-box pack of Ready Cut Kelp, which has been shredded, blanched, and flash-frozen. “Simply thaw and drain,” say the instructions.

In addition, Atlantic Sea Farms created a line of fermented products: seaweed salad, kelp kimchi, and kelp sauerkraut. Last year, the kimchi won a Good Food Award; this year, the other two followed into the winners’ circle.

These products were designed as condiments for rice and vegetable bowls (or the dinner plate). But Bri says, “Just stick a fork in and eat it.” That’s appar-

ently what *New York Times* food writer Melissa Clark did with a friend when they finished an entire jar in one sitting.

Perhaps because she herself has two little boys (her face lights up when she talks about them), Bri’s finger is on the pulse of the “easy-to-use” crowd. She also emphasizes that Atlantic Sea Farms kelp products do not have any of “those low-tide tastes” but instead “are a lot more like a green bean.”

Ready for this new food frontier? As fans blend kelp cubes into smoothies and crunch on seaweed bars, they may feel among the avant-garde. Just remember that our Maine grandmothers nibbled on dried dulse and thickened their puddings with Irish moss. But that’s another story. •

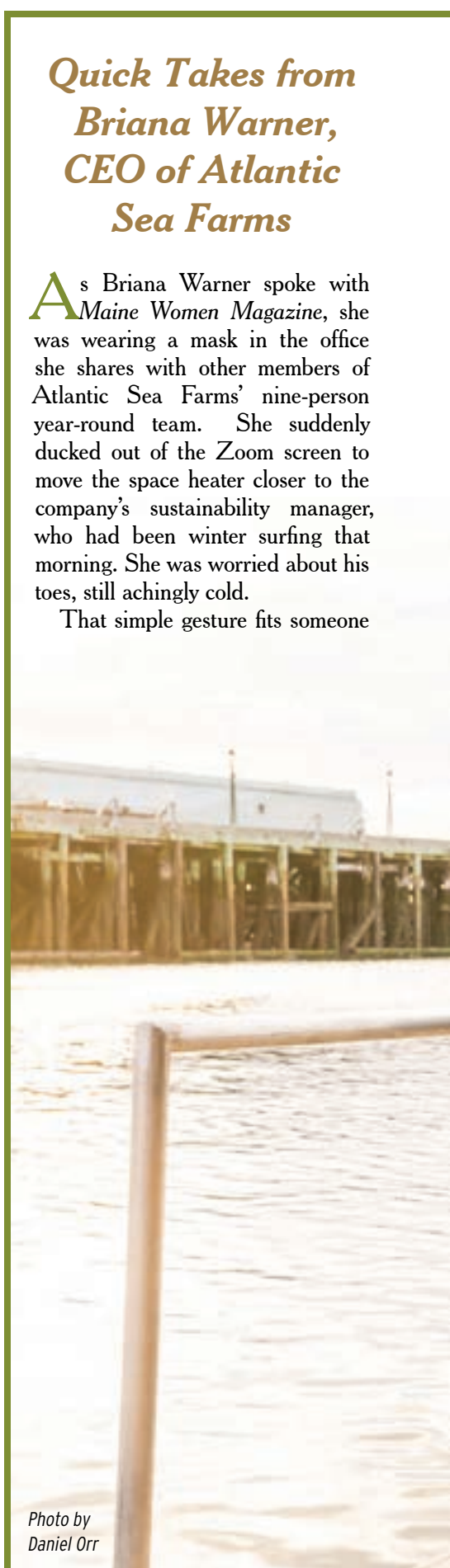
Quick Takes from Briana Warner, CEO of Atlantic Sea Farms

As Briana Warner spoke with *Maine Women Magazine*, she was wearing a mask in the office she shares with other members of Atlantic Sea Farms’ nine-person year-round team. She suddenly ducked out of the Zoom screen to move the space heater closer to the company’s sustainability manager, who had been winter surfing that morning. She was worried about his toes, still achingly cold.

That simple gesture fits someone



Professor Mary Ellen Camire in the teaching kitchen at the University of Maine’s School of Food and Agriculture. *Photo courtesy University of Maine*



*Photo by
Daniel Orr*

who is committed to showing her two sons that “you can actually do well by doing good.”

The theme characterizes her unconventional path to becoming CEO of an aquaculture venture. During college, she was recruited into the foreign service, where she spent eight years, including assignments in Guinea and Libya. After moving to Maine with her husband, she launched a pie company—“pies like your mother never made”—which employed only newly resettled refugees. Then, as economic development director at the Island Institute, she devoted the following four years to lifting Maine’s coastal and island communities to greater prosperity by championing broadband services and aquaculture.

Now, at 36, Bri is approaching her third anniversary as CEO of Saco-based Atlantic Sea Farms. Under her leadership, the company has recruited a network of farmers, established kelp seed production, developed a line of new consumer products, and expanded both food service and retail distribution channels. After a few heart-stopping moments during the pandemic, Bri reports that production is now above pre-COVID levels.



WHAT GETS YOU UP EVERY DAY—OTHER THAN YOUR TWO LITTLE BOYS?

It’s the potential that seaweed has to transform our way of eating and supply a supplemental income source for fishermen, while mitigating some of the effects of climate change. It’s hope, right? There’s so much happening now in the world, from the pandemic to climate change. This is the good news story of food.

WHAT ARE SOME OF THE FACTORS IN ATLANTIC SEA FARMS’ SUCCESS?

We have a singular vision and a really kick-ass team. We know what we’re good at and what someone else is better at. Fishermen are better seaweed farmers than any one of us will ever be. So, we haven’t spent countless hours on the water fixing lines.

YOU DON’T HAVE A MARINE BIOLOGY DEGREE OR AN MBA, AND YOUR EXPERIENCE IS LARGELY IN ECONOMIC DEVELOPMENT. IN WHAT WAYS HAS YOUR BACKGROUND HELPED YOU?

I see a lot of people in business who let themselves get defeated by things that actually aren’t that big a deal. I have lived in so many places where real problems exist. So, for me to figure out how an 18-wheeler can move around the coast for an affordable price does not feel like an intractable problem.

DO YOU HAVE ADVICE FOR OTHER WOMEN?

Women often reach out—which is something I think women are very good at. But they almost always start with “I’m sorry to bother you” or “I’m not qualified, but . . .” I respond, “I can’t read beyond your apology. Don’t apologize or doubt yourself because that doubt comes through to everybody. If you don’t believe you can do it, no one else will.”

DO YOU THINK THE COMPANY WILL EXPAND BEYOND MAINE?

People ask me that. Maine has the cleanest water. We have more coastline than the state of California. We have the most overqualified workforce that I can imagine on the water. I am able to recruit great people because they want to be here. I don’t want to be anywhere else.

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MAINE SEAWEED SALAD

Recipe by Kara Iburguen



Kara Iburguen's healthy and tasty seaweed salad recipe invites improvisation. *Photo: Maine Coast Sea Vegetables*

INGREDIENTS

- A 2-ounce bag Maine Coast Sea Vegetables Kelp
- 3 T Tamari
- 3 T Rice Vinegar
- 2 T Toasted Sesame Oil
- 1 tsp Raw Sugar or sweetener of choice
- 1 tsp White Miso (optional)
- 1 T Sesame Seeds
- 1 T finely chopped Scallions
- Crushed Red Pepper to taste

DIRECTIONS

- Soak the kelp in cool water for about five minutes.
- Cut it into 1/8"-1/4" strips and set aside.
- The kelp can either be chopped or, if preferred, unfurl the frond, laying it flat on the cutting board.
- Then working with the sheet in the horizontal position, roll the kelp up in a tight tube shape.
- Next slice the rolled-up kelp creating noodles. Coax apart the spirals and set aside.
- Bring a pot of water to a boil. Add the sea vegetables and cook 5 minutes.
- Meanwhile, combine the tamari, vinegar, sesame oil, sugar, and miso in a bowl. Mix well until the sugar is dissolved.
- Toast the sesame seeds slightly in a dry skillet, just until they become aromatic.
- Cool the seaweed in a cold-water bath before combining with the dressing. Sprinkle with sesame seeds, scallions, and red pepper flakes before serving.
- Adding spiralized or sliced carrot, cucumber, and/or radishes lends a pleasing crunch to the salad as well. Be creative and enjoy!

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Makeup Artist

Doing Work that Brings Her Joy

BY MARY FRANCES BARSTOW

What is all the hoopla about this TikTok app?

I wanted to find out, so I turned to a young woman who has spent many summers in Maine and who has had over two million hits on one video.

My goodness! To interview Emiley Randall, a 17-year-old TikTok star—with some of her projects reaching millions of folks—was certainly enlighten-

ing! Her self-taught talent speaks for itself, however. She creates elaborate art works on herself, using makeup and body paint like no one else.

When talking with Emiley what astounded me was her perspective on life, her understanding—at a young age—of how happiness is attained. When I asked Emiley about her ambitions, she had one quick answer:

“I aspire to be happy and to do something in this world that brings me joy.”

She spoke about how she spent summers on Maine beaches with her grandmother, Karen Randall. She would often hear adults talking on the beach about their jobs and how much they hated going to work.

“I committed to myself at a young age that I would do something that I loved for work,” Emiley told me.

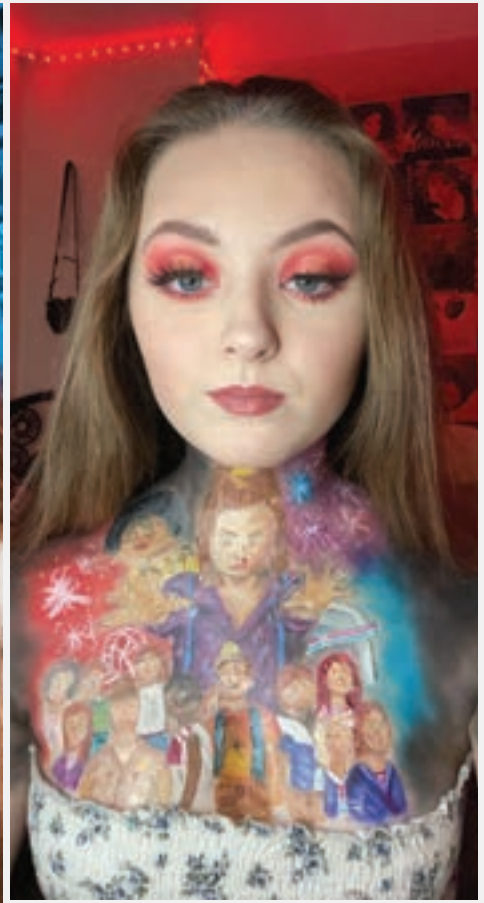
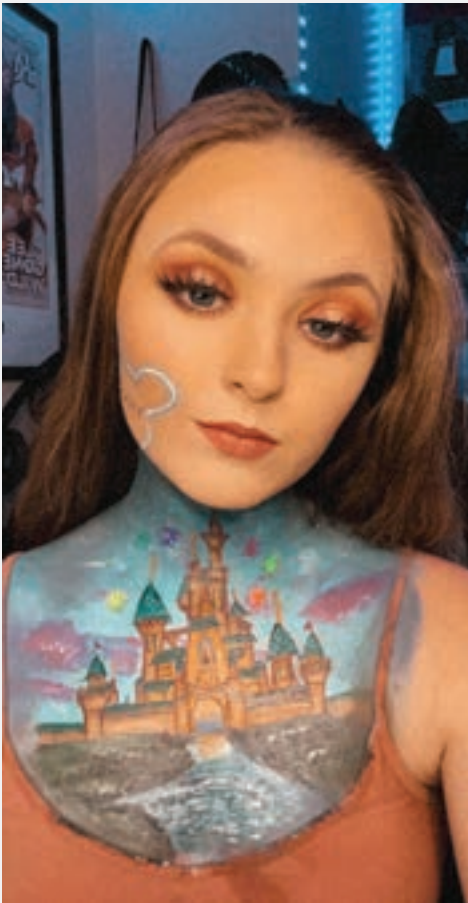
And perfecting the art of makeup gives her this joy.

I imagined that Emiley would have her artwork all over her home. But she says, “no.” She only does makeup, on herself and others. “When I was 15 years old, I set out to make a decision that changed the rest of my life. Even when I was young, I was so interested in makeup. By the time I was able to afford it, I was creating makeup looks almost every day.”

In describing her progression these past few years, Emiley says, “I started out with SFX makeup, which contains gore and fake bloody makeup, and then I changed my whole course of my work. When I was 16, I started makeup full-time. I would create unbelievable eye shadow looks, and I got better over a short amount of time.”

“Not knowing it would be my future, I developed it to be a hobby,” she continues. “Soon, around the corner, in October of 2019, I started my first video on the social media platform TikTok. Looking back at it now, I can’t believe how much I have grown to be the person I am today. Since the quarantine started in 2020, I have had a lot of playtime, fig-





uring out makeup and watching other creators on social media do the same. I was blessed with the opportunity to have done some makeup in the past for weddings. By October 2020 I had done 10 bridesmaids and a bride. Around the same time, I started body paint, which I noticed got a lot of attention on TikTok and Facebook. So much so that one of my videos got over two million views with almost five hundred thousand likes.”

Some of her work takes her many, many hours. “These ‘looks’ can take 4 hours,” Emiley says, “but the longest look that I have done was 18 hours. Seeing so many people comment on my videos and enjoying them lifted a great deal off my shoulders. I was skeptical at first, but then I saw that I could turn my dream into a reality.”

Now, in the spring of 2021, Emiley has been offered a job in Boston. It is a good job at a makeup studio that does makeup for people in the television news industry. This opportunity, she says, “is allowing me to conquer my dreams as a makeup artist and finally to achieve something I was wishing to achieve. And with over five thousand followers on TikTok, I am creating a website and Facebook page to reach more people.”

Looking ahead, Emiley says, “Next, I am planning to go to college to study more about skincare and makeup. I am beyond excited to see what is in my future and what I might turn out to be!”

