

MWMM

MAINE WOMEN MAGAZINE

VOLUME 12 | ISSUE 10 | FEBRUARY 2019

THE LEADERSHIP ISSUE

*Starting from the top with
Maine's first woman
governor, Janet Mills*



TIDYING TIME

*Tackling mitten mountains
in the mudroom*


ALL IN THE FAMILY

Three generations of activists

ELSEY COME HOME

*Author Susan Conley's
big little book*





It's only natural to wonder about it.

What you don't know about medical cannabis and CBD may surprise you.

Cannabis comes in many forms and potency levels. Although some forms are psychoactive, CBD is not. Our team of professionals are here to listen, advise and guide you. Follow your curiosity and discover what cannabis can do for you. Visit us today!



We cultivate pesticide-free cannabis and test our products for purity and consistency.

MPS Sustainable Quality Certified for Environmentally Sustainable Operations.



mainewellness.org

855.848.6740

PORTLAND

BREWER

BATH

GARDINER

No medical card is needed for access or for the purchase of pure CBD products. Unless you are a certified medical patient, you must be an adult 21 years of age and older. Keep product out of reach of children.

It's time for
Prime
MOTOR GROUP

If you're ready for a
fast, fair and simple
car buying experience...
It's time for Prime.



Visit any of our locations on Rt 1 "The Automile" in Saco!



www.driveprime.com



Antique Pendant
14K Gold
c1880
\$1,200

ESTATE JEWELRY



Heart Necklace
Reversible
14K Gold
23.3 grams
\$945



Victorian Brooch
14K Gold
c1900
\$400



Tiffany & Co
Diamond & Aquamarine Ring
Platinum
\$2,900



Pearl, Emerald
& Diamond Ring
14K Gold
\$320



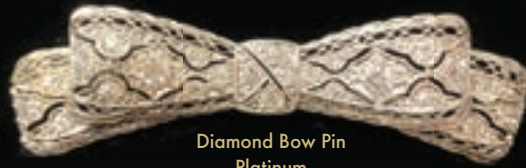
Pearl Ring
10K Gold
\$150



Blue Topaz & Amethyst Ring
14K Gold
\$330



Shell Cameo Ring
14K Gold
\$245



Diamond Bow Pin
Platinum
\$2,500



Diamond Pin
Platinum
\$3,600



Victorian Earrings
14K Gold & Enamel
c1880
\$695



Slide Chain
14K Gold
\$4,100



Pocket Watch
High K Gold
\$1,650

A dazzling collection.

Exclusively at

FREEPORT ANTIQUES AND HEIRLOOMS SHOWCASE

31 Main Street, Freeport, Maine • 207-869-5091
Open Every Day 10:00am-5:00pm



Diamond Ring
14K Gold
\$400



Nine Opal Ring
14K Gold
\$395

IN THIS ISSUE

ALL THIS AND MORE ORIGINAL CONTENT CAN BE FOUND ONLINE
AT MAINEWOMENMAGAZINE.COM



FEATURED

- 18 Ground (And Glass Ceiling) Breakers
- 20 Janet Mills
- 22 Chloe Maxmin
- 24 Rachel Talbot Ross
- 28 I Want To Be Like Aunt Janet
- 34 An Honor & Responsibility
- 42 Activism Is All In This Family
- 48 A Leader From The Past
- 50 Working Philanthropist

IN EVERY ISSUE

- 12 Ditch The Couch
- 16 At The Helm
- 54 At The Table
- 58 Maine Style
- 60 This Thing I Love
- 62 Amateur Hour
- 64 I'd Rather Be Reading
- 68 Home
- 72 Momsense
- 74 Verse & View

We believe our success depends upon the health of the communities we serve.

“ I am honored to be President & CEO of Maine Community Bancorp, the holding company of two great community banks, **Biddeford Savings** and **Mechanics Savings Bank**. ”

Both banks are committed to working with our customers, entrepreneurs and small businesses to create a community where we all want to live, work and raise families.

Interested in banking with a local bank that is dedicated to its customers and its community? Stop by any of our branch locations today!



Jeanne Hulit
President & CEO



BIDDEFORD • KENNEBUNK • SCARBOROUGH • WATERBORO
1.866.767.8265 biddefordsavings.com



AUBURN • BRUNSWICK • LEWISTON • WINDHAM
1.800.325.7553 mechanicssavings.com



Mary Pols

WOMEN ON FIRE

ON THE COVER

Janet Mills, photographed in late December in the Augusta office of the Maine Attorney General, shortly before her inauguration. Wondering about that Maine pendant she's wearing? It's by Elizabeth Prior and you can find it at Fore River Gallery in Portland.

Photo by Heidi Kim

My first official day on the job with Maine Women Magazine was Jan. 2, inauguration day for Gov. Janet Mills, one of the leaders featured in this month's issue. But days before that I'd already gotten my first pitch. Mills' niece, Julia Mills Fiori, a junior at Waynflete School in Portland, had written an essay about her aunt. Julia wondered, could she submit it to us? She wasn't expecting it to be published, but asking was part of the assignment from her teacher. As I read it in the car, on my phone while waiting for my son's hockey practice to end, I decided her piece, with its humanizing view of the new governor—"Star Wars! Sleepovers! Snowball fights!—belonged in the magazine.

That's because while leadership happens in the moment, it's also so much about the future. And about encouragement. On inauguration night two young girls, Shy Paca, 11, and Natalia Mbadu, 10, were performing Alicia Keys' "Girl on Fire." They were rocking it, when suddenly they faltered and looked to each other in confusion. Mills, who had been singing along, stepped forward to let them know it was fine. They smiled. The crowd roared even louder. The girls, who Mills had first encountered during the campaign when she heard them singing at the Boys and Girls Club in Portland, finished the song and were embraced by Maine's first woman governor. To be nurtured through a mistake is a powerful thing.

You'll see profiles of two other women politicians in these pages. In November, Mainers elected 72 women to the state Legislature, a

record number. The last Legislature was 34 percent women, the new one is 39 percent. It's not parity, but we're getting there. You'll also find profiles of activists Alison Beyea and her mother and daughter (*page 42*) and three women helping girls through nonprofit work from Westbrook all the way up to Presque Isle (*page 34*). And by the time you read this I will definitely have made Candace Karu's pad thai (*page 54*), reorganized my mudroom, inspired by Sarah Holman (*page 68*), and thrown out half my bras, thanks to style mavens Amy Power and Amanda Whitegiver (*page 58*).

Most of this issue was planned by Shannon Bryan, our outgoing editor, who is leaving to spend more time with the fitness company she founded, Fit Maine. (She's going to share more about that soon, likely in these pages.) If you're wondering about who I am, I'm a Brunswick native who lived away for more than 20 years and came back eight years ago to raise my son here. I'm a single mother. I take my dog everywhere. Last year I climbed Katahdin for the first time. I live on the same street as my sister and visit her almost every day. I decided to let my hair go grey last spring and *not one regret*.

I've written for a lot of magazines, including "Time" and "People." But I've never edited one. I'm so grateful for the opportunity to lead this one. I'm taking it as auspicious that the first issue I've had a hand in just happens to be so inspiring on the topic of leadership. Please reach out with story ideas and suggestions to mpols@mainewomenmagazine.com. Our goal is to make this magazine even better.

MWMM

MAINE WOMEN MAGAZINE

PUBLISHER

Stefanie Manning

smanning@mainewomenmagazine.com

EDITOR

Mary Pols

mpols@mainewomenmagazine.com

DEPUTY EDITOR

Amy Vigeant Canfield

acanfield@mainewomenmagazine.com

CREATIVE DIRECTOR

Heidi Kirn

hkirn@mainewomenmagazine.com

ADVERTISING ACCOUNT MANAGERS

**John Bamford, Cyndy Bell, Karen Bowe,
Ann Duddy, Natalie Ladd, Beth Murphy,
Kerry Rasor, Laurie Walsh**

sales@mainewomenmagazine.com

DIGITAL & SOCIAL MEDIA

Sue Miller

DESIGN & PRODUCTION

Taylor Roberge

CONTRIBUTING WRITERS

**Sarah Adams, Amy Canfield, Julia Mills
Fiore, Mercedes Grandin, Sarah Holman,
Candace Karu, Maggie Knowles, Jessie
Lacey, Patricia McCarthy, Amy Paradysz,
Mary Pols, Amy Power**

PHOTOGRAPHERS

**Enid Arvelo, Liz Caron, Bonnie Durham,
Molly Haley, Heidi Kirn, Amanda
Whitegiver**

CONTACT

295 Gannett Drive, South Portland

(207) 854-2577

www.mainewomenmagazine.com

Copyright 2019 by Sun Media Group. All rights reserved. No part of this magazine may be reproduced in any written, electronic, recording, or photocopying without written permission of the publisher. The exception would be in the case of brief quotations embodied in the critical articles or reviews and pages where permission is specifically granted by the publisher. Although every precaution has been taken to verify the accuracy of the information contained herein, the author and publisher assume no responsibility for any errors or omissions. No liability is assumed for damages that may result from the use of information contained within.

Your Vision...
Your Style...
Your Home...



Express yourself!

"A decorator takes the regular and helps make it a bit more interesting and enjoyable."