Find Emiley’s TikTok at [tiktok.com/@emileymbeauty](https://www.tiktok.com/@emileymbeauty), or her website at emileysmakeupdesig.wixsite.com/my-site.



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COLLEEN CRAIG

From Hot Dogs to Blueberries

BY LIZ GOTTHELF

When Colleen Craig graduated from DePaul University in 2004, she landed the ultimate post-college dream job. She was chosen to be an Oscar Mayer Hotdogger.

"It's a very intense six-month interview process. They interview thousands of graduating college seniors from all around the country, and they select 12," she said. "I had to sing the jingle on camera."

Colleen attended Hot Dog High, a two-week training program where she learned how to drive the iconic 27-foot Wienermobile, how to deal with the public and the media, and of course, how to relish numerous hot dog puns.

She and another Hotdogger drove from site to site, sharing the enthusiasm of people who would smile and wave when they saw the Wienermobile drive by. Others would rush over when they saw the vehicle parked, eager to get their photo taken or ask for a wiener whistle.

“It was a great opportunity to see the country, and it was the perfect foundation for my future career,” she said. “You’re delivering the same message and the same information hundreds of times, but for that person it’s the only time, so you really have to maintain this level of enthusiasm and make sure that every experience is really memorable,” she said.

At the age of 23, Colleen learned grassroots marketing skills. In addition to fielding the same jokes and puns and jokes over and over, she was coordinating media, scheduling tour stops, and booking hotel rooms.

“When that job ended, I thought, this can’t be the best last job I’ve ever had,” said Colleen.

Fortunately, it wasn’t.

Colleen landed other jobs in marketing, including a position at a public relations firm in the Chicago area at which she worked on an account for McDonald’s. Through this job, she rode the Ferris Wheel at Navy Pier in Chicago with Ronald McDonald and also attended Hamburger University.

In 2013, Colleen decided to move to Portland. Growing up in Connecticut, she used to visit her aunt in Maine every year and spend time at Gooch’s Beach in Kennebunk.

“I’d been coming to Maine my whole life. I used to refer to Maine as my Disney World because I just loved coming here. It was my happiest place on earth,” said Colleen. “I wasn’t born in Maine, but I got here as fast as I could.”

She furthered her career in marketing in Portland and when working on a seafood account attended the Lobster and Salmon Academy, a training program for industry leaders. “I feel like I really rounded out my post-college food-specific credentials,” she said with a smile.

Colleen then took on a job which had her traveling a lot from Maine to Boston and London. She decided to find a job that was more stationary, one that would allow her to spend time in her new home state.

She went to an interview at Jasper Wyman and Son’s, and in July 2019 landed that “best last job” she had been looking for.

Colleen loved the history of the company, which has deep roots in Maine. Wyman’s grows, packages, and markets wild Maine blueberries, and also sells other frozen fruits like raspberries and strawberries. It was founded in 1874 in Milbridge and is a

fourth-generation, family-owned business. It was a great story that hadn’t been told yet in a big way, and she was excited for the opportunity to help the company tell it.

She also enjoys the people she works with and the job itself, which is different every day.

“I’m hoping to work here the rest of my career,” she said.

Many people recognize Wyman’s as something they get in the freezer aisle of the grocery store, but there’s a lot more to the company. It has a rich heritage and brand equity, yet it also has a real passion for product innovation.

It also has strong ties to the community and has a mission to get people to eat more fruit as part of a healthy lifestyle.

“If we do our job well, then we provide a bigger benefit beyond ourselves,” said Colleen.

She believes it’s important to stay sharp. She is taking a course in the frozen food industry and will be able to add that knowledge to her list of food credentials.

Though Colleen grew up in Connecticut, her family is from the

Midwest. She can trace her ancestry to farmers. She was raised with an appreciation for the land, farming, and the sources where food comes from. Her family was also frugal, and she was taught that having food in your freezer is like money in the bank.

“My freezer is full of Wyman’s products. I absolutely believe in the quality of our products,” she said. “We are the number one brand of frozen fruit in the country because we have a superior product.”

And she not only works for a company that preach-

es the importance of eating fruit, she takes the mission to heart and makes sure to eat two cups a day. Two of her favorite ways to eat wild blueberries are on her oatmeal in the morning and in homemade chia jam, from a recipe on the company’s website.

Thinking back over her work experiences, Colleen says, “The Wienermobile is considered the ‘dogfather’ of Experiential Marketing. It’s such a powerful vehicle to impact, influence, and deliver a unique experience that fuels other media. I was fortunate to start my marketing career as a Hotdogger and to learn from the ground up the importance of creating a one-to-one memorable experience and positive association for a brand, every single time.”

She sees her early experiences as valuable in a way that becomes ever more apparent, the more high-tech life gets. “I’ve applied the lessons I learned on the road in every job since and continue to believe that despite the thousands of new channels to reach people online, *in-person community engagement* is one of the (if not *the*) most effective way to generate brand interest and loyalty.” •



Colleen with her grandfather, Jiggs O'Connor, and great uncle, Bill O'Connor, in Kankakee, Illinois.

PLAY IT FORWARD

Annie Antonacos and Tracey Jasas-Hardel help young musicians with 240 Strings

BY SUANNE WILLIAMS-LINDGREN

Until recently, when I heard the words “classical music,” I would have thought words like “stodgy” and “boring.” You may be saying “*Really?* I love it!” But frankly, I didn’t. I grew up in the 50s with the sounds of Peggy Lee, Dean Martin, and Frank Sinatra. The Gregorian chants played during mass were as close as I got to classical music, and from them, I did not think it likely I would ever get into the style or develop lovely acquaintances with classical musicians.

Then, happily, I met Anastasia Antonacos (also known as Annie) and Tracey Jasas-Hardel, two gifted, world-class classical musicians who live in the greater Portland area. They are totally unpretentious, down-to-earth women—the kind of women you would like to have a cup of coffee with or a glass of wine and just shoot the breeze together. They are lovely, fun, energetic, personable women. Then, at some point, you’d learn what they did for a living, and you’d find yourself saying “What? Wow!”

Annie, a pianist, and Tracey, a violinist, have performed with symphonies and orchestras for audiences around the world, in storied places such as Carnegie Hall, Lincoln Center, and the White House. Each of them holds the titles of musician, teacher, wife, and mom.

The two met a few years ago. Annie reached out to Tracey when she learned a new violinist had moved to town. The two hit it off. As Annie said, “we just clicked, and we started to play together once a week.” From there, the Portland Piano Trio was formed (they play with cellist Wayne Smith), and before long they were playing in venues throughout New England.

Both Tracey and Annie grew up surrounded by music. In Annie’s case it was classical, while Tracey’s background was pop. As a young girl, Tracey’s mom and grandfather, musicians

in their own right, helped her get her start. It was Mrs. Quigley though, her elementary school orchestra teacher, who started her on violin at age 10 and saw her potential. This perceptive woman encouraged Tracey to practice just a few minutes every day, advice which Tracey took to heart. Before long, at Mrs. Quigley’s recommendation, she began private lessons. Tracey’s grandparents gifted her with her first quality violin to encourage her to continue to play.

Annie initially started playing with her dad, a very good amateur pianist. He played on a grand piano, which she continues to play today. When Annie was 8, shortly after her family moved to Maine, she asked for piano lessons and began taking them twice a week from “the matriarch in Saco,” Mrs. Ruth Roberts. Mrs. Roberts had studied piano in Vienna and other parts of Europe and had dedicated her life and career to music. Annie described this teacher as being “down to business.”

As each grew up in their respective homes, the two budding musicians continued to practice and practice, not always loving the process, but finding the results rewarding. They found themselves frequently entertaining their families at home (if not always the neighbors within earshot). Little did either of them know that these living room concerts were warm-ups for their future careers in performing.

Both Annie and Tracey were in their teens when they realized that they were deeply devoted to play-

ing music and were determined to see how far they could take it.

Tracey took her senior year of high school at Interlochen Arts Academy and then pursued undergrad and grad degrees at the Cleveland Institute of Music. While there, she was mentored by Linda Sharon Cerone, a violin child prodigy. When Linda observed Tracey’s tendency to let her thoughts get in the way of her playing, Linda would look at her in amazement and say,



The Portland Piano Trio: Tracey Jasas-Hardel, Annie Antonacos, and Wayne Smith. Photo by Dennis Welsh



Tracey



Annie

“Just play it!” Her sage advice of paying attention to how the music felt and playing it was just the advice Tracey needed.

Annie completed her undergraduate studies at University of Southern Maine where she was a student of Laura Kargul, a notable world class pianist and Director of Keyboard Studies. Laura helped her learn how to perform in what’s typically been an “old boys” field. Annie went on to get her master’s and doctorate at Indiana University where she studied under Leonard Hokanson, a Maine native who achieved prominence both in America and Europe.

Tracey and Annie agreed that they love playing music, including the travel, camaraderie, and chance to meet fascinating people. They were equally honest about the not-so-glamorous aspects of life as a musician—lonely times, hard work, and sometimes less-than-desirable conditions. Imagine having to play a piano that wasn’t fit for a beginner or having to play violin in frigid temperatures, and occasionally in front of unappreciative audiences.

And, as in all fields, it can be hard to juggle being moms and having a career. For instance, Annie had an exciting opportunity to play an hour-long Brahms piece for a group. As a first-time mother of a nine-month-old baby she repeatedly heard, “you can’t do that, you’ll never be able to practice, you have a newborn, it won’t work.” Tracey faced being told, “you can be a mom or a professional violinist, but you can’t be both.” Each of these women, in their own way, said, “I’ll show you I can.” They were determined to make it work, despite there being few female role models to look to in the world of classical music. Both of them have husbands who have honored and supported their careers. And like most working moms, they’ve become a lot more flexible with their time and schedules, often grabbing a few minutes of practice here and there.

The music kept them going. Tracey said, “I’d describe being a musician as difficult, slightly obsessive, and very physical work, that culminates in sublime beauty and an almost other-worldly connection to humanity. Once we learn the notes, the fun begins.”

A few years ago, driven by their passion for music and their desire to pass on their love for music to kids, they created the organization 240 Strings. As Annette Kraus, the organization’s Executive Director said, their non-profit provides “free music education to young beginning students (kids grades 2–12) who want to learn to play classical music, and for whom such study is financially out of reach.” Even as a professional musician Tracey said, “as a parent of a child who plays cello, I was struck by

how expensive it is to pay for private lessons, instruments, and supplies.”

Many public schools have eliminated music education from their curriculum, and that puts it out of reach for lots of kids who want to pursue their dreams. Now 240 Strings makes that a possibility for many children in the greater Portland area, enabling them to develop their techniques and discover how practice does make perfect. They strive to “cultivate young minds and hearts while building community along the way.” They “provide instruments, music books, everything a child needs for lessons and home practice, all at no cost,” said Annette. Funded

mostly through grants and donations, they’ve taught countless kids to date.

Watching these children enhance their musical skills has been incredibly rewarding for Annie and Tracey. In particular, they’ve been able to witness what research has proven—that children who learn to play a musical instrument are more confident, have better spatial and reasoning skills, are more patient and focused, and tend to do better academically. A parent of one of their students supports this research. Celia said she’s seen her son become more focused and able to express himself. And Heitor, her 14-year old son, said he’s “improving fast” and that playing is becoming more and more rewarding.

The plan for both Annie and Tracey is to continue to grow 240 Strings. Their work will involve strengthening relationships with the schools and other musical institutions in the area, which will hap-

pen once the pandemic abates. As the organization grows, they plan to hire more music teachers, allowing for more students to participate.

Both Annie and Tracey say that they will be playing it forward for as long as they can.

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To learn more about the 240 Strings program, please check out www.240Strings.org. To learn more about the Portland Piano Trio, please go to www.portlandpianotrio.com.

The April concert (Includes Annie and Tracey) is Friday, April 9 at 8 p.m. It is a \$10 ticket to view the concert online. For more information, please visit usm.maine.edu/music/faculty-concert-series-portland-piano-trio.

Then 240 Strings presents Portland Piano Trio on Sunday, June 6 at 7 p.m., and a student showcase on Monday, June 7 at 7pm. FMI: www.240strings.org/events. •



Tracey with her grandfather.

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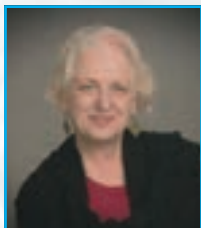
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Elevating Voices

Meet the Women Behind the New Greenlight Maine Series

BY LYNN FANTOM

When Maine Public Television begins airing the inaugural season of *Elevating Voices* in April, perceptive viewers may sense a genuine rapport and connection between the co-hosts.

For the new series, Kenyan-born lawyer Alyne Cistone joins veteran broadcast journalist Julene Gervais to celebrate diversity among businesses in Maine. The two are friends. Over six episodes, they travel around Maine to spotlight minority-owned companies ranging from start-ups to community cornerstones.

The program is part of *Greenlight Maine*, which originated as a head-to-head competition among business innovators for cash prizes. *Greenlight Maine*, now in its sixth season, has been a popular success, in part by exploring different dimensions of Maine's business landscape and introducing variations. The producers have previously launched "College Edition," featuring student entrepreneurs from Maine's acclaimed colleges and universities. *Elevating Voices*, the new diversity-focused series, is not a competition, but each honoree is awarded \$5,000.

What is common to all three is that they are about "growing Maine . . . one dream at a time," says executive producer Nat Thompson.

The new series comes at a time when Maine is increasingly aware that it has the highest percentage of white residents of any state in the US. That demographic statistic may be changing, albeit slowly, as people with diverse backgrounds, including recently resettled refugees, choose to call Maine home and start businesses here.

Before Alyne Cistone was recruited as co-host of *Elevating Voices*, she was a *Greenlight* guest about a year ago on the segment called "Sunday Morning Conversations." In that interview, Julene was curious about the experience of newcomers to Maine, and she asked Alyne about her impressions.

"I was scared at first. It's different, and there are fewer of my kind," Alyne responded. "So, I have been surprised. I think people are more curious than racist in this state. There has been a warm embrace of my uniqueness, and I've had many opportunities for work."

Clocking in under three minutes, the segment ended, but Julene couldn't leave it at that. She asked Alyne to lunch. Then, the two couldn't stop talking.

For Maine, they may seem an unusual pair: an African from rural Kenya who has an elegant Swahili-tinged English accent and an Irish-Italian American from the Boston area. "When we walk down the street or when we get together, people look at us," says Julene.

But they discovered their lives were "so much alike"—their values, the fact they are both from big families, their careful balance of motherhood and careers, and their experiences of both being new Mainers at one point. "We just became great friends," says Julene.

Now TV viewers will be watching them even more intently as the two women interview small-business owners who have wide-ranging cultural histories. With each visit and conversation, Julene's and Alyne's goal is to "get a sense of where the owners work, and where they live, and to find the aha! moments in these people's stories," says Nat Thompson. Filming the episodes safely on location throughout Maine during COVID was "exponentially more difficult," the executive producer adds, but it is a dimension that differentiates the new series in the *Greenlight Maine* portfolio.

Spurred on by the commitment of Bangor Savings Bank, the project has evolved. It has generated excitement among an array of stakeholders, including the Maine Department of Economic and Community Development. From over 30 candidates, a selection committee chose 12 honorees. Among them are

- A husband-and-wife team of Penobscot tribal heritage, who have been creating luxury jewelry for the past 20 years.
- A former Bolivian who is introducing Mainers to empanadas and his own carrot salsa that complements the savory hand pies.
- A Penn Law "super litigator," an African American, who has successfully argued cases in state and federal courts throughout Maine, including the Maine Supreme Court.
- A group of Somali immigrants now able to lease farmland in an agrarian trust. For the last 30 years, these farmers had moved throughout Somalia and then to refugee camps in neighboring Kenya.

Alyne has made a valuable contribution to the program through her knowledge of African history and geography. For example, as the team planned for the interview with the executive director of the Somali Bantu



Alyne Cistone and Julene Gervais, the co-hosts of *Elevating Voices*. Photo by Jeff Kirlin



Community Association, Alyne's knowledge shed light on what this gentleman had been through. "He actually *walked* from Somalia across the border to Kenya to get to the refugee camp," she explained to them. That might be some 300 miles—like walking from Caribou to Kittery.

As Nat Thompson accompanied the co-hosts on interviews around the state, he noticed that the honorees, "almost to a person, have said that they've been very welcomed and very accepted, with mentors and people who've done so much for them. That's a big part of the story, too."

Alyne agrees, saying, "It was easier for me to build that 'community' right here in Maine than any other place in the US that I've been. And the reason: the nature of who Mainers are."

She and Julene are capable guides for all the inquisitive viewers who will be tuning in. Both are storytellers who come from families of teachers, although their differences in background are another facet of their friendship.

Julene is a TV "pro" who has been on camera in Maine as a reporter, sports anchor, talk show co-host, and moderator for 25 years. She coached Alyne on the subtleties of interviewing people and being filmed.

Alyne grew up on a farm in southwestern Kenya where there was no electricity or running water. True to her ethnic Kisii name "Kemunto," which means "cheerful one," she made toys when she didn't have them and studied hard by candlelight. Her mother was a teacher and her father eventually became a banker—both "really good role models and forward thinking." They spared her from the "dowry tradition," Alyne says. "Girls were viewed as a way to make money because you get so much dowry out of them." With a strong performance on a key national exam in Kenya, Alyne was fast-tracked into the best educational opportunities in the



Alyne Cistone and her daughter Kemy on Mount Desert Island. Photo by Katherine Emery

country. Then, as she was studying law at the University of Nairobi, a mentor encouraged her to pursue her interest in international law at Case Western Reserve University School of Law in Ohio. That was almost two decades ago.

Since 2011, Alyne has lived on Mount Desert Island with her husband, the chief executive of an inter-faith, international nongovernmental organization, and their two children. For clients like the Jackson Laboratory, Alyne's firm Global Tides Consulting offers "community on-boarding"—helping newcomers to Maine access different services so that they can put down roots. She has been a member of the Board of Trustees of the College of the Atlantic since 2013.

Alyne is excited that *Elevating Voices* will acknowledge the contributions minority-owned businesses are already making to Maine's economy. What's more, she says, the program reveals some of the challenges these business owners face—overcoming the language barrier, getting access to capital, finding simpatico mentors, and orienting to the particular business environment here. By

raising awareness of these and other challenges, she hopes the program will spur government and service organizations in fruitful directions, for the good of all.

But, more than that, "it's time for people to understand that we are their neighbors, their friends, and part of the fabric of Maine," she says.

Julene knows that already. After a long weekend of filming, the crew was wrapping up at the historic Dana Warp Mill, where Alyne had interviewed the Ghanaian sculptor and jewelry designer Ebenezer Akapo earlier in the day. Portland City Councilor Pious Ali joined the Sunday night get-together of friends.

In this open and creative space—home to photographers, artists, and designers—Alyne and an honoree Adele Ngoy, the owner of Antoine's Formalwear, offered up an African banquet. Curry scented the air. Diners pulled off pieces of ugali, the traditional white maize porridge, to scoop up flavorful fish, chicken, and vegetables midst the hum of relaxed conversation. Monday, Martin Luther King Day, would be another day of filming, another day of elevating voices. •

JAMIE ENOS

Captain

of the *Saphaedra*

BY PAM FERRIS-OLSON



Jamie Enos racing in the Vineyard Cup in 2017. Photo provided by Jamie Enos

Jamie Enos grew up on the north shore of Massachusetts but learned to swim and sail during summers spent at her grandmother's home in Kennebunk. Every summer Jamie spent time on the water with the Kennebunk Beach Improvement Association, a youth recreation and enrichment program located at Mother's Beach. She mastered sailing in Lasers, 14-foot dinghies designed to be sailed single-handedly. But, she says, "I never really loved sailing when I was younger. It sort of scared me." Now, Jamie has sailed to 40 different countries since she took the helm of *Saphaedra*, a 52-ft wooden sailing yacht. It was designed by Aage Nielsen of Denmark and built in 1965 by Paul Luke in East Boothbay.

During those summers in Kennebunk, she progressed from student sailor to instructor, yet she never felt committed to boating. At college, she rebuffed an attempt to recruit her for Colby's sailing team. "Nothing sounded less appealing to me than living in a dry suit, breaking ice with a 420 [sailing dinghy] every morning, and freezing my butt off."

While she was at college, though, a sailing mentor encouraged her to get her captain's license. Jamie hadn't been thinking of a sailing future, but she thought she might as well study for the license. "It was one of those things in college where I didn't really know what I was going to do when I graduated." Working on a boat didn't seem like a bad plan since by then

she liked being on the water. Jamie viewed sailing as a reasonable option while she figured out what she was going to do with her life. She'd sail for a couple of years and maybe have a chance to go to the Caribbean.

At the age of 22, Jamie stepped aboard *Saphaedra* and, metaphorically, never got off. Early in her 14-year tenure she became captain, quite an accomplishment because, before this job, Jamie hadn't handled a boat much bigger than a dinghy. It was also a notable achievement in an industry that has few female captains. Being a captain is a complex job, especially since she is responsible for most of the work. Her job involves much more than steering a boat. She acts as ship plumber, electrician, diesel mechanic, supply provisioner, navigator, and much more. As Jamie puts it "Boats are meant to be self-sufficient so there's lots of systems to keep running smoothly." And, on a boat of *Saphaedra's* size, crew size varies with the complexity of the sailing but is never more than a handful.

Jamie knows that it is difficult for a woman to be hired to captain a boat. "Many women I know have been trying for years to get a job running a boat but will only be hired to be the cook or the stewardess, never the one in charge. So, it is hard to give people advice on how to get where I am when there are so many roadblocks we can't control."



Above: Jamie racing in Portland. Photo provided by Jamie Enos

Top left: Jamie raising sails in Norway. Photo by Amanda Sparks

Bottom left: Jamie gets cuddles from her puppy. Photo by Chris Canella



On her first voyage with *Saphaedra*, Jamie wasn't certain where she was headed. She had packed a small duffel bag, assuming the trip was just for a long weekend. Since that first trip, she's had lots more to figure out. One of the fundamentals she learned was that "bigger boats are just like little boats except the lines are a lot bigger, the loads are a lot heavier, and they turn a lot slower." Jamie admits that in the beginning—and later when she sailed into the unfamiliar waters of the Caribbean and Scandinavia—there was a steep learning curve. She could, however, rely on modern navigation equipment. She also had the wisdom to surround herself with crew who knew more than she did and at the same time, not to believe everything they said. She now looks back at all the times men attempted to give her advice and tell her she was doing something wrong. She came to realize that "they might not know what they are actually talking about despite them saying they've been sailing forever."

While Jamie has stretched herself to meet each challenge, her living quarters have required her to think small. She lives in a space on the fo'c'sle, an area at the front of the boat. At 5 feet, 11 inches tall, Jamie is a "little long" for her bunk, with her feet extending out into the anchor chain. Her quarters are simple, with a small sink, one drawer, and a hammock to store her belongings.

The austere, cramped quarters seem a minor inconvenience measured against the life she leads. Her adventures include two memorable summers spent in Scandinavia. Rather than sailing *Saphaedra* across the Atlantic, Jamie traveled overseas on an airplane and met the boat over there. *Saphaedra* had meanwhile been hoisted intact on to a freighter's deck and strapped into a specially made cradle that was welded to the deck. This plan was cost effective and reduced the wear and tear on the five-decades-old wooden boat.



Above: Jamie and her crew in the Eggmoggin Reach Regatta.
 Top right: The *Saphaedra* loaded in Newport before crossing to Southampton, United Kingdom. Top photos provided by Jamie Enos

Center right: Jamie charting along the Norwegian coast.
 Photo by Amanda Sparks

Bottom right: Loading onto the ship in Rauma, Finland for the trip home.
 Photo by Amanda Sparks

Sailing in the North Sea was an entirely new experience for Jamie. By then an accomplished sailor, she had prepared to take on a marine environment with the potential to be “the worst weather in the world. In Norway, the weather is so extreme that they have these super small, concentrated low-pressure systems that every few days come off the North Sea and blow over the coast.” About halfway up the coast, the seas became calm. Jamie relied on *Saphaedra*’s engines to make it to port. Ten minutes after pulling in, Jamie noticed the white caps just beyond the breakwater. “It went from 0 to 30 knots within ten minutes.”

That first summer Jamie and crew sailed *Saphaedra* from the United Kingdom to Denmark. She overwintered in a boatyard where a man remembered going to the United States to help build the yacht. The second summer *Saphaedra* sailed along the coast of Sweden and Finland. During the winter months in between, Jamie flew at least once a month from her home in Camden to check on *Saphaedra*. While there are no plans in the near term to travel long distance, *Saphaedra* is in good shape and maintained to be sailed just about anywhere.

Jamie’s job is full-time. Her duties vary depending on the season and the plans for that year, but all are geared to maintaining the boat at high standards so it is ready for cruising, racing, or offshore sailing. Jamie says that the boat’s owner “has a huge appreciation for not only the beauty of wooden boats, but also the stories behind them. With that in mind, he recognizes that classic boats should get to be enjoyed and





Jamie at the Antigua Classic Yacht Regatta. She has won first place three times in the 50' and over singlehanded race.
Photo provided by Jamie Enos

admired by everybody for the important place they hold in sailing history. I think that is a big part of the reason why we compete in regattas.”

Some of Jamie’s best memories include sailing the Eggemoggin Reach Regatta, a one-day, 15-mile race out of Brooklin, Maine. Run during the first weekend in August, the race started in 1985. It has grown to a three-day event, having merged with the Camden Feeder Regatta and the Castine Classic Yacht race. It’s Jamie’s favorite because she sails with an all-female crew, sometimes with as many as 12 sailors. Last year, *Saphaedra* came in first in her class. “I think our success is always due to the great crew we have on board. We’ve now raced together on *Saphaedra* quite a bit, so the girls know the boat well. We have some really amazing sailors onboard, and the communication is always great. Never any of the shouting like you hear on some boats.” In fair sailing and foul, Jamie and her crew know their way around the deck. •



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MAINE WOMEN'S HALL OF FAME

Honoring Women for their Contributions

BY ANNE GABBIANELLI

This spring, two notable women have been inducted into the Maine Women's Hall of Fame: Joyce Taylor Gibson and Leigh I. Saufley.

Joyce Gibson is a distinguished educator and advocate for civil rights, women's rights, and social justice. She is Associate Professor of Leadership Studies at University of Southern Maine (USM) and former Dean of USM's Lewiston-Auburn College. With an extensive background in administration, she has done much over the years to build partnerships between Maine communities and the university.

Leigh Saufley is Dean of the University of Maine School of Law and former Chief Justice of the Maine Supreme Judicial Court. In her position now, working with young people who are studying to become lawyers, she is dedicated to having "diversity at the table."

Since 1990, more than 50 women in Maine have been inducted into the Maine Women's Hall of Fame, housed at the Katz Library on the University of Maine Augusta (UMA) campus. The Hall of Fame is dedicated to women whose achievements and contributions have had a significant statewide impact, have significantly improved the lives of women, and have provided enduring value for women.

Inductees are recognized by the Maine Federation of Business and Professional Women/Futurama Foundation. The National Women's Hall of Fame was founded in the late 1960s with other states following suit. Maine is among some 25 other states who honor notable women in such a way.