- » Interior Decorating
- » Collaborative Design
- » Color Consulting
- » Professional Organizing

 *Expressions Realized, LLC*

Laura Doherty — Certified Interior Decorator

207.558.5953 | expressionsrealized@gmail.com
expressionsrealized.com

- P R O P E R T I E S -
BY THE SEA

BRIDGETTE VERMETTE

"The ache for a home lives in all of us, the safe place where we can go as we are and not be questioned."

—Maya Angelou



"Bridgette and her team went above and beyond in both the sale of my house and in the purchase of my new home.

She was professional yet friendly, honest, kind, informative and provided direction when I didn't know which way to turn. In the midst of the sale of my home, I had two relatives pass away in a 12 day span. She acted like the keel of the ship keeping me upright when my world turned upside down and helped me through a very difficult time. I'd highly recommend Bridgette and her team...as the saying goes, you'll be in with the good hands people!"

Flawless Service

Personalized Support

Unmatched Knowledge & Expertise

LEADING THE WAY WITH YOUR REAL ESTATE NEEDS

OVER 50 HOMES SOLD IN 2018!

Let me help you find your dream home or assist in your next big move.

BRIDGETTE VERMETTE

**BROKER/ OWNER
PROPERTIES BY THE SEA**

207-318-3421 direct | 553-2680 office
bridgette@bridgettevermette.com

PROPERTIESBYTHESEA.COM

50 Sewall Street Portland, ME 04102



KELLERWILLIAMS REALTY
Luxury
INTERNATIONAL

kw
KELLERWILLIAMS REALTY
Each Office is Independently Owned and Operated.

DAY'S JEWELERS

AUBURN - AUGUSTA - BANGOR - TOPSHAM - SOUTH PORTLAND
WATERVILLE - MANCHESTER, NH - NASHUA, NH 800-439-3297

www.daysjewelers.com



Show your heart

Love isn't what you say.
It's what you do.

Let the gift of a Forevermark
diamond show your heart this
Valentine's Day.



FOREVERMARK

A DIAMOND IS FOREVER

DE BEERS GROUP

Lobster brunch, heartwarming theater and some friendly competition on the toboggan chute

WRITTEN BY AMY PARADYSZ



U.S. National Toboggan Championships. Photo courtesy of Shannon Bryan

U.S. National Toboggan Championships

Feb. 8–10

Camden Snow Bowl, 20 Barnestown Road, Camden

You don't need any special training to compete in these toboggan championships, held on a 400-foot-long chute built in the 1930s (and rebuilt in 1990). You do need a wooden sled and a fun team name like Chuting for Neverland or Nothing to Luge. And, ladies, there are bragging rights for the fastest all-female team. (Team pre-registration is required, \$30 per person; camdensnowbowl.com/toboggan-championships)

“The Vagina Monologues”

Feb. 8 at 6 p.m. and Feb. 9 at 2 p.m. and 6 p.m.

(snow dates Feb. 15 and 16)

Metta Studios, 40 Main St., Suite 136, Pepperell Mill, Biddeford

Proceeds from three upcoming performances of “The Vagina Monologues” in downtown Biddeford will benefit Sexual Assault Response Services of Southern Maine, an organization dedicated to ending violence against women and girls, and OneBillionRising, an outreach effort for incarcerated or formerly incarcerated women, girls and transgender people who have also experienced sexual violence. This production is in collaboration with V-Day, the global fundraising campaign started by playwright Eve Ensler, and will feature new monologues inspired by real women in Maine's prison system. (\$20 in advance, \$25 at the door; mettastudios.me)

Bangor on Tap

Feb. 9

Cross Insurance Center, 515 Main St., Bangor

Better than 100 bottles of beer on the wall, this is 100 releases on tap from some of America's best craft breweries, with the Mallett Brothers Band setting the tone. Sessions start at 1 p.m. (21+, \$35 for general admission, \$55 for VIP early admission to second session; americaontap.com/event/bangor-on-tap)



Legally Blonde. Photo courtesy of Portland Ovations



Sandy Cao, an immigrant from Vietnam, with Patience Ottaviano, Danielette Johnson and Sahar Habibzai, daughters of immigrants at the 2018 Women United event. *Photo courtesy of Amy Paradysz*

“Legally Blonde”

Feb. 13 and 14, 7:30 p.m.

Merrill Auditorium, 20 Myrtle St., Portland

With the same general plot line as the beloved movie, this Broadway National Tour musical is a fabulously fun tribute to girl power. With memorable songs and explosive dance numbers, the story of sorority president Elle Woods looking at law school and discovering that she can use the law for the greater good will warm your heart and tickle your funny bone. (\$45+; portlandovations.org)

Flavors of Freeport

Feb. 15-17

Multiple locations in Freeport

From chocolate factory tours and a lobster brunch to free demonstrations all over town, Freeport shows off its culinary side. Highlights include the Chef’s Signature Series & Ice Bar on Friday and the Ice Bar with live music by Motor Booty Affair on Saturday at The Hilton Garden Inn Freeport Downtown. (21+; [visit-freeport.com](http://freeport.com))

“The Half-Light”

Feb. 26-March 24

Portland Stage, 25 Forest Ave., Portland

“Papermaker” by Maine writer Monica Wood

was the best selling play ever performed at Portland Stage. And now she’s back with “The Half-Light,” a heartwarming drama about love, purpose and the ghosts that live within us all. Be among the first to see this original work Feb. 26, or at least catch it before the run ends March 24. (\$31-\$68; portlandstage.org)

Women United Around the World Gala

March 9, 6-9 p.m.

*Italian Heritage Center,
40 Westland Ave., Portland*

New Mainers model traditional outfits inspired by their homelands and local designers showcase their spring collections in this empowering fashion show hosted by the non-profit organization Women United Around the World. Make an evening of it, starting with a buffet dinner and silent auction. Even if you’re not signing up for the fashion show, consider wearing clothing that represents your ethnic heritage. Ticket proceeds go to industrial stitching classes for immigrant women. (\$60; womenunitedaroundtheworld.org)

suger[®]
MAINE MADE COMFORT

WOMEN LEAD
WITH LOVE

PORTLAND
271 COMMERCIAL

BIDDEFORD
25 ALFRED ST

CRAFTED WITH JOY
ANGELROX.COM
MAY PEACE PREVAIL

FINANCE FIXER

Casey McClurkin of Evolve Money Coaching helps clients get their finances in order

WRITTEN BY MERCEDES GRANDIN | PHOTOGRAPHED BY MOLLY HALEY



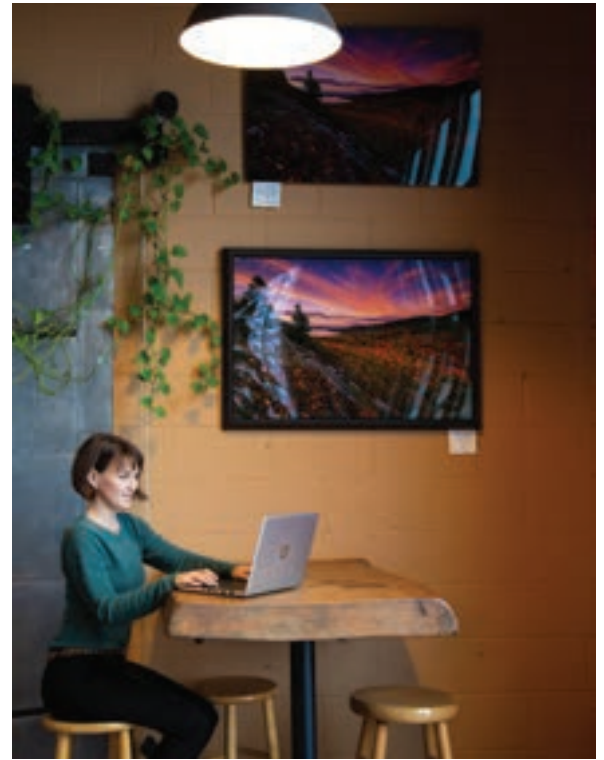
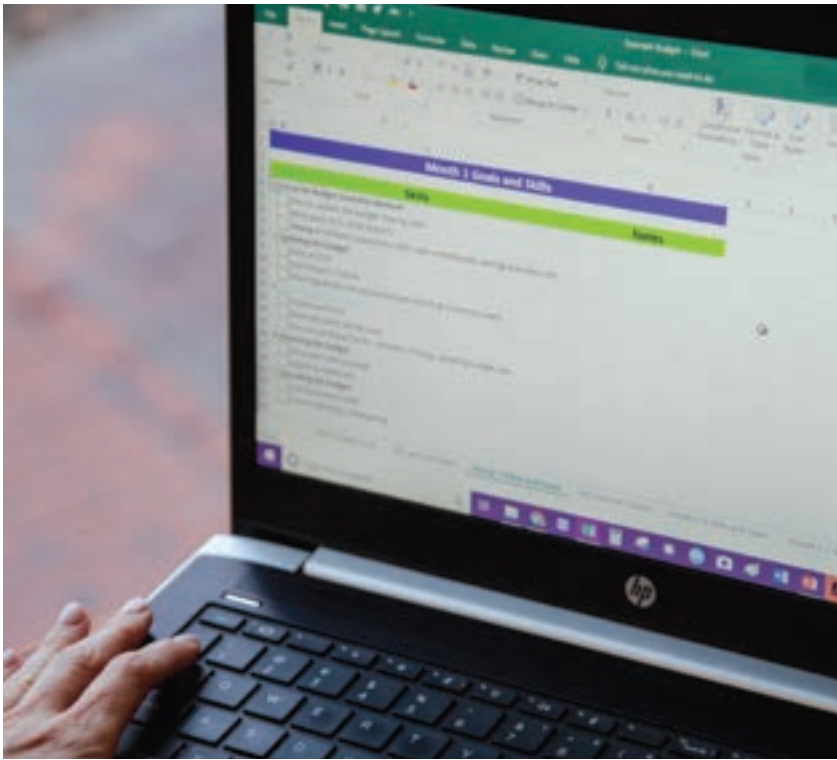
Many cringe at the thought of examining their finances and creating budgets. Not Casey McClurkin. The head of Evolve Money Coaching has always enjoyed helping people achieve personal financial balance and success. After earning a bachelor's degree in accounting, McClurkin worked in corporate accounting as a budget analyst and staff accountant. In 2014, she moved to Maine from Denver, where she lived for 16 years, and began working as a financial advisor for Ameriprise.