"Margaret Chase Smith was the first inductee. She was in her 80s, tiny and frail and as pleasant as could be," recalls Thomas Abbott, then Dean of Libraries and Distance Learning at UMA. Tom was among the original group of people who oversaw the creation of the Maine Women's Hall of Fame. "We didn't have a location for it, and the Katz Library had an appropriate section, so we all agreed this was a good place to recognize the inductees by showcasing their pictures and accompanying biographies."

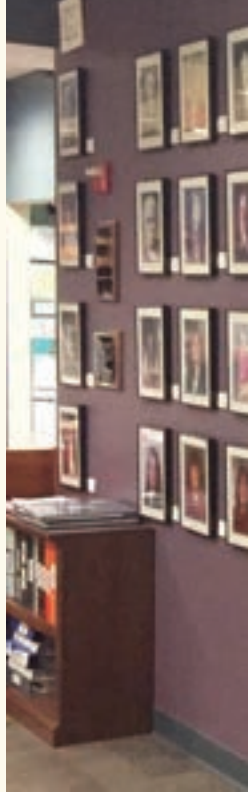
"There is quite a long history of these strong women," Tom says, noting the late Patti Bourgoïn of Augusta was certainly one of them. She collaborated with UMA in creating the Maine Women's Hall of Fame.



JOYCE TAYLOR
GIBSON



LEIGH I.
SAUFLEY



Some Honorees

Cornelia Thurza "Fly Rod" Crosby (1854–1946). First licensed Maine Guide, advocate for Maine outdoor sports, published in the national magazine *Fly Rod's Notebook*, and was a role model for active, capable outdoorswomen.



Florence Brooks Whitehouse (1869–1945). Feminist, suffragist, activist for women's rights and world peace, novelist (*The God of Things* and *The Effendi*), chair for 13 years of the Maine branch of the National Women's Party, and host of a weekly radio program on peace.



Mildred "Brownie" Schrupf (1903–2001). Home economist, food educator, Maine Department of Agriculture's "Unofficial Ambassador of Good Eating," and author of weekly food columns for *Bangor Daily News*.



Elizabeth "Tibby" Russell (1913–2001). Geneticist and biologist, did groundbreaking work in pigmentation and germ cells, raised awareness of lab animals in biomedical research, and assessed the need for biomedical researchers on the national level.





Katherine L. Ogilvie Musgrave (1920–2015).
Dietician, nutritional consultant, president of Maine Dietetic Association, co-author of nutrition textbook, and creator of a nutrition curriculum for Maine Department of Education.



Judith Magyar Isaacson (1925–2015).
Holocaust survivor, director of the Holocaust and Human Rights Center in Maine, member of Bowdoin College Board of Overseers, and board member of Central Maine Medical Center.



Marti Stevens (1939–1993).
Educator, theater director, and founder of adult education, literacy, and theater programs for high school dropouts, teen parents, the disabled, prison inmates, and seniors.



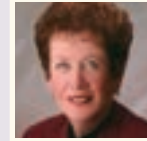
Chilton Knudsen (1946–).
Eighth Bishop of Maine, former pastoral care officer in the Diocese of Chicago, missionary in Haiti, and Assisting Bishop for the Episcopal Diocese of Washington.



Gilda E. Nardone (1948–).
Co-founder and director of the Displaced Homemakers Program, and women's advocate, assisting middle-aged and older women thrust into the role of family breadwinner.



Sharon H. Abrams (1950–).
Advocate for teen and working parents, longtime Executive Director at Maine Children's Home for Little Wanderers, certified teacher, and licensed social worker.



Lynn Mikel Brown (1956–).
Professor of Education at Colby College, co-founder of Hardy Girls Healthy Women, and co-producer of a documentary that addresses homophobia and youth suicide.



Julia Clukey (1985–).
Former Olympic luger, motivational speaker, founder of self-confidence girls summer camp, advocate of good-decision making and responsibility, spokesperson for Maine Beer and Wine Distributors Association, and survivor of Arnold-Chiari Syndrome.



Stacey Brownlie, the current Director of Library Services at UMA, says that the Hall of Fame area often catches visitors' eyes while they visit the Katz Library. "I've observed patrons walking by and stopping with surprise. I also sometimes hear them remarking that they have a connection to a certain awardee." She goes on, "The Admissions Department highlights the display during campus tours. It integrates nicely with the Holocaust and Human Rights Center," located nearby.

While some may say the Maine Women's Hall of Fame is the well-kept

secret, Tom recalls as many as 300 people have attended an induction ceremony, which traditionally is an event celebrated with a tea. The ceremony usually coincides with Women's History Month each March.

The nomination process is quite simple. A woman, either living or deceased, may be nominated by an organization or an individual. Nominees must meet all of the following criteria mentioned above: the woman's achievement has had a significant statewide impact, her achievement has significantly improved the lives of women in

Maine, and her contribution has enduring value for women. The nomination form is found online: bpwmefoundation.org

Last year, the 31st annual induction ceremony was canceled due to the pandemic. This year, a virtual ceremony was held on March 20, 2021, for this year's inductees, Joyce Gibson and Leigh Saufley. People across the state join with those who were involved with the virtual event—to honor, thank, and celebrate these two women for their achievements and contributions on behalf of the women of Maine. •

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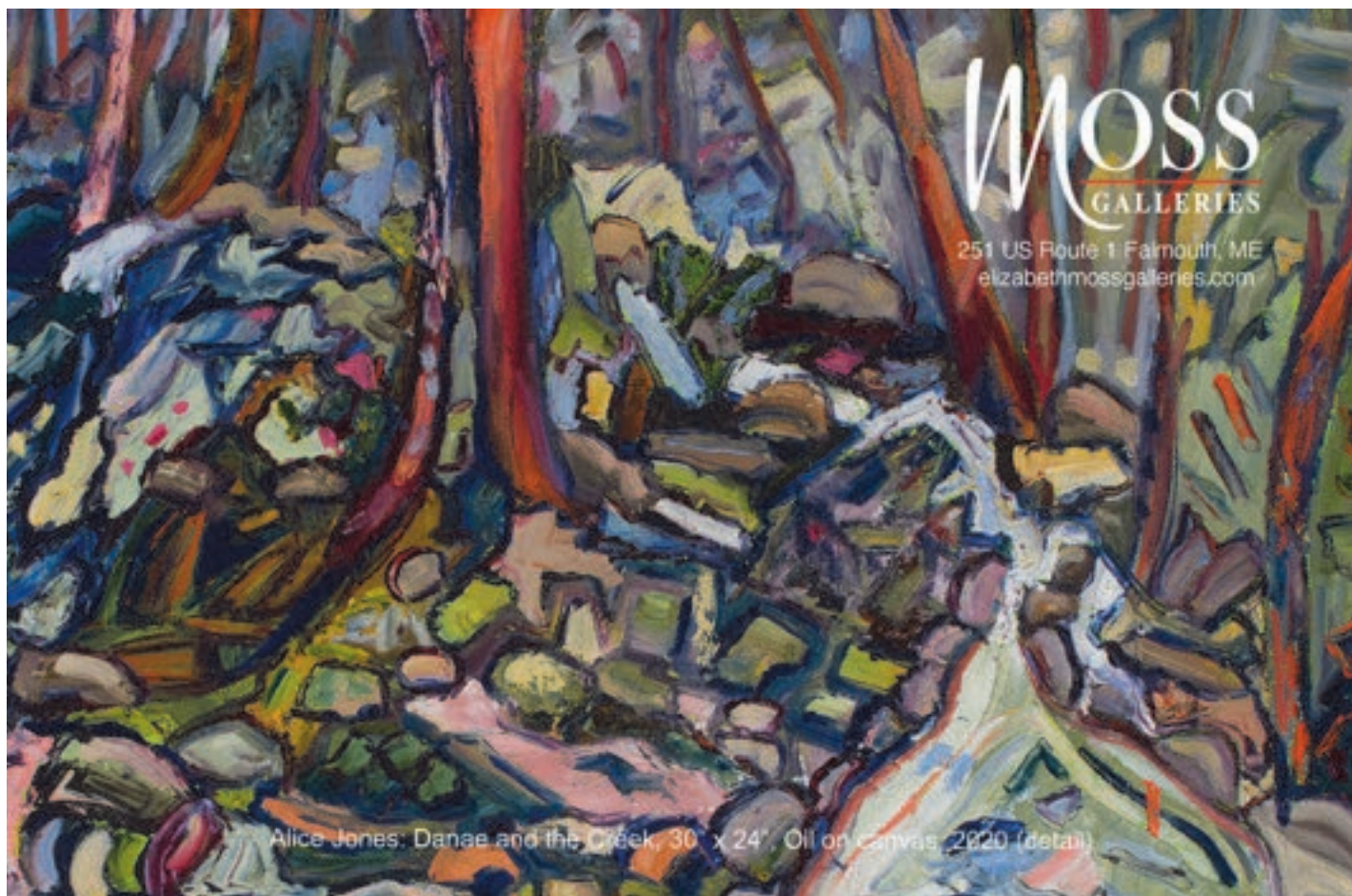
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Alice Jones: Danae and the Creek, 30" x 24". Oil on Canvas, 2020 (detail)



Photo by Annette Zamarchi

LISA BLANCHARD

Visions of Nature, Set in Glass

BY PAM FERRIS-OLSON

From her Glass Mermaid studio on Spar Cove in Freeport, glass artist Lisa Blanchard gains inspiration from the pine trees just outside the door and from the water's edge a few steps away. In the spring, she paddles out from the dock to look for horseshoe crabs. She has always been drawn to explore the natural world, where, she says, "I am curious about everything. Whatever is in front of me, I want to know about," Lisa said.

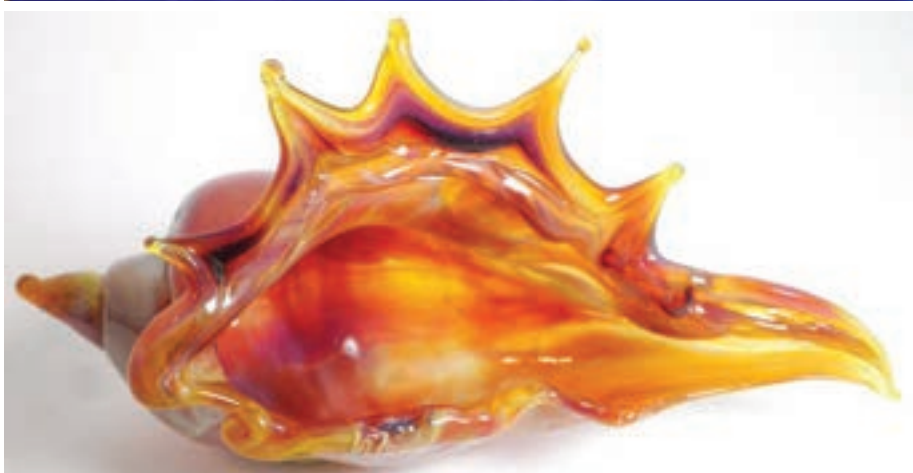
A ninth-generation Mainer, Lisa grew up along the Piscataqua River, one of four children of a plumber and a stay-at-home mom. She recalls her time growing up as being a perfect childhood. She spent much of her time, "mucking around boats." Lisa remembers doing a lot of drawing from an early age, often while sitting on a boat. She liked drawing

boats, attracted by what she saw as their beautiful lines. Lines and marks are how Lisa views the world and her artistic practice.

Foreshadowing her career as a glass artist, one of Lisa's vivid childhood memories was holding an antique hand-blown light blue vase that had been handed down through the generations in her family. The girl was drawn to the smoothness of the vase's surface and the glass' translucent qualities. The glass object's beauty left an indelible impression on her.

When Lisa was in high school, she would occasionally skip school in order to go sailing by herself. So, upon graduation, it seemed natural for her to attend the Maine Maritime Academy, a college based in Castine that focuses on mari-





Photos courtesy Lisa Blanchard

time training. At that time, the 17-year-old thought she wanted to work in some area of commercial shipping.

Although that career path didn't pan out, Lisa met her future husband Tom while sailing at the academy. Lisa continued her maritime education in the Yacht Design program at the Landing Boat School in Arundel. Tom's work in commercial shipping landed the family overseas in Norway, Alaska, and Texas, before the couple returned to Maine to settle permanently. Their children Laura and Noah also attended the Maritime Academy and have extensive experience with boats. Laura works in several capacities with boats, and Noah is a tugboat captain in Portsmouth, New Hampshire.

One of the places Lisa and Tom lived was Valdez, Alaska. Once a Gold Rush town, Valdez is located on a fjord of Prince William Sound. The town was the site of catastrophic damage following an earthquake in 1964 and then an oil tanker spill in 1989. It is now a major fishing and shipping port in the state. During their time there, Lisa operated a shop from which she sold her glass creations and taught glass making. Her passion for glass and her talent for teaching had a lasting impact on people in the small town. When it was time for the Blanchards to move again, a former student bought the business from Lisa before the departure, and a number of others made major investments in equipment so they could continue making glass art. Reflecting on that positive time, Lisa says, "I felt great when I left, as I felt I had inspired others."

Lisa and Tom's first home in Maine, in Kennebunkport, was completely off the grid. It had a little windmill and was built on an old quarry. The six tons of rock below the house's foundation could store up to five days of heat. Today, her home in Spar Cove lacks a windmill and quarry base, but it does have solar panels, chickens, boats, and a studio where she creates and teaches glass art. There, it's always "sunny side up," since she created a glass window of a large orange and yellow sunrise to go in the chickens' house.

The level of her craftsmanship and creativity and her love of nature are apparent in a piece she created last year



Lisa Blanchard in her Freeport studio. Photo by Laura Blanchard East

for a 2020 virtual fundraiser. The event was in support of Wolfe's Neck Center for Agriculture and the Environment, in Freeport. Her work, *Edge of the Sea*, is an 18-by-20-inch piece that incorporates images of horseshoe crabs, shorebirds, seaweed, and quotations from marine biologist and conservationist Rachel Carson. (Opposite, at center left.) Lisa custom-made all the components, some five layers thick. Each element in the piece showcases a variety of glass-making techniques.

As a glass artist, Lisa misses pre-COVID times when she could visit person-to-person and hold classes in her studio. Lisa likes to teach and especially to help people get beyond the notion that they're not artistic. When people express such self-doubting sentiments, Lisa responds with the practical viewpoint that "anything a person does takes practice to do well, whether it's playing the piano or shooting a foul shot."

Lisa is a distant relative of botanist Catherine 'Kate' Furbish (1834–1931). Kate Furbish was absorbed in plants—collecting, preserving, drawing, painting a prodigious number of plants, and discovering some new ones. These specimens and Kate Furbish's paintings of them are archived in institutions across Maine. Her legacy has been memorialized in the scientific names of several plants, the 591-acre Kate Furbish Preserve in Brunswick,

and the new Kate Furbish Elementary School, which opened in fall, 2020, also in Brunswick.

Like her well-regarded Maine relative, Lisa is independent and drawn to the outdoors. Lisa follows her own path, exploring, observing, and enjoying a flow of ideas that continually tumble forth. One of her next projects involves glass fish floats she's collected during past travels. Her vision is for a boat filled with lights and glass floats that will light the breakfast bar in her kitchen. She continues to find beauty in the lines she sees in boats and finds in nature. Those lines have sustained her through difficult times, such as the lengthy fight her husband Tom waged against cancer. Lisa and Tom had been married 34 years when he died in 2017.

Having lived in various places and being part-sailor at heart, Lisa has wanderlust to see and learn new things. She's looking forward to traveling to faraway places, such as the fjords of Chile. Until these plans and dreams can be realized, Lisa creates inspiring new visions with glass and light—distinctive beauty to gaze upon.

For more information about Lisa Blanchard's work, classes, and Glass Mermaid Studio, please go to www.glassmermaidstudio.com. Also, Lisa discusses her craft on the *Women Mind the Water Podcast, Episode 8*, at www.womenmindthewater.com.

MALAGA ISLAND: A Story Told

BY PAIGE MARCELLO



Photo by Donna Chapman

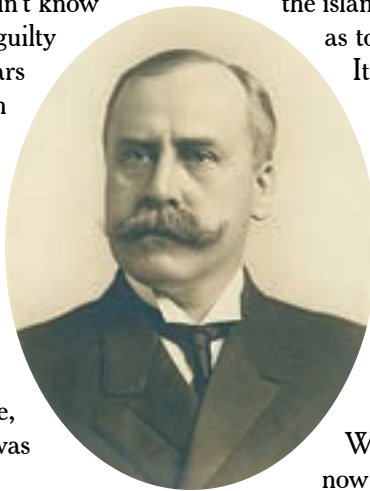
Sun shining, the wind blowing, the air filled with salt, Malaga Island sits in the ocean, alone and empty. The shoreline is riddled with lobster traps from local fishermen. It looks as though no one had ever lived there. You wouldn't know it existed unless you set out to find it: you wouldn't know its history unless you set out to find it. I was guilty of not knowing this history myself. A few years back while taking an English thesis course on New England and Slavery, I first encountered the history of Malaga Island. I had brought it up during a conversation with my grandparents. They told me my grandfather's family was from there. He's a descendent: I'm a descendent. I never knew, but then again, I never asked. I was already determined to do as much research as I could and to give the people who lived on the island remembrance, but now it felt different. My determination was driven by something else.

At the time, I wasn't able to access the island. You can only get there by boat, and you can only do so during certain times of the year. Instead, I had to view it from a distance.

Although it is nestled quite close to shore, it still seemed so far away. As distanced as my ancestors are. You can't find any information unless you want to find it, at least I certainly didn't. A seafood restaurant, Anna's Fishing, located directly across the island has a small plaque with historical information as to what had happened over a hundred years ago.

It seems that this plaque is there as a sort of tourist attraction: while you eat your seafood, you can read about it. Other than that, you are on your own.

In the late 1700s, Captain Darling arrived in Maine after traveling from North Carolina to establish salt works in the town of Phippsburg. Benjamin Darling, an enslaved African man, was said to have been given his freedom in 1794 after saving his master Captain Darling during a shipwreck. With enough money, he bought Horse Island, now known as Harbor Island. Over the years his descendants settled on the surrounding islands, including Malaga. According to documents from the Maine State Museum, Fatima (Benjamin Darling's granddaughter) and her



Governor of Maine from 1911 to 1913, Frederick W. Plaisted brought about the forced eviction of Malaga Island residents.

husband, Henry Griffin, were the first to build their home on Malaga in the 1860s.

From there more people began inhabiting the island, including the Murphy, Griffin, Dunning, Johnson, Marks, Darling, Eason, McKenney, Tripp, and Parker families. The residents of Malaga all relied on marine resources, and even though lobster is considered an exquisite and quite expensive dish today, it was considered a “poor man’s food” then. Many residents grew vegetables like potatoes and corn, and they picked berries in the summer. Some of the residents even worked on the mainland on farms or resorts. During the winter months, relief packages from Phippsburg were given to the islanders due to fishing being less productive. However, it wasn’t a response to help the community but in fact was a tactic used to prove that the community was helpless.

Some individuals on the island stood out. Because of his leadership qualities and abilities as a spokesperson and fisherman, James McKenney was considered the island’s best fishermen and referred to as “the King of Malaga.” John Eason, a mason and carpenter, had served as a preacher when the weather prevented the residents from attending the Nazarene Church on the mainland. Donna Chapman, my great-aunt, after gathering information and doing years of research, stresses, “Everyone was happy and not causing problems. They built a school. But it wasn’t enough because a



The Darling family. Elmer Darling Jr. is the second from the left in the back row.

wealthy Governor thought it [the island] would bring profit from Massachusetts,” —due to a planned resort.

At a time of interest in eugenics from 1913–1930, the people of Malaga Island were thought to have posed a threat to the people of Maine due to their identities. Kate McMahon from Howard University explains that eugenics was the forced sterilization of those who were considered “imbeciles, idiots, or feeble-minded.” After suspicions continued to grow at the end of

the Civil War, the people of Maine and the town of Phippsburg were concerned about the intermarriages of people of color, natives, and whites on the island. Even though Eli Perry had bought the island in 1818 for \$150, Phippsburg and Harpswell deemed the resident’s wards of the state at the turn of the 19th century.

Many newspapers created fictionalized stories and reported false accounts about the Malaga Island residents. The Maine State Museum depicts such head-



Exact figures have long been disputed, and more information has come to light even since this sign was put up. See the article for figures now considered authoritative. *Photos by Donna Chapman*

lines: “Homeless Island of Beautiful Casco Bay—Its Shiftless Population of Half-Breed Blacks and Whites and His Royal Highness, King Mckenney” and, “Queer Folk of the Maine Coast.” In 1911, Governor Frederick Plaisted visited the island for the first time and remarked with haste, “Burn down the shacks and clean the filth.” Everyone was deemed incompetent, despite their incredible connection to the land and their adaptability over many decades.

That year, about 45 Malaga residents were forcibly removed by the state of Maine. This action was driven by racism, nativism (the protection of American citizens from foreign threats), eugenics, and the tourism industry. Some residents were forced to move to the mainland or nearby islands, while eight were remanded to the “School for the Feeble-Minded,” now known as Pineland Farms. My great-great-grandmother, Ida May Darling, was institutionalized for a short period because she was seen as “feeble” due to the loss of hearing in one ear. It’s not certain whether it was at Pineland or Baxter’s “Feeble-Minded School.” These institutions opened with the intent to stop the spread of mental incapacities through forced sterilization, while those with the “best” genes would continue to reproduce.

In December of 1912, Jacob, Abbie, Lizzie, Lottie (17 years old), Eta, James, their grandson William Marks, and Annie Parker were deemed incompetent by a judge. Jacob and his son James both died early in the following year. The three daughters Lizzie, Eta, and Lottie were all competent and well-educated. Lottie Marks was eventually released from the school. Lizzie and Eta, however, died in the 1920s while still institutionalized. Lottie Marks passed on July 9, 1997, at 103 years old. Her obituary made no mention of her connection to Malaga Island. The University of Vermont states that 327 sterilizations were conducted in Maine between 1925 and 1963.

After the forced removal of the residents, the state moved the Malaga School to another island. They then dug up 18 graves that were on the island and placed them into nine coffins, which now remain at Pineland Farms. All the buildings that were not removed were burned down. The state purchased the island for \$471 to prevent people from resettling it. The Maine Coast Heritage Trust notes the island was sold in 1913 to Everard A. Wilson, someone who was close to Governor Frederick Plaisted.

Since then, no one has inhabited the island, and all that remains are lobster traps and a few stone drinking wells hidden by tall grass and tree roots. The island was purchased in 2001 by the Maine Coast Heritage Trust to protect it from being developed and to create a place for low-impact recreation.

For many generations, some descendants have been afraid to discuss what had happened. *The Malaga Island: A Story*



Top: The author's great aunt, Donna Chapman, on Malaga Island during cleanup.

Center: From right are Donna, cousin Jodie Darling Petterson, and a friend.

Bottom: Trash from the island.

Best Left Untold, a radio documentary, states most Phippsburg residents “would rather forget the incident—a story best left untold.” Despite their feelings, I believe it should be told.

Donna Chapman realized her connection to Malaga, as with my experience, by chance. After reading an article written by Bill Nemitz in 2010 about Malaga Island, she questioned, “Who am I really?” It wasn’t long after she realized Marnie Voter-Darling was her cousin, someone who is seen as the spokesperson for the descendants. Ida May was the oldest sibling and Elma Darling, Jr., was her brother. It was then she realized that our family were direct descendants of Benjamin Darling. Donna explains that “at that point, I just wanted to see the island.” So, she contacted the Maine Heritage Trust, and along with her siblings, Tory and Gwen, and some cousins, including Richard Waterhouse, she embarked on a trip to the island.

“We all went out there, and it was just so surreal what had been done. It made me angry,” Donna comments. Afterward, she organized a clean-up day, where she, along with others, spent hours cleaning up the island. They filled three boatloads full of trash like broken traps, toys, Styrofoam used by fishermen, and other junk that washed up from the ocean and left by local fishermen: that was only one side of the shoreline. Donna believes a boat launch should be built so that the descendants can access it easier. She also expresses her concerns about trash on the island. “I don’t mind that the fishermen

store their traps there but clean up your mess. Leave the island the way you found it.”

Donna explains to me that Grammy Ida didn’t want to talk about the past and her connection to Malaga out of fear of what had happened. In 2017, former Governor Paul LePage resurrected a memorial located at Pineland Farms, for those who had died at the “School for the Feeble-Minded” and for those who were relocated from Malaga Island. Donna explains at the unveiling of the memorial that she was surrounded by others who were family and that they were all there for the same reason: to give those who had once lived on the island remembrance. Donna also mentioned that many residents of Phippsburg are ashamed of what their ancestors had done, which is why it’s not discussed. “It was the Governor and the support that he got that was the scariest” Donna exclaims. “And this kind of thing hasn’t really stopped. It is up to the next generation to accept people for who they are.” Donna believes, “You can’t hide history.”

Author’s note: This reflection on the history of Malaga Island is from the perspective of my family’s experience. Not every person who was relocated off the Island was interned at a “feeble-minded institution” or faced similar discrimination. I wish to give all the residents of Malaga Island who were relocated, and their descendants, recognition for their varied experiences. •



The burial ground at Pineland Farms. Photo by Donna Chapman



Mary Cathcart, Agent for Change

Mary demonstrates how to chair a legislative committee for Maine NEW Leadership attendees. All photos contributed.

BY SHEILA D. GRANT

At 78, and with a successful legislative and activist career to her credit, Mary Cathcart could be resting on her laurels. Resting, however, is not Mary's style. The busy Orono woman recently found time to speak to *Maine Women* in between Zoom meetings.

"I grew up in the Mississippi Delta, and where I grew up influenced the way that I wanted to change the world," she said. "I had two parents with college degrees. We didn't have any money when I was little, but relatively speaking, we were privileged. My father had an engineering degree. His dream was to start his own brick plant, and he was able to. There were some years of struggle before it took off, but I wasn't aware of that. I had two loving parents, a nice little house, plenty to eat, and my school was nearby.

"I don't know when I became so aware of the racism and the privilege



Attending school in the Mississippi Delta awakened Mary's sense of social justice.

that white people have," she said. "We had a cook who lived on the other side of the tracks. The way it was in my town,

black people lived on the other side of town in very poor houses. White people lived in better houses and held the privilege, while black people were engaged in cooking, cleaning, and domestic servant jobs."

Mary said she attended an "all-white public segregated school in Mississippi through graduation from high school." She then majored in English at Rhodes College in Memphis, Tennessee.

"I was in the generation where my parents said, 'I know you don't think you want to take education courses, but you should be prepared to teach in case something ever happened to your husband.' I was good at math, but I wasn't told, 'You could be an engineer,'" Mary said.

Mary lived in New York for a while, taking a course in guitar and "doing some folk singing." Then she began studying for her master's degree at

Vanderbilt University in Nashville. “That was where I met my first husband,” she said. “We got married the next summer.”

Mary took a job with the United Methodist Publishing House in Nashville, becoming a copy editor for Abingdon Press. “It was a fun job,” she said. “I am still Facebook friends with a couple of the young women, not long out of college, that were part of our small group. I enjoyed working there.”

Work took the couple to Ann Arbor, Michigan, where their two children were born. And then Mary’s first husband got hired into the English department at the University of Maine in Orono. With the younger of her children attending the Montessori school in Bangor, Mary, in her mid-30s, became involved in the Parent Teacher Council.

“The only people I was meeting were basically ones with kids, and colleagues of my husband’s, who were very nice, but I was kind of looking at ‘what do I do now?’ One thing I found interesting was the domestic violence program, which was called Spruce Run then.” Mary said that she didn’t feel that she had ever been abused in any way. Still, “I decided to sign up for volunteer work there. I had a 40-hour training for hotline volunteers, and I did that hotline for a long time.”