"I quickly learned that selling and trading wasn't my cup of tea," McClurkin says. What she really wanted to do was work with clients on basic financial planning, budgeting and setting goals. On rare occasions she got to work with clients who needed those services, and that inspired her to branch out on her own, launching Evolve Money Coaching in September 2018.

McClurkin says she wants to live in a world where "talking about money isn't taboo, people understand where their money is going and the word 'budget' makes people think of financial freedom. Everybody has to interact with money and most people were never taught the skills they need to be good at it." McClurkin helps her clients manage their daily finances by identifying their sources of financial stress and creating a budget to examine their income, expenses and debt.

Another important part of McClurkin's work is to help her clients to determine their core values, set goals in alignment with those values, and better understand their relationship with money. "What I have found is when people have shame about their spending or consumer debt they may have accumulated, it's often because they were not spending in alignment with their values," McClurkin says "I help them to see and break that pattern. It's a behavioral approach to money management."

What's the most common mistake people make around money? Not understanding their



Casey McClurkin of Evolve Money Coaching meets with most of her clients virtually, usually from a coffee shop or library. Here she is photographed at the Commercial Street location of Arabica in Portland.

cash flow, which leads to living paycheck to paycheck and/or overspending. “If you can’t see how all your bills, cash withdrawals, debit card purchases, auto-pays, direct deposits, etc. fit altogether, it can be a confusing mess,” McClurkin says “If you know what is due, when it is due, and when you have income coming in, you can make your money work for you.” She often focuses on cash flow in her initial two-hour session with clients, helping them see how all the pieces of their financial puzzle fit together.

To get her business off the ground, McClurkin focused on networking and staying involved in her community. In the spring of 2018, she took a course and passed an exam to be certified as a behavioral financial advisor (BFA), distinct from a certified financial planner (CFP). McClurkin took SCORE’s Financial Coach Academy course and is a member of the networking group Think Local Kennebunk chapter, as well as Women Standing Together, a Portland-based nonprofit that helps women network and problem-solve in their careers. “In our meetings, women present problems they have in their business and small groups help them problem solve and generate solutions,” McClurkin says.

One challenge has been finding and growing her client base, which she says is due to the level of trust her work requires. “It takes time for people to talk about their money/finances and build that trust and relationship,” McClurkin

says. “It’s been slow to start, but I’m committed to building relationships and networking to help my business grow.” Most of her clients come to her through word of mouth. She’s working on building her social media strategy and is launching an online course in the spring to walk clients through her process at their own speed. McClurkin meets with most of her clients virtually via Zoom. These are sensitive

“EVERYBODY HAS TO INTERACT WITH MONEY AND MOST PEOPLE WERE NEVER TAUGHT THE SKILLS THEY NEED TO BE GOOD AT IT.”

and personal topics for most and for some, it’s easier not to meet in person, she says.

Evolve Money Coaching’s target demographic is clients in their 30s or 40s. “The Millennials and GenXers tend to gravitate towards me and are interested in talking about values and they are at the stage in their life where they’re really ready to look at their finances,” she says. With so many financial planning tools available online, isn’t there fierce competition for this kind of business? McClurkin says no; she’s offering a different kind of service. If her clients use Mint or another service and are happy with the tool, she doesn’t change what’s working for them. But a budgeting tool alone often isn’t enough, she says. “People and busi-

nesses need support, accountability, advice, and behavioral changes. That’s where having a financial coach can be helpful. The work I do with my clients can enhance their experience with other online tools. I help them get more out of every dollar that they can then track with Mint if that’s their choice.”

McClurkin practices what she preaches in terms of her own personal financial journey. “I had struggles with credit card debt and cash flow so I know what it feels like,” she says. In order to overcome her own challenges and self doubt, McClurkin worked with life/business coach Jodi Flynn at Women Taking the Lead in Portland. Flynn helped her see her own value and gain confidence needed to launch her business. She’s also in a “mastermind group,” a peer to peer mentoring group and has three different accountability partners, including a financial coach in Canada. “Self-awareness and self-development is critical for me. The more I can learn about myself, the more I can help my clients become self-aware and self-reliant.”

Mercedes Grandin is a freelance writer, editor, English teacher and tutor. She lives in Brunswick with her husband Erik and their chocolate Labrador Fozzie.

**LEARN MORE ABOUT
EVOLVE MONEY COACHING:
evolvemoneycoaching.com**

WHAT'S THE BUZZ ABOUT MAINE URGENT CARE?

“THEY MAKE IT
EASY TO CHECK
THE WAIT TIME
BEFORE WE GO.”



FAST, EXPERT CARE FOR ALL KINDS OF NON-LIFE-THREATENING INJURIES & ILLNESSES:

- ANIMAL BITES & STINGS
- ASTHMA & BRONCHITIS
- BURNS, CUTS & SCRAPES
- EAR INFECTIONS
- FEVER & FLU
- MIGRAINES

- MINOR FRACTURES
- RASHES
- SORE & STREP THROAT
- SPRAINS & STRAINS
- UPPER RESPIRATORY INFECTIONS
- VOMITING & DIARRHEA

PLUS FLU SHOTS & PHYSICALS ALL AT THE NEW, STATE-OF-THE-ART **TOPSHAM CARE CENTER**, WITH IMAGING AND A LAB ON SITE.

**NOW OPEN TO EVERYONE,
EVERY DAY, FROM 8 AM - 8 PM
AT THE TOPSHAM FAIR MALL**

Maine 
Urgent Care

TO CHECK CURRENT WAIT TIMES, RESERVE YOUR SPOT, OR FOR MORE INFORMATION, VISIT MAINEURGENTCARE.COM, OR CALL (207) 798-6333

Eating Disorders and Co-Occurring Addiction Treatment

Crossroads has established itself as a leader in the treatment of addiction and behavioral health since 1974, particularly in co-occurring and gender-responsive care for addiction and eating disorders.

50% of individuals struggling with eating disorders also have a substance use disorder. Enrolling in a fully integrated treatment program that addresses both disorders is imperative for preventing relapse.

Crossroads offers a 30-day residential treatment program for women by women, in a safe and serene environment where women can feel peaceful and comfortable. With 24-hour on-site care, women can rest assured that the treatment will be tailored to address their unique challenges.

Our co-occurring disorders treatment program focuses on physical, mental, emotional and spiritual treatment including:

- **Dialectical Behavior Therapy (DBT)**
- **Cognitive Behavioral Therapy (CBT)**
- **Medical Nutrition Therapy**
- **Yoga and Group Acupuncture**
- **Mindfulness-based Relapse Prevention**
- **Seeking Safety**
- **Healing Trauma**
- **Women's 12 Steps**
- **Equine Therapy**
- **Art & Expressive Therapy**



Remember who you wanted to be, and take the first step to seek healing. If you find yourself or a loved one struggling, contact Crossroads today.

aetna

Anthem
Blue Cross Blue Shield

Cigna

Community
HealthcareBeacon Health
CareMagellan
HEALTHCARE



GROUND **(AND GLASS CEILING)** **BREAKERS**

Janet Mills, Chloe Maxmin and Rachel Talbot Ross are influencers in a changing tide of more inclusive leadership. Amy Paradysz talked to them about their past inspirations and future vision for Maine.

WRITTEN BY AMY PARADYSZ | PHOTOGRAPHED BY HEIDI KIRN



JANET MILLS

MAINE GOVERNOR

First woman to hold the state's top office

When Janet Mills was a little girl growing up in rural, western Maine in the 1950s in a Republican family in a Republican community, she never envisioned that one day she'd be a lawyer, never mind run and win a Democratic campaign for governor. "I didn't grow up with these political ambitions," Mills says. "I was a secretary and receptionist in a law firm, and I thought to myself, 'I could do that. Why not me?'"

And so began the steadfast journey of a woman who would shatter all sorts of glass ceilings: As the state's first female district attorney, first female state attorney general and, as of last month, the first female governor.

Politics run in the family. All four of Mills' grandparents held elected office. Her father was a U.S. Attorney for Maine. Her eldest brother, Peter, served in the Legislature and ran for governor—twice—as a Republican and now heads up the Maine Turnpike Authority. Her sister, Dr. Dora Anne Mills, directed the Maine Center for Disease Control and Prevention and is vice president for Clinical Affairs at the University of New England. The Mills family isn't exactly a clan of wallflowers.

She describes being "challenged by the politics of cynicism, of fear, of distrust, of anger." She saw a better way.

"I think tone is important," she says. "We want to change our attitude of state government toward its mission. State government needs to be user-friendly, customer-oriented and, at the same time, fiscally responsible."