“My mother was always for the underdog,” she said. “And I remember in high school, running for student council president, and I lost. She told me, ‘boys always get to be president; girls always get to be vice president or secretary.’ I wondered why boys should always get the best and girls, second best. I think I was a feminist, even though I wouldn’t have thought it then. I naturally gravitated toward feminist organizations.”

Her first weekend on the hotline cemented her commitment. “I took a call from a woman with three little children who needed a safe place to stay. I went to meet them at a local hospital and took the family, with their belongings in plastic trash bags, to the only shelter in the area at that time, operated by the Bangor Welfare Department. After that, I was just hooked. I couldn’t believe people went through this and were able to escape, and I wanted to do my part.”

A PATHWAY TO POLITICS

After a few years as a volunteer, and going through a divorce, Mary took a paid position at Spruce Run. “That led me into politics because I got to be part of the statewide Maine Coalition to End Domestic Violence, when they were writing Maine’s first Protection from Abuse legislation.” She also got a seat on the Maine Commission for Women.

“They were interesting women to work with, and I thought, ‘I want to be more involved here.’ Maine is a small state. If you get involved in the legislature you can actually change things.”

Mary served three terms in the Maine House of Representatives, followed by four terms as a State Senator (1996–2004). Mary also chaired the US Commission on Child and Family Welfare (1995–1996) at the appointment of former US Senator George Mitchell and served on the New England Board of Higher Education (1997–2008).



Top: Mary with husband Jim Dearman visiting France in 2019.
Bottom: Mary with her son's three children during a visit to the Roosevelt home on Campobello.



Top: Mary at Maine NEW Leadership day at the State House in Augusta with co-founder Rebekah Smith. Bottom: Mary and Maine NEW Leadership attendees at the State House in June, 2018.

Second husband Jim Dearman retired during Mary's years in the senate. The couple met at a Democratic fundraiser in 1990 and married in 1994.

In 2004, Mary became a senior policy associate at the Margaret Chase Smith Policy Center. In 2006, she began the Distinguished Maine Policy Fellows program. And in 2009, she founded the Maine National Education for Women (NEW) Leadership program, a six-day, nonpartisan, statewide institute which aims to encourage undergraduate women to become more politically and civically engaged at the local, state, and federal levels.

"I worked much longer than I thought I would," said Mary, noting that she was over 60 when she joined the Margaret Chase Smith Center. "But once I got the NEW Leadership program going, I loved that, loved working with the young women. And I miss my colleagues. The Margaret Chase Smith Center was wonderful to work in."

ENJOYING "RETIREMENT"

From her schedule, it's hard to tell that Mary ever left the workforce. "I really did retire," she said, laughing. "I have a lot of things to do. I'm active in my church. I'm a lector, and next week, I'm making chili for our brown-bag Fourth Friday Community Supper that the church has always done." The event is now grab-and-go due to COVID. Mary is also in a church book group. "We're discussing *Dead Man Walking*," she says. "I heard the author of the book, Sister Helen Prejean, interviewed on PBS. The book is quite good and gets you thinking about these things."

Mary exercises and uses future travel aspirations as her motivation. "I love to travel, to go back to the same places, like London and New York, and to new places, when I can, and to see family in Massachusetts and New York State. . . I'm trying to stay well enough that I can travel," said Mary. She gets in the pool at the Y once a week and is taking Silver Sneakers classes online. She dreams of visiting the African continent and seeing some of the wildlife there.

Her lively interest in others, curiosity about life, and commitment to positive change are all on-going and much in evidence. Mary enjoys taking part in the local and state branches of American Association of University Women (AAUW). She serves on the Maryann Hartman Award committee (and was an award recipient in 2006). "Dr. Hartman was quite a feminist and advocate for women and a pioneer in the use of oral interpretation to influence public policy, so that's a fun group of younger women," said Mary. "There are still a couple of 'oldies' on it."

And, she continues, "I'm on the board of the Wilson Center for spiritual exploration and multi-faith dialog, which serves University of Maine and the surrounding community." And true to her approach to life, she comments:

"It's a very rewarding experience!" •

TAKE TWO:

A Journal for New Beginnings

How It Came to Be

BY ELLEN WATSON

It started out as a Monday morning coffee date.

We would drop our kids off at school and meet for a quick catch-up before starting our work weeks. We each were going through a divorce—it's what brought us together. Our talk centered on working, single parenting, and starting new chapters.

Kate had just taken a course called the Science of Happiness, through the University of California Berkeley, and she felt it was helping to provide some calm as she managed the busy schedules of her three children.

Kari's photography was taking her all over the world, and she was seeking balance as she parented her young children at home.

As for me, I was steeping in the sorrow of my new landscape: mothering my young daughters, applying for

jobs, and trying to keep up with our home on an acre of land. I was suffering from *overwhelm*, and after putting my kids to bed each night, I took to my journal to write. I wrote about the things that were going right. And about the things that felt terribly wrong.

It was there on a Monday that we began to examine some of the ideas and approaches that we each were learning, that were beginning to make us feel better and helping us to move forward. When navigating through a challenging time, the rumination game can be strong: stories can get replayed, limiting beliefs can get felt strongly, and choices that were already made can still revolve in the mind. Everybody has a story—a history—but we can choose how it plays out.



From left, Kari Herer, Ellen Watson, and Kate Simpson.



Ellen Watson

So, you could say we were seekers, looking for ways to tame our inner critics, find self-compassion in the healing, and share those experiences with each other. Mindfulness meditation. Breathing exercises. Spending time in nature. Yoga and other forms of exercise. Meanwhile, Kate was learning that—contrary to what scientists previously believed—the brain is actually quite malleable. Something called neuroplasticity allows for the reorganizing and deepening of new neural pathways that can build resilience and lead to greater feelings of contentment.

Not simply a buzzword, resiliency is an emblem of healing, we learned. It is a critical step in the ability to overcome a challenge. It's something we now know we can cultivate, with our breath and mindful presence and through writing. In fact, research shows that a mere three days of emotionally expressive journaling can help us feel better in both body and mind.

So, we wondered: what might it look like to join Kate's classwork learnings with Kari's photography and my writing? Could we create a journal that would bring some of these practices together? Something that felt heartwarming in the hands, that could live on a nightstand or kitchen table or be easily toted around in a bag.

The writing begins to recalibrate my nervous system, thought patterns, and ability to move forward.

We decided to collaborate and create a guided journal with research-backed tools and writing prompts that help strengthen new, positive neural pathways through more healthful habits. According to science, these efforts not only help to shore up one's resilience but help to steady the nervous system as well.

We sketched an outline that would follow the arc of four seasons, and Kari promptly set out into the wilds of Maine (or in some cases, our backyards) to shoot botanicals that reflected each section. We collected quotations that would inspire readers to move through each writing prompt.

What unfolded is *Take Two: A Journal for New Beginnings*, a calming guided journal with writing prompts that focus on mindfulness, gratitude, and compassion—both for self and for others.

We used the seasons loosely as a guide because that concept resonated with us: there is a natural energetic rhythm that changes from fall to winter, and spring to summer. Those of us who live here in Maine often have an intrinsic relationship to nature and to the ways we engage with the outdoors. We tend to endure those shifts well because we know that there's playtime to be had out on the water after the depths of winter. And this is so true of grief or loss. There's laughter beyond the sorrow. There's living again to be had after deeply painful experiences. With each hurdle comes a more expansive ability to confront challenges.

In Maine, each season is vivid when it comes to color, texture, and temperature. It seemed like a natural relationship exists between those elements and the ways in which we, as humans, confront hard times. Therefore, *Take Two* begins by taking you inward (autumn), where you can reflect and spend time more closely in reflection (winter), before you begin to rebuild a life that looks changed (spring). Then, as we begin to feel restless, sum-

mer arrives and encourages us to move outward, to find meaningful ways to connect with our community.

Let's face it. We may need this work—to strengthen our resilience—now more than ever.

At different times, I've encountered my own cracks at the seams, so I continue to carve out space to do this work. Seeing my words spill out on the page feels like an unfurling of stuck energy. The writing begins to recalibrate my nervous system, thought patterns, and ability to move forward. Similar to getting exercise at the gym or yoga studio, it's not an assignment to be completed—it's a commitment. And, when practiced regularly, its remarkable benefits will linger. It's through the work of *Take Two* that I've learned an important truth. When I sit quietly and make peace with discomfort, I'm left feeling more grateful and grounded, with better ability to bounce back from adversity.

For more information or to purchase the Journal, please visit www.take2journal.com.



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COLLEEN BEDARD

Finding True North

BY RENA ROCKWELL

The artist Colleen Bedard has always paved her own way in the world, finding new ways of working and expressing her true self. She lives in South Portland and has an art studio on Munjoy Hill, in Portland. Here, she can work on multiple pieces at once and be loose with her work. Her preferred artistic medium—cold wax—demands this freedom. The studio and its location afford her concentration, free from everyday distractions.

She is also a Realtor. Over the years, her path has included careers as a nutritionist, medical technical sales representative and then general manager, owner of her own medical supply delivery business, CEO of a nursing association, then in mid-life, on to an MBA and a real estate license. Now, as a Realtor and artist, she is finding her true north.

In describing her background as an artist, she says, “I got into cold wax painting after viewing a show at the Jewish Museum, in Portland. I saw the work of an artist there I admired, so I took a couple of classes from her. The class spurred my interest in cold wax. I decided it was a medium I wanted to explore more.”

In the cold wax painting style, an artist mixes a special wax product into the oil paint, thickening it. The results are paintings with a distinctive and unusual texture. Colleen says, “Cold wax is a layered medium. I often introduce other mediums to it—drawing on it, or in it. There is translucency to it. What I do is abstract, with a lot of things inspired from nature and at other times from what I am feeling. Some people may say, ‘That looks like a field or landscape.’ Other works project a feeling of time and space.”

To learn this style, Colleen took classes in Ireland on cold wax painting in Ballinglen, through the Ballinglen Arts Foundation. She says of the experience, “I was in an idyllic environment with people from all over the world. I learned not



only from the instructor, but from the other students, as well. It was an immersive two-week class. We were in the studio all the time without interruption. . . We could focus on the art and what we, as individuals, wanted to do.” She also attended workshops at Maine’s Haystack Mountain School of Crafts and North Carolina’s Penland School of Crafts, similarly idyllic venues located in quiet, beautiful locations.

In these places and on her own, she learned more about her artistic process. “With my art, I like to work in a series,” she says. “I find that because of what I am doing, I may work on a piece for a period of time, then let it rest, so when I am in the studio, I work on multiple pieces at once. If I am working on a series of paintings, they start out the same, then they go in their own direction.

I can stand back and ask, ‘What do I like about that piece?’”

“I like things with texture and depth,” Colleen continues. “Lately, when I walk at the boatyard, I look at the underside of the boats as they are pulled up at the end of the season. There is a lot of inspiration that can be used as jumping off places to begin work on a series. There is a lot of history, rust, and layers of paint on boats. I am looking at the texture and layers of colors and how nature has changed what was once a pristine surface. It is beautiful when you look at it closely. It may not be beautiful to someone else, but to me, it is, and it provides inspiration.”

Colleen also works in other media. Her hand-blown bead necklaces, for example, were juried into the exhibition, “Work of the Hand” Crafts Show and Sale at the Center for Maine Contemporary Art and used that year in their ads. Her glass beads are fun to look at, handle, and wear. If you were ever into marbles as a kid, you would love looking at her beads and their color combinations and optics. Some even have texture where the different colors are added and heated with a torch.



In the real estate area of her life, Colleen loves do-it-yourself projects, purchasing properties, renovating them, and giving them new life. Renovating buildings and making them into beautiful spaces structurally and visually keeps her active and in touch with the community where she lives and works. When she finishes a project, she gets itchy to get started on another.

People enter her rentals in Portland and ask admiringly, “Who decorated this space?” They gaze at the art collections on the walls and the eclectic furnishings, anchored with a coastal vibe. The spaces have a sense of place and are fun and comfortable. On the walls are art works she has collected and some she has painted herself.

Colleen says, “I am an art collector, but I really can’t collect anymore because I have too much. When I see something I like, I think about how it would feel living with that piece of art. I also have a paint-by-number collection done by . . . just about anyone. The subject matter is interesting, and I like preserving that capsule of time.”

She tells art admirers, “It’s nice to have original art in the home. Original art can be affordable. It doesn’t have to break the bank.”

As an active Realtor, she listens to clients’ needs and finds properties to fit their unique lifestyles. Often her clients will be artists, too, or interested in art, which can form the basis for a good client-agent relationship.

For Colleen, her work as an artist and as a Realtor always intertwine with her long-standing and ongoing service to community. Her community involvement has taken many positive forms.

She was on the boards of the Maine Crafts Association and the Portland Arts and Cultural Alliance. When she came to live and work in Portland, she formed the Society for East End Arts (SEA), as a way to get to know local artists and community members. It grew into something bigger for the other artists, as well. Initially, they held sessions to talk about art, and currently they hold two events a year: “The Hill” Holiday Art Sale and Open Studios with Hidden Gardens of Munjoy Hill. “Both events have become very popular with a strong following,” Colleen said.

In the summer months, Mayo Street Arts studio building, where her studio is located, also houses a space for children to explore art. The building is a former church converted to a community arts center. In 2019, Colleen exhibited her oil and cold wax paintings at RE/MAX’s exhibition space, donating the proceeds to Mayo Street Arts for the Summer Youth Arts and Reading Program.

In her community at large, Colleen was one of three founders of the Friends of Eastern Promenade and served as treasurer. It was formed to preserve and ensure development of the park in a way that the local community would approve.

Another way she contributes is by adopting shelter animals. She has been a foster caretaker of kittens, adopting one of them, and she has adopted dogs from shelters, over the years. She is currently the proud owner of a sweet Labrador-mix, rescued during the pandemic.



Colleen recently purchased a summer cottage and will be renovating an old icehouse into a studio by the lake shore. There, in Down East Maine, more creativity is sure to blossom on Colleen’s remarkable path to true north.

Colleen Bedard’s cold wax paintings are scheduled for a group show along with three artists housed at Mayo Street Arts. For more information on Colleen, please visit these sites:

*LinkedIn: <https://www.linkedin.com/in/colleen-bedard-b429799/>
ColleenBedardArt.com
RE/MAX Shoreline, Portland, Maine •*



Nikolene Iacono getting the Brunswick Downtown Association business of the year award. Photo by Patti Spencer-Yost from BDA

WOMEN ROCK THE BLOCK

BY SUSAN OLCOTT

Many women own businesses in downtown Brunswick—an abundance! A barber, an artist, a pair of craftswomen, an outdoor enthusiast, a restaurateur, and a jeweler—these women make up just some of the business owners in town. Together, they create a community that is thriving, even amidst the pandemic. One key to their success? Working together. They are each other’s best cheerleaders and, rather than compete, they enthusiastically refer customers to each other and also freely share their expertise.

“Maybe it is a motherly aspect. We are all mothers. It could be that,” laughs Jenna Vanni, when thinking about why this community of business owners is so tight. She is the owner of Woods + Waters, an outdoor gear exchange that is one of the newer female-owned businesses in town. She regularly brings her daughters, ages 4 and 6, into her shop. “I want them to see how I interact with

customers and how to help others,” she says. She hopes that one day they may want to carry the tradition forward. “One of my daughters says she wants to own a shop one day. It will most likely include unicorns or dresses. Who knows?” she says, laughing.

Jenna just celebrated her second year in downtown Brunswick. Although she lives in Yarmouth, she decided to start a business in Brunswick because of the supportive community of other women who own shops here. “I got into business wanting to connect to and help other people, and I think the other women here want the same. They’re all so willing to share their guidance,” she says. In talking about her first meeting with Dustan Larsen, co-owner of Hatch, just down the street, she remembers, “She was this power-house who gave me a confidence boost and support in the opening, and she has continued to do so moving forward.”

Dustan co-owns Hatch with Hannah Beattie. They sell a variety of handmade items made by women around the state. “We’re not just the two of us,” says Hannah. “We are businesses within a business,” she adds, rattling off the list of craftswomen who sell products from soap to cards to magnets at Hatch. “We help people try it out, talking over how to figure out a price point, and giving them a place to market what they make—to turn a hobby into something they can do to earn money.” Dustan has three daughters and Hannah has four, and all participate, says Hannah. “There’s a lot of great energy from our girls. That helps us to connect to our customers.”

Across the street is Hannah’s sister-in-law, Leslie Beattie, who owns The Mix, an art supply store. Hannah and Leslie have long shared a love of crafting and ran Beattie Chicks Makery together before starting their own shops. The Makery was also a downtown space—a place for young girls to come, take classes, and create. Her passion for encouraging creativity and positivity shine through, for example when young or beginner artists are choosing new art supplies. “It’s the best part of the job! I love connecting people to materials that have the potential to unleash endless amounts of joy!”

Leslie credits her success to her late mother. Leslie says, “My mom’s positive nature definitely comes through in the store. She would love that The Mix is here to encourage people, regardless of ability, to feel accepted and valued—and to find a way to express themselves that brings their spirit joy.”

Leslie has connected with her business neighbor, Shelby Rossignol of Rossignol’s Hair Shoppe, through her passion for nurturing kids. Shelby is a young, single mom who took over her family’s barbershop in 2016, just before Leslie bought The Mix. Leslie has enjoyed getting to know Shelby’s son who came in just before Christmas and assisted in bagging customer’s orders and organizing supplies.



Jenna Vanni of Woods + Waters at 12 Pleasant St. in Brunswick, part of CEI’s WBC program.

At the other end of Maine Street is one of the oldest female-owned businesses in town—Indrani’s. Indrani Dennen and her husband have owned it for over 30 years. She sells handmade gifts, jewelry supplies, and clothing from around the world. She first opened in 1989 in a small, unheated space on Mason Street, but she has been in the Tontine Mall since 1991. Indrani’s passion is to bring goods from other parts of the world, including her native South Africa. When she left during apartheid and came to Maine with her husband, she wanted to find a way to support and encourage the craftswomen there who were struggling. “I brought back so many baskets that at one point that they wouldn’t fit in my house, so we opened a shop,” she says. When she started, downtown was a very different place. Now she is encouraged to see how many shops are thriving and how many other businesses are female owned. “How it has evolved is really from the strength of varied little businesses,” she adds.

While many of the connections between these businesses happen organically and through the desire of the women involved to support each other, there is also a valued official association. The Brunswick Downtown

Association (BDA) was formed in 2004 to provide support to businesses in the downtown district. BDA markets businesses and also connects them with each other through social events and networking opportunities. They also celebrate new businesses, like the ribbon cutting they did for Shelby’s shop when she reopened it in 2016. Not only are many of its members women, but much of its leadership is female as well. Debora King serves as BDA’s Director and Patti Spencer-Yost is the head of Marketing and Communications.

“In the eight years I’ve been at BDA, there have been a number of businesses opened by women under the age of 45,” says Debora. “It’s a very encouraging sign that these young women are confident enough in the economy of downtown Brunswick that they are willing to make an investment.” She points to the flexibility of these women during the pandemic. “I don’t mean to put the guys down,” she says with a laugh, “but some of the businesses that have done the best during the pandemic have been female owned.” Take Nikaline Iacono, for example, who has completely shifted her business, Vessel & Vine, from a restaurant to a specialty wine and food store, as well as hold-

ing a series of outdoor dinners focused on regional cuisine. She is the winner of the BDA's Business of the Year for 2020. Debora also mentioned April Robinson who is starting a new bakery, the Ritual Bakehouse & Patisserie, and is completely retrofitting a space that was previously an antique store—all amidst a pandemic.

The connections between women's businesses go beyond Brunswick, although Brunswick serves as a hub of sorts. It is also home to one of the offices of Coastal Enterprises, Inc. (CEI), a non-profit that develops economic opportunities in the state. One of CEI's programs is its Women's Business Center (WBC), which offers an array of services to women starting or growing their own business. The WBC offers are webinars and workshops as well as coaching on finances and marketing and grant opportunities. Jenna of Woods + Waters noted that, the WBC "has been an incredible resource offering free marketing online courses, events, and just personal support."

Brunswick is part of the Southwest region served by the WBC, but there is a whole other segment of the state benefiting from the Northeast program. In sum, the WBC covers the entire state. Anna Ackerman, WBC Program Developer, says "We are thrilled to be working with female entrepreneurs across the state at all stages, from customer discovery and formulating a business plan, to advising on how to make your first hire and beyond."

The network of female business owners in Maine is strong and growing, bringing its maternal ethic of caring and community with it. "There's a feeling that you're not alone," says Hannah. "From one connection to one person, it really grows out. You find new connections, and they are amazing and wonderful." Leslie adds, "We aren't just businesses. We are a community, and we want everyone to feel included. We want that for our children." These women don't just work together to build strong businesses. They build a welcoming place for the people in their town. •



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MATTRESSES

For the Sleeping Third of Our Lives

Don't settle for anything less than comfort!

BY SARAH HOLMAN

The average person spends nearly eight hours a day sleeping. That's about 120 days throughout the year, which translates into a third of our lifetime. Even those who can get by on six hours a night will spend a quarter of their years sleeping. So, it makes sense to put some thought (and possibly money) into where you're going to be spending all that time.

Laying down in the store isn't the only way to choose a mattress these days. Online mattress-in-a-box companies have won over customers with convenient shipping and free trial periods, but this route isn't right for everyone. Veteran of mattress sales Sam Novick, who owns Portland's Hub Furniture Company, believes there is only one way to buy a mattress. "I've never met anyone who's been happy with a mattress they bought online, and I've only been doing this for 50 years," he says good naturedly. Hub Furniture has been a Portland fixture since 1913 and carries four well-known mattress brands—Sealy, Tempurpedic, Therapedic, and Ashley.

The traditional experience of in-store shopping will offer greater variety, and most companies offer removal of your existing mattress. It's also important to spend upwards of 10 minutes on each mattress you're seriously considering. Hopping on and off won't tell you what you need to know. (If you really want to sleep on the mattress, the month-long trials and money-back guarantees available online may be worth the hassle of setting up and possibly returning the bulky item.)

Catherine Duman, the sales manager at Portland Mattress Makers, also feels the showroom experience is the best way to buy. "We all have different body aches and pains, we all carry weight differently, and we all have different opinions on what is comfortable," she explains. Portland Mattress Makers have been making mattresses in Maine since 1938. All of the materials are made in the United States, and the company sells directly to customers, skipping the "middleman markup," as Catherine calls it. Therefore, customers "are getting a better quality for a lower price."

When starting your mattress search, experts suggest considering the following:

SUPPORT

The most common support styles are traditional innerspring, pocket coil, foam, air-filled, and hybrid models. If you and your partner sleep differently, air-filled mattresses with dual chambers are a great option to look at.

FIRMNESS

If you like a bed with bounce, traditional innerspring mattresses have that familiar springy feel, and the individual "pocketed" coils reduce the ripple effect that happens when someone on one side of the bed moves. If you prefer a firmer base, memory foam has less bounce and provides more pressure relief. You can determine



quality by looking at the density and thickness of the foam (i.e. how deep you'll sink). For a plush top, look for an innerspring mattress with a fiberfill or foam outer layer, covered in quilted ticking. Remember that the pillowtop can compress over time, so a better option may be to choose a firmer, well-quilted mattress and cover it with a separate mattress topper.

Whatever you choose, make sure you buy what feels right. "Sometimes when customers have been sleeping on a mattress that has lost its support, they overcompensate and think they need a really firm mattress," Catherine says. "What they need is a good, strong support and whatever firmness feels right and comfortable to them." Sam also guides customers through the different mattress tops on display in the Hub showroom, including firm, cushion firm, plush, and pillow top. "Once you decide on the feel, there are features and benefits assigned to all the models on a showroom floor."

PRICE

Catherine says her showroom offers a wide range of prices, and she can typically find a mattress that fits within any budget. She suggests letting your salesperson know your budget as soon as you arrive, so you're shown appropriate options. According to *Good Housekeeping*, you should never pay full price in a store. Shop the sales, and don't be afraid to negotiate with the salesperson. Online, the price is usually final, but it doesn't include markups for being sold at a physical store. Either way, always ask about the return policy. Some stores will offer a partial refund, while online companies often arrange to pick the unwanted mattress up for a local charity and refund your money fully.

WARRANTY

Every company offers a different warranty, and some are prorated, meaning they lose value with time. Many mattresses are covered for ten years, but a longer warranty may not promise a certain lifespan. Make sure you read the fine print. If the mattress is marred because you didn't use a mattress protector, or if you don't use a matching foundation (like a box spring), it could invalidate the warranty.



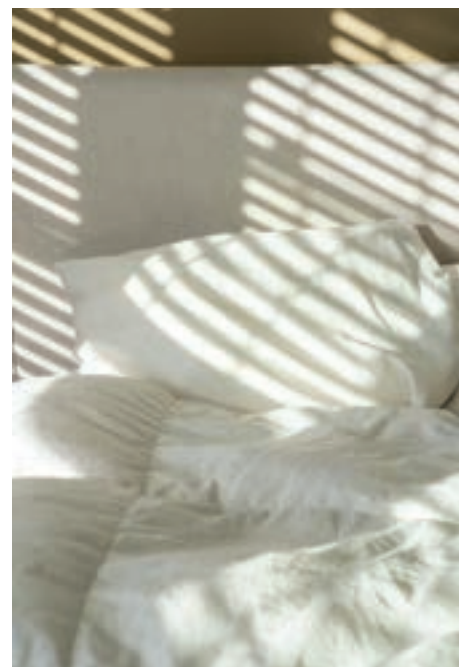
Portland Mattress Makers, which makes all its mattresses in Maine. Photo by Reggie Hodges

ADJUSTABLE BASES

Adjustable mattresses come with a base that can be raised or lowered. Raising the head of the bed takes pressure off the neck and shoulders, while raising under the knees takes pressure off the lower back and hips. This feature can help with issues like acid reflux, sleep apnea, edema, snoring and breathing difficulties, circulation, and more. These types of frames can also make it easier for people with mobility issues to safely and comfortably get in and out of bed.

HOW LONG DOES A MATTRESS LAST?

This is the number one question Catherine gets at the Portland Mattress Makers showroom. The company's high-end mattresses are warranted for 10 years, but "They can certainly last much longer if you take care of them." Catherine and her team suggest rotating a single-sided mattress four times a year, while a double-sided mattress should be flipped twice a year and rotated twice a year. Strong support will also help extend the life of a mattress. "A flat, solid surface is best," Catherine says. "If you have a frame, make sure there is a leg in the center from the bed to the floor to avoid any premature wear." You can also help your new mattress out by using a mattress protector, which can help keep out dust, allergens, and spills. Sam encourages customers to ask plenty of questions to "fully understand the quality and longevity



of the various mattresses."

In the COVID era, it may seem like shopping in-store is an unnecessary risk. At Portland Mattress Makers, Catherine says staff is cleaning multiple times throughout the day and enforcing the state-wide mask mandate. They have disposable sheets to cover mattress and pillows when they're being tested, and staff is practicing social distancing. Hub Furniture has similar protocols in place, and they also offer appointments for anyone who would like to shop before or after regular store hours to limit exposure to other customers.