At her acceptance speech in the early morning hours of Nov. 7, 2018, Mills said, "Tonight I hope this election sends a powerful signal to the women and girls in Maine of any age—there is no obstacle that you cannot overcome."

She made a joke that night and again at her inauguration Jan. 2. Of the 75 governors in the state's history, she says, deliberately letting the joke unfold slowly, she's the first (another pause) to be elected "from Franklin County!" Downplaying it during her inauguration speech, Mills said, "Truly, this year's milestone will one day be commonplace, like drinking milk or eating toast." But that night was filled with nods to Maine's shattered glass ceiling, and the biggest

applause of the night was for two little girls, Shy Paca, 11 and Natalia Mbadu, 10, as they finished a rendition of Alicia Keys' anthem to women, "Girl on Fire."

Mills was one of the co-founders of the Maine Women's Lobby 40 years ago and served on its board of directors. But she talks far more about legislative issues—dealing with climate change, workforce challenges and the cost of education and healthcare—than she does about women's equality.

"I put my money where my mouth is," Mills says. "Issues like minimum wage and health care tend to affect women more than men, statistically. The Me Too movement, the Women's March—a lot of these things have brought to light issues that women face uniquely in and out of the workforce."

At 71, she's been a leader long enough to have seen other times when women held a significant number of positions of power in Maine—and then watched as the numbers dwindled again.

"Ten years ago in Maine I was attorney general and there was a woman Speaker of the House, a woman Chief Justice and a woman director of public safety," Mills says. "We were everywhere in positions of power."

Last November, a record 72 women were elected to the state legislature, up by eight since 2017—or up 5 percent in one legislative session.

"That's some progress," Mills says, adding that a child care facility at the State House complex would be another step in the right direction.

In that same November election, Mills won 317,000 votes, more than any governor in Maine history.

Looking back on her recent victory, Mills says she was touched by the words of author Bill Roorbach on social media: "Here in Farmington we're sweeping up all the shattered glass that fell from above last night and turning it into light: meet the first woman governor of Maine!"

"That's kind of beautiful," Mills says. "And I've received handwritten notes from little girls saying how much more hopeful they feel about their own opportunities in life."

But it's not only little girls she has inspired.







CHLOE MAXMIN **MAINE HOUSE OF REPRESENTATIVES** **(DISTRICT 88)**

Youngest woman in the Legislature

Some people sum up Chloe Maxmin's 2018 Maine House of Representatives win in the usually Republican-leaning rural District 88 as a "blue wave" victory. But Maxmin, at 26 the youngest woman in the Legislature, herself credits a campaign based on a message of common humanity and old-fashioned door-knocking. She got some help developing canvassing skills from Emerge Maine training, including from Janet Mills herself.

Knocking on 10,000 doors in small towns like Chelsea, Whitefield, Jefferson and Nobleboro isn't the easiest way to win an election. But it worked.

"We ran a 100 percent positive campaign," Maxmin says, "and we took the time to drive down long driveways to talk with people about actual issues, like folks who are choosing between whether to put food on their table or pay for their prescriptions. I went to talk with people two or three times so that I developed an actual relationship rather than just asking for their vote. This whole experience was about, 'Can we do politics differently? Can we engage with people in a meaningful and empowering way?'"

In nearly every utterance about her 10 months of campaigning, Maxmin uses the pronouns "we" and "our."

"Sometimes we had 30 people in a room ready to canvass in District 88, and it was incredible," Maxmin says, adding that a lot of volunteers canvassed for the first time in their lives. "Nothing happens with just one person. We didn't build this rural movement with just one person. We built it together because we think politics as usual has been failing us and we can do it a better way. Winning just further emphasized how ready we are for politics that is kind, honest and truly built as a community."

Growing up on a farm in Nobleboro where her family raised venison, Maxmin observed the effects of climate change on the land, the woods, the lakes and the behavior of animals. By the time she was 12, she was writing to local newspapers. At Lincoln Academy in Newcastle, she started the Climate Action Club. At Harvard, she co-founded a campaign calling on the university to end its investments in fossil fuel companies, and Divest Harvard grew into a movement of 70,000 people. She graduated with a degree in social studies and a minor in environmental science and public policy; founded First Here, Then Everywhere, a project where she interviewed young climate change activists; worked for Bernie Sanders' presidential campaign; and wrote for "The Nation." All this before she was elected to the Maine House of Representatives.

"This past year has been about getting more women in office, and we're getting there," Maxmin says. "But part of this wave has been saying that we need all voices at the table. The people in the State House should represent the people of Maine, and that includes men, women, older folks, younger folks, and people of all backgrounds and identities."

Taking cues from thousands of roadside chats, Maxmin wants to fight for affordable health care, a healthy planet, good schools, well-paying jobs, debt-free higher education and food security.

"I want to do my community proud," she says. "Everything I've done in the State House so far centers around: 'What would my community want?' My goal is to represent and reflect the needs and hopes of my community in Augusta, to be honest, and to bring integrity to this process. This is my home, and where I want to spend my life."

RACHEL TALBOT ROSS

MAINE HOUSE OF REPRESENTATIVES (DISTRICT 40)

First black woman in the Legislature

“Fair housing, access to education and health care were always part of the dining room table conversations growing up,” says Rachel Talbot Ross, who, at 58, is starting her second term in the Maine House of Representatives. “Now I know where those laws come from, who makes those laws and how they get made. But, the conversations I have now as a legislator, I had at the dinner table as a little girl. It feels like this is, authentically, what I’m supposed to be doing with my life.”

Her father, Gerald Talbot, was the first person of color in the Maine Legislature, serving two terms beginning in 1972. He also helped reconstitute the Portland branch of the NAACP of Maine. And, in 1977, he sponsored a bill to remove the word “nigger” from 12 place names in Maine.

“I cannot remember a time when my mother and my father and my close family were not involved in some aspect of public service or civic action,” says Talbot Ross. “My three sisters and I benefited from our parents’ commitment to serving the public good and we’ve each devoted our lives in different ways to realizing that. We knew that what our father was doing meant that people’s lives were going to improve, and there was enormous pride in that.”

Talbot Ross not only succeeded in filling her father’s shoes, she managed to lay claim to the same chair he used to have in the Maine State House, seat 32, during her first term.

“Exactly 45 years after my father, I was elected as the first African American woman,” she says, adding that the only other black legislator today in Maine is Rep. Craig Hickman, D-Winthrop.

Talbot Ross says that being the first woman of color in the Legislature is an honor but, at the same time, it’s a testament to how much more work is needed to have the body politic reflect the diversity of the population.

“In the state of Maine, we don’t want to leave anyone out,” she says. “We ask the question of ourselves, ‘Who is not being included?’ and we do not pit populations of people against one another as if there is some hierarchy of oppression or privilege. I want my work to reflect that I was true to the needs of the people of my district.”

District 40 encompasses large swaths of Portland: the neighborhoods of Bayside, East Bayside, Parkside, Oakdale and the University of Southern Maine campus. It’s the most racially and ethnically diverse dis-

trict in the state. It’s also one the most densely populated, yet the constituents of District 40 face many of the same struggles as rural Mainers: affording food, housing, health care and education.

“We’ve got to make sure that we address the roots of poverty in this state,” Talbot Ross says. “Health care, education, job training, livable wages—it takes all these pieces.”

There’s a lot of overlap between the work Talbot Ross does as a legislator—with a \$21,000 stipend for two years of work that inches toward full-time three-quarters of the year—and her volunteer efforts, including serving as president of the NAACP Portland Branch. For example, in her first term in the Legislature, she served on the criminal justice committee.

“That kind of mirrors my work within correctional facilities for about the past 13 years,” she says. “The NAACP represents all prisoners, looking at the civil and human rights of incarcerated people, making sure that our laws, policies and practices are aligned.”

As a legislator, her role flips from advocacy to policy reform.

“We’re trying to make sure that our justice system doesn’t favor a particular socioeconomic class of person, a particular ethnicity or a particular gender—making sure that the justice is equitable,” Talbot Ross says.

She also brought together policy directors from the state’s organizations involved in civil rights and social justice—everything from the Maine Center for Economic Policy to Planned Parenthood of Northern New England—to form a Coalition on Racial Equity. She’s working on a leadership development program to get more adult women of color involved in politics. And, to prime the pump for a future pipeline of politically engaged Mainers of color, she teamed up with Portland City Councilor Pious Ali to establish the King Fellows, a leadership program for high school students of color in the Greater Portland area.

“We are trying to create more opportunities for young people of color,” Talbot Ross says. “I’ve created a Day at the State House, and I’m hoping to create opportunities to serve as pages or take advantage of job shadowing or internship opportunities. We want to make sure that they see political service as an opportunity they can explore in their lives.”

Amy Paradysz lives in Scarborough and writes about women, organizations and community happenings that empower.





Raise your arms with confidence!

Permanently reduce underarm sweat, odor and hair with

miraDry®

Immediate results • Non-surgical • FDA Cleared
80% reduction of sweat production with one treatment!

Maine Laser and Aesthetics is the only practice in Maine to offer this life changing treatment!

Call us at (207) 805-8920 to schedule a complimentary consultation!



19 Northbrook Dr., Suite 222 • Falmouth, ME • www.mainela.com • contact@mainela.com



Kennebunk
Center for Dentistry
Kindness. Compassion. Dedication.

Brighten Your Smile For Valentines Day

PHILIPS
ZOOM!
TEETH WHITENING

**BUY ONE,
GET ONE FREE!**

BEST RESULTS

You can leave the dental office after a single visit with your beautiful bright new smile.

- 2-Hour Appointment
- Immediate Results
- Custom Fit Trays
- Includes Future Touch-Up Kit



2 Livewell Drive, Kennebunk | 207.985.7944 | www.kennebunkdental.com

Make your dream kitchen a reality

ATLANTIC DESIGN CENTER
A DIVISION OF ELDREDGE LUMBER

ELDREDGE
LUMBER & HARDWARE
Kitchen & Bath Design

627 US Route 1, York ME 03909 75 W. Commercial St, Portland ME 04101
(P)207-363-3004 (F)207-363-0983 (T)207-358-7705 (F)207-358-7760
New Portland Kitchen & Bath Showroom coming Early Summer 2019

HOTELS | RESIDENTIAL | BUSINESS | HEALTHCARE



Courtesy of artist John Bisbee. Permanent installation at the Harvard Business School

ART INTERIORS

by Elizabeth Moss

Want fine art in your workspace? We can curate, lease and install.

All as a service.

See what's possible at www.artinteriorsmaine.com

I want to be like Aunt Janet

**The new governor's 16-year-old niece on sleepovers,
"Star Wars" and spontaneity with her role model.**

WRITTEN BY JULIA MILLS FIORI | PHOTOGRAPHED BY HEIDI KIRN

Janet Mills isn't just the governor of the State of Maine. She is my aunt, my mother's sister, the one who was there on the day I was born. Governor Mills is the person who lovingly gave me the nickname "Kid" and in whose large footsteps I have always eagerly followed. Some people think of Janet as a steely prosecutor-type who stands up to bullies. This is true. But she is also the warm, funny aunt who always has a piece of poetry to recite, a song to sing and a story to tell. Her sense of adventure always surprises me no matter how many times I've been party to it, and I've always looked up to her for her "can do" attitude.

When I was younger, both my mom and aunt worked in Augusta, my mother, Dora Mills, as the director of the Maine Centers for Disease Control and Prevention, and Janet as a legislator, and then attorney general. My brother and I would sometimes accompany my mom to Augusta. On those days, we would often visit Aunt Janet at the State House. She would show me and my brother around as we stared, enthralled, at all of the paintings and granite floors. Holding my small hand tightly, Janet would walk me around the State House, showing me the people she worked with and allowing me to "deliver" special notes to them. (I later learned these were blank pieces of paper she put in folders to look impressive.) Because I thought she was so cool, I'd copy and exaggerate her facial expressions. She'd be jokingly indignant: "You stole my face!"

One of the long standing jokes in my family is that you "never get in the car with Janet without a long book." What starts out as a 45-minute trip home can easily turn into four or five hours to visit people in Maine towns you never knew existed. Experiences of this type range from the mundane on Maine backroads—"I wonder where that leads," she says, then turns the wheel to find out—to the extraordinary. On a trip to Israel together, just the two of us, she said to me, "How far do you think we can swim across the Dead Sea?" Together we went halfway across and she showed me how to float while looking like a starfish and laughed with me when I got stuck in the muck.

Sometimes the adventure is right at home. About five years ago, on a snowy night during winter vacation, my mom and I were up late in

Janet's kitchen with her, watching "The Sound of Music." It was one of my late grandmother's favorite movies. In our PJs, we drank mint tea and competed to see who could quote the most lines from the movie. When it ended Janet decided that a nice midnight walk through Farmington was a good idea. I disagreed. It was snowing. It was freezing. It was late. "Auntie, it's too cold!" I told her.

But Janet can be very persuasive. We got all bundled up in our winter gear and headed out into the wintry darkness. It was insanely quiet. The only sounds we could hear were the shuffling of our feet over several inches of snow and the occasional whisper of wind through the trees. We made it to the massive snowbank where all the snow from the town's main streets ends up. It stood larger than the garage it was up against. I raced up it with my mom calling "Be careful!" Meanwhile, Janet, trained well by my uncles, was making and chucking perfectly shaped snowballs up at me, laughing as I attempted to dodge them. I smiled so hard my face hurt.

Even with a busy schedule, she makes time for spontaneous activities. She's the aunt who has often joined in on my sleepovers with friends, to dance with us and, more recently, to give us advice. Once she even stayed up late with me and my best friend to share her stories of toxic relationships in order to warn us of difficult experiences ahead as young women. She always has time for family, exhibited many times over the years, and that's one her traits I admire greatly. It's a side of her many do not see.

Many people assume that my aunt, as a lawyer and a grandmother, must be out of touch with pop culture. They haven't seen her at a "Star Wars" premiere. This is my favorite movie series so my mom has gotten us tickets to the opening night shows of three out of the four most recent "Star Wars" films. Janet has been to each of them with me. (Thank you again, Auntie, for telling me that seeing "Solo" in the middle of final exams was a bad idea.) We line up outside the theater, then I'll rush in, usually in full costume, while Janet follows, twirling the lightsaber I've made her hold while I get our seats.





Many people assume that my aunt, as a lawyer and a grandmother, must be out of touch with pop culture. They haven't seen her at a "Star Wars" premiere.



Photos courtesy of the Mills family

She knows her "Star Wars" history, even if she isn't quite the nerd that my brother and I are. (Janet is more of a "Wonder Woman" type, while my mother is solidly a "Doctor Zhivago" fan.) After "The Force Awakens," my mother, who doesn't really like "Star Wars," asked us all on the car ride home, "Why did Darth Vader kill Harrison Ford?" My brother and I could hardly respond to such a ridiculous question. Aunt Janet replied in her easy-going manner, "Geez, Dora. Darth Vader died 35 years ago."

From graciousness to spontaneity, I've learned a lot from Janet. She's taught me how to barter in the streets of Jerusalem. Walking on the wide clam flats in the summers, she's the friend I pass snippets of poetry back and forth with while we name the birds on the shore. Along with the lighter lessons have come serious ones, including about being a woman in a male-dominated career. She's talked to me about cases that she's never forgotten, like that of a brave woman named Emma Waters who came forward about her abusive husband, and was then murdered by him when he got out on bail. It taught my aunt about the importance of a gut instinct; she was the one who indicted the husband and she feared the exact outcome that happened. She still gets teary-eyed talking about it.

But I think the most important lesson she's taught me is how to truly be yourself. I've never once seen her doubt her own abilities or question her worth. She's driven by a sense of right and wrong and all of the gray that can be seen in between. Her boldness in always standing up for what she believes in is what I believe to be one of the reasons behind her success.

I tell myself, be confident, be caring, be like Aunt Janet. She's my role model; someone who demonstrates unbound loyalty and whom I will cheer on from behind as she inspires me. Janet is not just a lawyer, or a politician or Maine's first woman governor. She is a fisherwoman, an amazing transformer of leftovers into "kitchen sink" soup for the soul and the most patient driver instructor a teenager could ask for. She's my hero, my "What Would ____ Do?" person of my life. I hope that these are sides others will be able to recognize in her as I have all these years. I can't wait to see what she does as Maine's new leader. I have a feeling other young women will also be thinking of her as their "What Would ____ Do?" person.

Julia Mills Fiori is a junior at Waynflete in Portland. She held the Bible as her aunt was sworn in as governor Jan. 2.

Supporting Community We Make It Easy

“Banking with us makes a deposit back into the community.”

Andrew Silsby, President & Chief Executive Officer

Open our Premier Checking (business or personal) today and you'll support our local community. We target 10% of our income each year to go back to the communities we serve. Doing business with us really does make a deposit back into our community.



 **Kennebec Savings Bank**

Augusta (207) 622-5801 | Farmingdale (207) 588-5801 | Freeport Loan Center (207) 865-1550 | Waterville (207) 872-5563 | Winthrop (207) 377-5801





www.KennebecSavings.Bank

Member  **FDIC**
EQUAL OPPORTUNITY LENDER

Stop by one of our 21 showrooms today and let us put our 65 years of service and commitment to work for you!


Member of **NKBA**
National Kitchen & Bath Association

YOUR KITCHEN... *Your Style.*

EXPERT DESIGNERS

FREE DESIGN CONSULTATIONS

FULL DISPLAY SHOWROOMS

**Kitchen
Bath & Flooring Center**

21 Locations Across Maine | hammondlumber.com



a division of **Hammond Lumber Company**

AUBURN • BANGOR • BAR HARBOR • BELFAST • BELGRADE • BLUE HILL • BOOTHBAY HARBOR • BRUNSWICK • BUCKSPORT • CALAIS • CAMDEN • CHERRYFIELD
DAMARISCOTTA • ELLSWORTH • FAIRFIELD • FARMINGTON • GREENVILLE • MACHIAS • PORTLAND • ROCKLAND • SKOWHEGAN

“OUR PERSONALIZED APPROACH IS HELPING MORE AND MORE CANCER PATIENTS NOT ONLY SURVIVE, BUT TRULY THRIVE!”

—DR. CHIARA BATTELLI, PRESIDENT,
WITH HER NP, AMANDA MAGNOLI



New England Cancer Specialists is proud to be at the forefront of improving outcomes for cancer patients. Our integrated team approach provides each patient with the most effective care throughout their cancer journey, from treatment through survivorship.