Whether you're going the traditional or online route, the key to mattress success is the test phase. Don't settle for anything less than comfort! •



Species tulips grow wild in some of the wildest places on the planet, and species will naturalize in home gardens when they are in suitable locations.

| GARDENING |

THE LOVEABLE TULIP

Their vibrant colors usher in the growing season

STORY AND PHOTOS BY LYNETTE L. WALTHER

Ask anyone where tulips originated, and for most the obvious answer would be Holland. That is indeed where many of today's tulip bulbs are grown for the gardening and cut flower markets. And it was there that tulip mania captured the hearts and economy of the 17th century. In that wild time (the Dutch Golden Age), astronomical prices were paid for rare tulips, and tulips became a must-have for every sophisticated garden of its day. But tulips originally were discovered far from that low-lying sea nation.

In the wild, tulips thrive on remote, difficult-to-reach mountain ridges and barren steppes. Frigid winter cold (necessary to provide the required dormancy for these unique flowering bulbs) and blazing springtime sun and arid conditions typify their native environments. Iran, Turkey, Afghanistan, Uzbekistan, Tajikistan, and

Kazakhstan are some of the faraway locations where tulips grow with wild abandon. Those are the species tulips, the ones that we now know naturalize (spread) when they are grown in favorable locations.

They are the tulips that “tulip hunters” of old brought back to Europe and which provided the base from which tulip hybridization began and continues to this day. With names of *Tulipa patens*, *T. schrenkii*, *T. behmiana*, *T. albertii*, *T. talievii*, *T. greigii* and so on, many of those simple species tulips bear the names of those explorers who “discovered” them for the European market. Many are still available for growing in home gardens.

Hybrid tulips—those big, gorgeous varieties in stunning single or blended colors that come in early-spring, mid-spring, and late-season bloom times—are often the stars of long-lasting springtime floral dis-



Top: *Clusiana* species tulips are like little candy canes. Bottom: *Acuminata* species tulips have other-worldly blooms.

plays. Long-stemmed and with huge blooms, their appeal is universal. Handsome as they are, those spring-flowering bulbs often do not repeat their stunning seasonal performances for more than a year or two. Also, most of the fancy hybrids do not naturalize, even under the best of conditions.

Instead, it is those little workhorses of the tulip world, the species tulips (like those varieties mentioned above) that return year after year, slowly spreading their cheer as they naturalize in our sunny borders and beds. Many of these charming smaller tulips, frequently short-stemmed, have variegated foliage for even more garden interest. Many share an intriguing characteristic: their blooms fold up for the night or during cloudy periods and unfurl for full cheerful displays on sunny springtime days.

But how can we ensure that those bulbs we commit to the ground in the fall will erupt into colorful displays come spring? The admonition that soggy bottoms are no place for tulips comes from fact.

Keep in mind that mountain rock scree debris fields and stony hillsides are the places that tulips grow naturally and in their wild state. With that background, we gain an insider's knowledge of how to grow these beloved and colorful spring bulb flowers successfully in our own gardens. Drainage is key, whether we are planting species tulips or hybrids.

Full sun is the next requirement.

If we want to help ensure future displays, we never, ever remove the foliage after bloom time, no matter how unsightly it may become. That foliage has an all-important job to do—to help

rebuild the energy of the flower bulb for next year's flowers. Once it has decayed and separated from the bulb below the soil, it can be removed. (Note that tulip bulbs "forced" to bloom early in containers usually cannot be counted upon to bloom another year if planted in the ground. The process of "forcing" them simply saps too much energy from the bulbs.)

Soil pH is also important. Strive for a soil pH of 6.0–7.0. Amend the soil according to soil test results, adjusting the pH with the addition of bone meal, and always optimize drainage. Planting in raised beds or the addition of compost can improve drainage.

Take care with the depth of planting. A good rule of thumb is to plant bulbs (which can vary greatly in size from that of an acorn to a golf ball or bigger) at depths two to three times as deep as the bulb is tall. Remember to plant with the pointed side up, from where foliage will emerge, and with the concave side down.

Because squirrels and digging critters love to eat tulip bulbs, protecting tulip bulbs from predators is also important. Layers of gravel both above and below bulbs can help discourage digging animals. So too can placing bulbs in wire "cages" constructed of wire fencing, with openings wide enough for foliage to emerge, but at the same time restricting squirrels or other animals from digging them up and eating them.

The long and fascinating heritage of tulips, where and how they made their way into our gardens, only adds to their appeal. The springtime appearance of flowering tulips is reason enough to cheer as their vibrant colors usher in the growing season. •



Top: Hybrid tulips come in varieties that bloom at varying times in early, mid-, and late-season. *Center:* Cut hybrid tulips are wonderful way to enjoy these seasonal favorites even if you do not have a garden. *Bottom:* Hybrid parrot-style tulips are flashy additions to the springtime floral display.



HASSELBACK ROASTED TOMATOES



Photos courtesy Jim Bailey

BY JIM BAILEY, THE YANKEE CHEF

Hasselback this and Hasselback that . . . *Everyone* is on the Hasselback* bandwagon. Now my turn! I adore this dish, and I think you will as well. Cheesy, smoky, crispy goodness between every slice of sweet tomatoes.

**About the dish's name: "Hasselback" originally referred to a dish of thin-sliced potatoes (with crisp exterior and tender interior), that was developed and served by a Swedish restaurant of the same name. Now anything called Hasselback is simply something cut accordion-style and cooked in order to get the flavor and other ingredients "into" the product.*

INGREDIENTS

- 8 large plum tomatoes
- 1/4 pound shredded Gruyere cheese
- 1/4 pound shredded Provolone cheese
- 1 cup freshly chopped basil
- 1/2 cup pure olive oil
- 1 teaspoon minced garlic in oil (or 1/2 teaspoon garlic powder)
- Salt and black pepper to taste
- 1/2 cup dried biscuit crumbs (see *Note* below)
- 3 tablespoons butter or margarine, melted

DIRECTIONS

- Preheat broiler, making sure rack is at least 3 inches from heat source.
- Slice each tomato very thinly on one side so that it is able to sit up on a foil-lined baking pan without rolling. Now thinly slice each tomato into 1/4-inch slices about three quarters of the way down. Set aside.
- Add cheeses, basil, olive oil, garlic, salt, and pepper in a bowl and mix thoroughly. While separating each slice of each tomato, carefully stuff with equal amounts of cheese mixture. In a small bowl, mix biscuit crumbs with melted butter and sprinkle over each stuffed tomato.
- Place tomatoes on broiler rack and cook for about 3 minutes, checking often, or until the top is nicely browned. Remove from broiler, turn heat off, and immediately place in oven. Allow tomatoes to continue cooking in the residual heat of the oven from the broiler for at least 5 minutes, or until hot throughout, not allowing tomatoes to get too soft.
- Remove from oven and serve immediately.

Note: The best way to get dried biscuit crumbs is not to buy them but to make them yourself. Simply leave out a couple of your favorite biscuits on a covered plate for a couple of days to dry out. You can also speed up the process by placing biscuits in a 200-degree F oven for an hour or so, until they are dried out. Remove to cool before crumbling them with your fingers. •

THE EASTER BUNNY

BY SHELAGH TALBOT

My five-year old brother and I were fervent believers in a number of things—Santa Claus, the Tooth Fairy, and the Easter Bunny being three important ones. One Easter morning before we went to church, my brother was looking out the window and musing, “I wonder what time the Easter Bunny will show up this year. I’ve never seen him before, but I sure like the chocolate he leaves.” That’s one thing my brother and I could agree on, the gifts these magical beings would bring us every year without fail. I got up and stood beside my brother while we peered out the window. We didn’t see a thing. And then, suddenly there was this flash of white in the bushes.

“What’s that?” my brother whispered. “I don’t know,” I whispered back. I adjusted my glasses on my nose—I detested them, but at least they allowed me to see well. I looked and there was that white flash again. Suddenly it jumped into view, and it was a *giant* white rabbit!

We were dumbstruck. “Mom!” I hissed. “The Easter Bunny is in our yard!” She came over and looked, too. “Why, you’re right,” she exclaimed. “I’ve never seen such a big rabbit in my life.” She looked out the window again. “Maybe we shouldn’t interrupt him,” she suggested. “You two need to get your Sunday Best on. Church is in an hour or so.” We both groaned. It would be so much more exciting to keep an eye on the Easter Bunny. But, of course, we knew if he thought we were spying, he might not leave us any chocolate eggs. We shuffled upstairs to our respective bedrooms. Neither room looked out over the yard where we had seen him, so no more peeking out.

Once we were dressed, we hurried down stairs hoping for another glimpse of that wonderful Easter Bunny. There was no sign of him. Sorely disappointed, we moped around until it was time to go to church. “At least we’ll be able to look for his eggs when we get back,” my brother whispered. We sat in the back seat of the stuffy old car that our Dad drove and thought about seeing the Easter Bunny for real. “I’ll bet none of our friends have ever seen him,” I offered, trying not to hide

my disappointment. “That’s true,” our Dad said and grinned his big goofy grin. We folded our hands and sat quietly for the rest of the trip.

On the way home we could hardly contain ourselves. “You need to change your clothes first before you go outside,” our mother admonished. So we flung ourselves up the stairs once more and changed as fast as we could. I waited for my brother—I was faster than him. Our mother had dug out our Easter Baskets, and we tore out the door with them. “D’you think we’ll see him again?” my brother breathed. “Probably not,” I guessed, as I spied a fat chocolate egg under a bush. “At least he left us some eggs!”

When we finally came back in, our mother asked us to come sit at the kitchen table with our baskets of eggs. “I have something to tell you,” she smiled. “I’m afraid that big rabbit wasn’t the Easter Bunny after all.” We crumpled in disappointment. “What did we see then?” my brother quavered. He was close to tears. So was I, but I wouldn’t let them spill out. “That was Mr. Pratt’s rabbit,” she told us. “He came and took the rabbit home with him.” Mr. Pratt was a farmer next door. He had cows and chickens, but we didn’t know he had a rabbit too. “Anyway, wasn’t it fun to

imagine that being the Easter Bunny?” she asked. My brother and I exchanged glances. “You’re right, Mom,” I said. “It was fun to imagine!”

The next day Mr. Pratt showed up at our door with the Easter Bunny tucked under his arm. “I have a gift for you,” he said, as he handed the squirming rabbit to our mother. “He likes your yard a lot better than mine,” Mr. Pratt laughed, reaching outside for a small wooden cage. “You can put him in this ‘til you build something bigger,” he said. As it turned out, the Easter Bunny, whom we renamed Mr. Primrose, lived with us a long time. He had a special fondness for nasturtiums and would eat them stem first. We loved him because he restored our belief that magic is always waiting to happen, even when it’s disguised in reality. •



QUESTIONABLE ADVICE

BY L.C. VAN SAVAGE

My 15-year-old son gives me attitude whenever I ask him to do the dishes. I don't think he appreciates just how much I have to do to keep the house running. How would you recommend impressing that on him?

—Sue

Well Sue, the biggest temptation, of course, is to just give up and do it all yourself. It's easier, right? But like all mothers, you're probably into Building Character, so you can't give up and build character—it's one or the other. Try this—you'll get lots of eye rolling and sighing, but those things never killed anyone. Tell the Adolescent King that you've decided to run your home as if it's a small city, and cities only succeed when everyone works in tandem, unison, in concert, whatever. Tell him he gets to pick out whichever parts of the city he'd like to run, be the mayor of, etc., but tell him once he's in charge of those, he has to keep them going or, divided we fall, the city will collapse in ruin, and it'll be his fault. He can be Mayor of Unwashed Dishes, or of Unwashed Clothing, or the VP in charge of Walking the Pooch, or the CEO of Lawn Mowing. Tell him that, alas, the positions will be unpaid, but he'll get free room and board and a weekly stipend if he keeps his part of the Family City alive, well, and flourishing. Tell him there will be weekly Phoneless Council Meetings where the City Executives will be judged on their performances by the Tribunal Hierarchy, and if up to standards, there will be rewards. If they are not, there will be consequences, and those will be guaranteed to be unpleasant.

I feel like I'm doing all the work for the business my sister and I are launching. We're good at different things, and we agreed to tackle different parts of it, but I think I'm picking up her slack. Or maybe I just don't see what's going on behind the scenes?

—Vi

You're feeling like that because that's what's happening. Have you always done this picking up the slack for her when you were growing up? Yes? Well, there you go! She's come to expect this of you. You either go to a DMZ, have dinner, and tell her how you feel, or you wimp out and just keep doing 85 percent of the work. If you choose the latter you'd better buy shares in the TUMS Company because you'll be eating a lot of them. It'll just get you more and more angry. Get the guidelines worked out, do it on paper, make a pact, have a contract signed by both of you, and give it 6 months. If she keeps on doing 20 percent of the work, tell her you love her, that her being your sister is the best part of your life, and buy her out.

Without going into specifics, a family in the neighborhood is going through a very hard time recently. Even though we're not a particularly close-knit neighborhood, I'd like to get together to help this family out, privately. But we're not vaccinated yet. Any suggestions for a nice way to show support?

—Jenna

Not wishing to put anyone in peril, didn't we used to help each other and do things for each other before the "vaccination" word ever became a thing? Didn't we used to run errands, deliver things, do favors wearing masks, staying 10 ft. apart, washing, etc., etc.? So why suddenly does all that stop because one has not been vaccinated yet? We can always do the old Hallowe'en Ring and Run thing—put a bag of groceries on a front porch, ring the doorbell, and run away. No one needs a vaccination to do that. Does their lawn need mowing? Then try to just do that for them while they are at work, or if they're not, just mask up, take your mower, and do it for them. When they come outside to protest, smile, wave, keep mowing and leave. How about leaving a message on their answering machine or an email or a note in the door saying, "I have to make a Walmart run on Thursday, so if you'll just get word to me I can pick up some things for you," and if they do that, you deliver the goods, Ring and Run, and forget to enclose the receipt. No vaccination needed. A family needs help? Get creative. There are ways to help without embarrassing them and without your having to be vaccinated.

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