Should you ever be diagnosed with any type of cancer, ask your doctor about a referral to Maine’s leading cancer specialists. Or call to make an appointment, today.



NEW ENGLAND
Cancer Specialists
NewEnglandCancerSpecialists.org

Kennebunk
2 Independence Drive
(207) 985-0008

Scarborough
100 Campus Drive, Suite 108
(207) 303-3300

Topsham
105 Topsham Fair Mall Road
(207) 729-1148

NEW YEAR, NEW YOU!

Let Purely Skin Aesthetic
& Laser Center help you
reshape your ideal figure!

**Mention this ad and
receive 20% off!**

Purely Skin Aesthetics & Laser Center

350 Cottage Road, South Portland
(207) 767-2146 • mainelyskin@gmail.com

truSculpt has been globally adopted by leading aesthetic practitioners and recognized by the media worldwide.

Introducing
truSculpt® 3D
non-surgical fat reduction treatment





755

Donna Dwyer, president and CEO of My Place Teen Center, extends a warm welcome at the Westbrook nonprofit.

An honor & A RESPONSIBILITY

Three leaders who have dug hard for resources
to support projects they believe in

WRITTEN BY PATRICIA MCCARTHY | PHOTOGRAPHED BY LIZ CARON

Three Maine women who run organizations that help kids thrive have at least a few things in common: They all say they've found their passion, got to this point on unconventional paths, are mothers—and are kept awake at night worrying about funding.

DONNA DWYER, 54, OF SOUTH PORTLAND: MY PLACE TEEN CENTER, WESTBROOK

Dwyer, president and CEO of My Place Teen Center since 2011, has had the drive to help children needing extra care since 1991, when her younger son Timothy was born with Down syndrome.

She went to grad school to learn how to be a better parent, earning a master's in special education and a certificate of advanced study in educational leadership, then working in social services. But while pursuing an MBA in entrepreneurship, Dwyer won a business-plan competition and decided to try to make a go of her very ambitious project, a \$50 million multisport athletic complex in Scarborough. "I'd never done anything like that before, but I believe I can do whatever I set my mind to," she says. She had practice in resilience, having beaten Stage 4 Hodgkin's disease diagnosed when Timothy was just 4, and her son, John, was 11. But with the athletic complex, she said her timing was off. "While I was working to get the funding (from 2006–2010), the market crashed and we weren't able to complete that idea."

She went back to social services, applying for jobs in early 2011, including one at the "old, tired" My Place Teen Center in Westbrook, which offers free after-school and other programming for children aged 10 to 18.

"The building was falling in on itself, and it was gross and dirty," Dwyer

says. It didn't feel like a good fit to her.

But then, in the final round of her interview process—a sit-down with a couple dozen kids who regularly attended the center—a girl with bright eyes and dimples startled Dwyer by asking a few unexpected questions that got her to start reconsidering.

"Are you mean?" the teenager asked, and then: "Do you have the skill sets to keep the red doors open so that my brother coming up behind me will still be able to come here?"

Struck by the teen's correct use of "skill sets" for starters, Dwyer answered that no, she wasn't mean, and yes, she believed she possessed the relevant fundraising and other skills. They took a tour of the red-doored building together.

"This girl was very articulate and poised," Dwyer says. "But I could see that her hands were shaking the entire time. As she showed me around the building, I learned why. Her tremor was from constant anxiety because she was homeless."

The interaction with the girl changed Dwyer's life. "She just tugged at my heart so much, and I went home saying to myself, 'let them give me this job. I know I can make a difference.'"

Dwyer knew it would be a monumental challenge, starting with emptying the 10,000-square-foot building of junk. It took six years to fix, renovate or replace everything from the roof to the foundation, she says. At the same time, she was helping to take care of 75 kids every day, and building relationships.

"I don't want to sugarcoat how angst-filled and arduous it really was," Dwyer says. "And basically my M.O. the whole time was always 'no means yes.' You can say no to me 100 times, but eventually you're going to say yes, because these kids deserve it. I knew I would be successful in



Jennifer Roe runs A Company of Girls, a Portland program intended to support and empower young women.

At A Company of Girls, participants gather for snacks and games. “It lightens me up to see them build each other up,” says Jennifer Roe of the work she does at the Portland after-school program.



this because of my resilience and drive, and we’ve done everything we set out to do and more.” The “more” includes adding a second location for My Place Teen Center in Biddeford, anticipated to open the summer of 2020.

What keeps her driven and energetic?

“The whole nonprofit business is a risky endeavor, but I honestly feel honored that I have a role in changing the trajectory of kids’ lives. It’s an honor and a responsibility,” she says. “And I also play tennis six or seven times a week!”

JENNIFER ROE, 51, OF SOUTH PORTLAND: A COMPANY OF GIRLS, PORTLAND

Moving from just outside Washington, D.C., to remote Presque Isle in sixth grade has a lot to do with why Roe feels connected to the work she’s doing now, leading an organization that aims to strengthen and empower—or as it’s often written—empow(h)er—girls and their families and foster community through the arts.

“It was a hard time to move, and I can definitely feel myself as a sixth-grader when I’m with these girls now,” says Roe, who started her career as an intern for Portland Stage Co. after studying English, speech and theater at the University of Maine at Presque Isle. Her focus shifted when she was hired for the organization’s marketing department. After a brief stint in New York, she returned to Maine, doing marketing work for

the Children’s Museum and Theatre of Maine.

Roe left the nonprofit world to start a multimedia company of her own but found she missed interacting with kids. With a flexible schedule, she had time to volunteer and chose A Company of Girls.

“I got slightly addicted to using art to bring out the voices of these girls, and I started teaching there one or two afternoons a week.”

The more time she spent at A Company of Girls, the more she wanted to be there, helping girls—mostly middle-school-age—gain confidence and self worth and spark their creativity through safe and supportive visual, performing and culinary arts programs. So when its founding director left, she and another woman job-shared to fill the director role.

“As I was seeing the full picture, I knew I needed to turn this into my primary work,” Roe recalls. “And now I want to help as many girls as we can for as long as we can.”

That was eight years ago, and Roe says she loves what she does, supporting 24 girls in an after-school program at Woodfords Church—the organization’s new home as of October—as well as another group that meets at various Portland-area schools. She’s also the primary theater teacher.

“It’s fun. Insanity, but fun!” says Roe. “The finances keep me up at night, and we do run on a razor-thin line. The financial challenges are always the struggle. But it’s just amazing to see real progress. It’s now this wacky family that supports each other, and it’s fascinating to watch the relationships with each other grow. It lightens me up to see them build each other up. I adore these girls.”



CAROL AYOOB, 60, OF CASTLE HILL: MAINELY GIRLS, AROOSTOOK COUNTY

Ayoob, an artist who has tried many endeavors, is no stranger to change. At 50, she went to grad school, and at 54, she opened a locally sourced organic restaurant and art space in Presque Isle.

Now the mother of two grown sons teaches photography and Experiences of the Arts part-time at the University of Maine at Presque Isle as well as working nearly full time to make Mainely Girls a success. The organization works in rural Maine communities to empower girls through arts and adventure-based activities, book clubs, mentorships and civic initiatives.

When Ayoob heard about its executive director leaving in 2015, she was intrigued and asked if it might be possible to relocate the organization to Aroostook County from midcoast Maine. With approval and the job, she got to work creating a board, adjusting bylaws and figuring out her focus.

“My expertise was in the arts and the outdoors, and I wanted to start by making it nature-based and seeing how it developed from there,” says Ayoob, who also has experience with children’s advocacy and running a women’s resource center in the mid-1990s that included a theater component for girls.

Acquiring grants was all-important from the get-go and remains essential to Mainely Girls’ success. With a few small grants in hand, Ayoob

set up a conference at UMPI, and 33 girls showed up. Next it was a week-long camp in summer 2016, where girls swam, cooked, hiked, bonded and built relationships.

Mostly girls in eighth through 10th grades take part, “but we’ll work with any group of girls in the community,” Ayoob says. Two book clubs are thriving, and she’s working to get an apprenticeship or internship program and a theater program up and running. She recently recharged by taking a few months away to put together her own art and musical exhibition at UMPI, incorporating the lyrics and themes of classic folk musicians, including Dave Mallett. But that only crystallized her reasons for leading the organization.

“I love working with girls in this way. I was a girl once, and I felt isolated at times and would’ve appreciated something like this. Girls I worked with many years ago still call me or invite me to their weddings and will say being involved with our programs really made a difference in their lives. That’s gratifying.”

Her hope is for current participants to be able to look back as fondly one day. And that depends on her ability to keep securing resources.

“I dream of finding a benefactor,” Ayoob says. “We live grant to grant, but I am determined that this can grow.”

Patricia McCarthy, a longtime writer, editor and photographer (patriciamccarthy.com), has three daughters and a black Lab, and lives in Cape Elizabeth.

CEO and president Donna Dwyer
chatting with Rosie Le at My Place
Teen Center. In 2011, an encounter
with a teen at the center convinced
her she wanted the job.



There are over 500 reasons to support My Place Teen Center. And now one more.

**That's 502 kids last year to be exact. 9,100 meals.
20 years changing kids' lives! And now we're opening
a second location.**

We are at the forefront of some of the most crucial issues of our time.

- We fight to keep kids safe from the devastation of the opioid epidemic.
- We combat poverty and food insecurity.
- We create real, authentic communities with kids from diverse backgrounds, teaching them how to be good citizens and good neighbors.
- We show teens from broken homes that there is a better way to live life – with accountability, personal responsibility, and self-care.

But there's more. **We're expanding to a second location in Biddeford!** Westbrook and Biddeford share striking similarities and hold the keys to both the past and future of My Place Teen Center. Please join us in our herculean quest to open the **Red Doors** in Biddeford. Your critical support will ensure MPTC is here for each and every kid who needs us. We're not just raising kids here, we're raising adults – and they're headed your way...



MyPlaceTeenCenter.org/thefuture

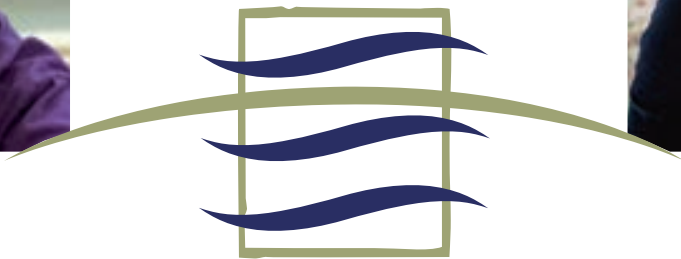
755 Main Street | Westbrook, Maine
207.854.2800 | donna@myplaceteencenter.org

My Place Teen Center is a 501(c)(3) organization.
Your charitable contribution is tax deductible.





THE NEXT
GENERATION OF
SENIOR LIVING
IN MAINE



Northbridge Companies

At Northbridge Assisted Living and Memory Care communities, we're proud of being a predominately women-led company.

Visit any of our five communities in Maine, and you will find there are wonderful people to meet, stories to be heard, and an unrivaled sense of community.

Find a Northbridge community near you:

Brunswick

Avita of Brunswick

Sunnybrook

Wells

Avita of Wells

Westbrook

Avita of Stroudwater

Stroudwater Lodge

Independent Living • Assisted Living • Avita Memory Care

Visit us online: nextgenerationseniors.com



Activism is all in this family for these women



Her mom worked for the ACLU—and Ruth Bader Ginsburg—in the 1970s. Now Alison Beyea runs the ACLU of Maine and her daughter is planning a career in environmental activism.

WRITTEN BY SARAH HOLMAN | PHOTOGRAPHED BY BONNIE DURHAM





From left to right, Annabelle Adams-Beyea, her grandmother Patricia Ramsay and her mother Alison Beyea at Beyea's home in Cumberland. All three are involved with the ACLU of Maine, which Beyea heads.

At her home in Cumberland, Alison Beyea sits at a sunny table with her daughter, Annabelle Adams-Beyea, and her mother Patricia Ramsay, talking about the family business: social justice. Alison is the executive director of the American Civil Liberties Union of Maine. Patricia's involvement with the ACLU has spanned decades, and Annabelle has her sights set on a career in environmental activism. The women are close; they're joking about the blondies Beyea—who is “not a baker”—is cooking for the office bake-off. But as they discuss their work, warm banter takes a backseat to a chronicle of civic purpose, hard work and tenacity.

At 76, Ramsay has an understated, easy confidence. She knew when she left Mount Holyoke College in 1964 that she wanted to work in the nonprofit sector, even though she didn't know exactly what that meant. “To me it just meant, ‘I want to do good.’” she says. “People kept telling me to join the Red Cross.”

Unable to find the right do-good job, Ramsay took a position at a publishing company, but was fired while pregnant (with Alison). When she saw an ad in the newspaper looking for ‘someone to deal with civil liberties,’ she thought, “Perfect,” even though given how vague the ad was, she wasn't exactly sure what she was getting herself into. The job was with the ACLU in Worcester, Massachusetts, and it was listed as quarter-time. “I spent all my time doing it,” she says. “I was the office. Classic non-profit, very little money, no backup, a volunteer board. I got a little bit of money, I gave it to the babysitter.” Ramsay pauses, and her voice softens. “But what a great job.”

Ramsay spent five years in the Worcester office, learning all about civil liberties, constitutional law and the legal system. By then she had two young daughters, Alison and Brigit, who often accompanied her to ACLU events—but not because she had a grand plan to expose them to her work. “It was either bring them or we didn't do it,” she says. “It was practical.”

“We still don't have child care for women when they want to do events,” Beyea says. “We're really not any further on some of this stuff.”

By the mid 1970s, the social justice movement was gaining momentum. “Across the country, people were saying, ‘Oh, I didn't know that was illegal,’” Ramsay says. Many injustices were running largely unchecked, in part due to lack of knowledge. The ACLU sought to inform the public of their rights by publishing a series of paperback books with straightforward instructions on how to legally combat discrimination. Each book was its own project, and Ramsay leapt at the opportunity to work for the ACLU's Women's Rights Project in New York City, where her boss was Ruth Bader Ginsburg. “She was everyone's boss!” Ramsay says, laughing.

Ramsay recalls sitting around a table with the team as the future Supreme Court justice worked through the issues facing their project. “That experience of listening and watching her think was pretty amazing. The body of law and the thrust of the women's rights movement came from that office.”

Ginsburg's approach was simple and logical: If they don't understand, we'll have to teach them. Ramsay did just that, traveling to educate other ACLU chapters and the public. She saw significant change in women's understanding of the issues, but reflecting on the current state of women's rights, she says, “I find myself thinking, Haven't we already done that?”

Beyea agrees. “None of us can believe we're fighting for access to birth control,” she says, “but we are.”

A graduate of Kenyon College, Beyea, 48, majored in politics and went on to attend the University of Maine School of Law. She worked as a legal services lawyer specializing in juvenile rights at Pine Tree Legal Assistance and spent a few years as the director of admissions at the University of Maine School of Law. In 2014, Beyea took the executive director position at the ACLU of Maine after Shenna Bellows left the organization to run for Senate. At the time, the ACLU had prioritized abortion rights and criminal justice reform. While working on these issues, Beyea encountered a general unwillingness to talk about inequities in America, particularly in the criminal justice system. “The

“Everyone in my classes agreed racism was bad, but they weren’t having the hard conversations about it. The idea of pulling the curtain back on the issues was done at [my] home, not anywhere else.”

criminal justice system is just another way of oppressing low income and people of color,” she says. “It is a re-entrenchment of discriminatory laws.” Here in predominantly white Maine, she explains, it has been historically easy for some to deny racism is an issue. “Not only is it an issue,” she says, “but not shining a light on it as progressive organizations was making it worse.” One of her first objectives as executive director was to refocus the lens, looking at issues with sharper attention to racial equity. She believes since the 2016 election, the view that there are systemic prejudices has gained broader support.

“I’m excited to see how many people want to join in this work and have uncomfortable conversations,” Beyea says. “We need to figure out how all of our systems, including the nonprofit systems, perpetuate institutional racism.” Changing inherent bias is hard work, “but it’s important work, and we are committed to doing it,” she says. Since 2016, Beyea says the organization has been consistently combatting attacks at the state and federal level on the established rights of immigrants, people of color, and vulnerable populations. Beyea’s office employed seven people in 2015. Now they’re a staff of 15, and they could easily double in size again. ACLU membership in Maine went from 1,800 in 2015 to over 10,000 since the election. Nationally, membership is 1.7 million, up from 400,000. And although that growth is ultimately positive, it also puts new demands on resources.

Beyea and her team work in the courts and the state Legislature as well as at the local government level, fighting against aggression and discrimination. There is public speaking and coalition work as well, collaborating with other nonprofits that have similar missions. “None of us do it alone,” Beyea says. “We rely on each other.” Her office is also committed to educating the public. “People want to participate in their democracy now, and they may not understand the rules of engagement,” she says. “We serve as a resource for that.”

Beyea wants people to see the ACLU as an organization that works to expand the protections of the constitution, and has been doing so for nearly a century (the ACLU turns 100 in 2020). “The constitution

is a set of ideals. It’s never actually been realized,” she says. “All people are not treated equally in this country. All people do not have equal rights. It’s a daily job.”

From the other end of the table, Ramsay adds quietly, “Like doing the laundry.”

“Yes,” Beyea smiles, “like doing the laundry.”

Annabelle Adams-Beyea, sitting between the two older women, nods. This is a simile she has clearly heard before. Home from her first semester at The New School in New York City, Adams-Beyea recalls her first memory of political activism, at age 8. “Obama was running for his first term, and I had the Obama t-shirt. I don’t think I really knew what I was doing or understood the larger implications, but I remember going to events where I had to wear the t-shirt,” she says with a laugh. As a teenager, she attended her mom’s speaking engagements and ACLU events, to show support and because she was interested. She rallied and canvased and also volunteered for Environment Maine. Today she’s majoring in environmental science.

Adams-Beyea is following the path of her grandfather, Jan Beyea, a physicist, environmentalist, and former Chief Scientist and Vice President of National Audubon Society, and her father, Kurt Adams, who has worked in the alternative energy industry and exposed her to conservation at a young age. But her mother’s and grandmother’s dedication to social justice are very much at play in her career plans.

“This first semester at The New School has shown me how much social justice is involved with the environmental science movement,” Adams-Beyea says. “It’s not all about climate change. It’s about public health and disparities. Social justice is tied into every course.”

This is a different approach than Adams-Beyea was used to at school in Yarmouth. Although her peers generally shared the same political views as she did, they weren’t engaged at the same level. “Everyone in my classes agreed racism was bad, but they weren’t having the hard conversations about it. The idea of pulling the curtain back on the issues was done at [my] home, not anywhere else.”

“

None of us can believe we're
fighting for access to birth control.
But we are.”



Her mother and grandmother have influenced her thoughts on generational activism as well. A family of her own may be years off, but Adams-Beyea knows this: "I would be so disappointed if I raised my children in any other way other than as good activists."

During her first week in New York, Adams-Beyea almost got arrested at a protest. "I was so proud," her mother says, laughing. Then Beyea gets serious, clarifying that she has told Annabelle to avoid arrest and reminded her of the privileges she likely has in these situations. "As white women, there are things we can do that women of color cannot do without risking their safety. There are things I can say that if I were a black woman, I could not safely say. Ultimately that's why we're doing this work. There are still people being left out."

Nothing about Beyea's responses feel rote; she is clearly a woman who lives and breathes her work. But she has a harder time finding the words to describe how grateful she is to be doing what she loves. "I'm very aware that I've been able to do this work because I had opportunities. I went to a great college, had no debt, got into a strong law school. I had advantages and I'm delighted to pass those on to my kids."

That privilege seems to weigh on her, though, perhaps because she knows it does not extend to all women, or to all people. "I think about how hard it is for me to keep it together, and I have support, a steady paycheck, and health insurance that I'm not afraid of losing. I try to keep that in the center. It doesn't always stop me from complaining about how tired I am," she laughs, "but I do keep it center, because we've been very lucky and privileged to get to do this work."

At the other end of the table, Ramsay is nodding. "We don't stop to think about how lucky we are and have been," she says thoughtfully. For this family of activists, "we" is the operative word.

Sarah Holman is a writer living in Portland. She is enthusiastic about cheese plates, thrift shop treasures and old houses in need of saving. Find her online at storiesandsidebars.com.

Webber Painting & Restoration

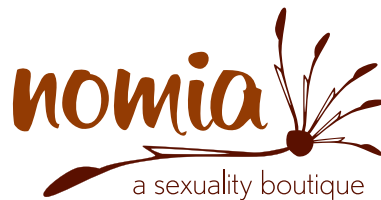
**Interior/Exterior Painting
Since 2006**

Craig Webber
(207) 831-8354
nepaintingservices@yahoo.com



Womanizer PRO 40

Revolutionary pleasure air technology.



24 Exchange St, Suite 215, Portland
(207) 774-2163 | nomiaboutique.com

Women owned & operated



Rechargeable, quiet, waterproof



EYELASH EXTENSIONS

NAIL SERVICES

SKINCARE

MASSAGE SERVICES

14 MAINE ST., SUITE 0220, BRUNSWICK | (207) 449-6414

WWW.THELASHSTUDIO.ME

A LEADER FROM THE PAST

This Portland woman was instrumental in Maine ratifying women's right to vote in 1919

WRITTEN BY MARY POLS



Florence Brooks Whitehouse. Photo courtesy of the Library of Congress

Aune Gass remembers her aunt, Priscilla Whitehouse Rand, telling her about the three boxes full of papers she'd found in the family's camp in East Raymond. The boxes belonged to her Aunt Priscilla's grandmother, Florence Brooks Whitehouse. Gass knew only vaguely that Whitehouse, her great-grandmother, had been a part of the Maine suffrage movement. But her aunt had stayed with Whitehouse often when she was a child attending Waynflete and remembered her well. She knew the papers might be important. "Someone has to go through these boxes," her aunt told Gass.

But this was more than 20 years ago, when Gass was raising two small children and busy with her business, working with nonprofits at a state and local level, fundraising, writing grants, confronting issues such as affordable housing and homelessness. She couldn't face digging into the boxes. "I didn't have the bandwidth," she said. Her aunt donated the papers to the Maine Historical Society, and there they sat until one day in 1999, Gass took her mother to the historical society and asked to go through the boxes,

"Almost from the get-go, I was hooked," Gass said. "There were telegrams from the National Women's Party. I realized at that point I knew

nothing about women's suffrage history and in my family, no one else really knew Florence's history at all."

Gass plunged into it, working on the project at night. After 15 years of steadily researching a movement marked by both success and warring factions, she had uncovered her great-grandmother's history. Florence Brooks Whitehouse was a member of Portland society, a committed volunteer who worked with the Red Cross and a mother who sent two of her sons off to World War I in the middle of her fight to get the vote. Active in the suffrage movement starting in late 1913, when she joined the Maine Women Suffrage Association, Whitehouse turned down an invitation to join national organizer Alice Paul in Washington, D.C., to fight for the vote. She wanted to work instead on passing a suffrage referendum in Maine, which went before voters in 1917.

"The eyes of the nation were on Maine," Gass said. "If Maine had passed it, it would have been the first state east of the Mississippi to pass one."

The 1917 vote went spectacularly badly for the suffrage movement. "It failed on a 2 to 1 vote," Gass said. Whitehouse had lobbied hard for it, including with U.S. Sen. Frederick Hale, a Mainer she knew socially. "I think

THIS YEAR MARKS THE CENTENNIAL OF MAINE RATIFYING THE 19TH AMENDMENT.

The Maine Suffrage Centennial Collaborative is a non-partisan group of organizations and individuals seeking to commemorate the 100th year anniversary of suffrage. Participants include the Maine State Museum, Maine Historical Society, the League of Women Voters, Girls Scouts, Creative Portland, ACLU, NAACP, Telling Room, Immigrant Rights Coalition and many more. Each organization is participating in their own way, with a tapestry of events that begins with a Maine State Museum exhibit opening in March.

"We are looking back with our eyes wide open," says Ellen Alderman, the leader of the Maine Suffrage Centennial Collaborative. "History is fraught with those who were left out. Going forward, we want to hear every voice. We want the true spirit of suffrage, the idea that every voice is being heard." She notes that "Native Americans did not receive the vote in 1920, but rather with the passage of the Snyder Act in 1924, which granted them the rights of citizenship. Still, it took over 40 years for all 50 states to enforce. The Collaborative aims to be especially mindful of Native American stories at this time of celebration because for them, and for so many other people of color, the centennial of the 19th Amendment does not truly mark 100 years of voting rights."

—Lucinda Hannington

she wanted the feather in Maine's cap of being the first state east of the Mississippi," Gass said. "They really thought that the good old state of Maine wouldn't let them down."

It did, but two years later, after the 19th Amendment was passed in Washington, Maine moved to ratify it within months. Whitehouse had fallen out with the Maine Women Suffrage Association by then; it opposed the "radical" tactics of activists like Paul, who believed in picketing the White House criticizing President Woodrow Wilson and didn't mind getting arrested. The Maine Women Suffrage Association disapproved. "They were very vocal in the condemnation of the picketers and Florence was under pressure to condemn them as well," Gass said.

She wouldn't, and Gass believes that this 1916 rift was the reason that Whitehouse, despite continuing as an activist, with a focus on advocating for peace, hadn't received her due as a leader in the Maine suffrage movement. Gass lobbied successfully for her great-grandmother to be inducted into the Maine Women's Hall of Fame in 2008. And she began working on turning her research into

something publishable. "My mother said to me, I am not going to live forever." In 2014, Gass published the book she'd written about the great-grandmother she'd never met, "Voting Down the Rose: Florence Brooks Whitehouse and Maine's Fight for Woman Suffrage." Both her Aunt Priscilla and her mother, also named Anne, had died just a few months before. But Gass had fulfilled their wishes.

She also has carried out her great-grandmother's legacy of activism. Motivated, she says, by the election of Donald Trump, Gass, a Gray resident, ran as an independent in House District 67 last November. She lost the race, but the spirit of the 2018 midterm elections invigorated her nonetheless. "There's a real hunger for change and for going beyond party politics," she said at the time.

**FOR MORE INFORMATION ON
commemorative events around
the state visit
mainesuffragecentennial.org.**



social • corporate
weddings
full bar services

laura CATERING
cabot

Beautiful Food For All Occasions

(207) 832-6337

P.O. Box 628, Waldoboro, ME 04572

lauracabotcatering.com

*"To eat is a necessity, but to
eat intelligently is an art."
-La Rochefoucauld*

**Protect your family.
Prepare for their
future.**

I can help with both.

Stop by for your free State Farm Insurance and Financial Review®.

Like a good neighbor, State Farm is there.®

**CALL ME TODAY FOR MORE
INFORMATION.**



Catrina Milliman, Agent
20 Independence Dr Ste 1
Freeport, ME 04032
Bus: 207-865-4000
catrina@catrinaismyagent.com

 **State Farm®**

1001386.2 State Farm, Home Office, Bloomington, IL



Photo courtesy of Cortney Vamvakias Photography

WORKING PHILANTHROPIST

Daughters of Change founder Marie Sola

WRITTEN BY AMY PARADYSZ

“A daughter of change, she sees something she’s uncomfortable with or that even makes her a little bit angry, something that she wants to change, and she does it,” says Marie Sola. “She throws it out there, flapping in the breeze, flying by the seat of her pants, and makes it happen. She wants to start something, whether it’s a nonprofit or a business or a community project. And she does.”

For decades, Sola promised herself she would dive into something like that—a passion project, so to speak—later.

While raising two sons as a single mom, Sola worked in marketing and television, making sure she was financially independent and investing in her retirement. She dipped her toe in the waters of community involvement, volunteering with several local organizations, including Maine Narrow Gauge Railroad, Youth Alternatives and the Florence House, which provides safe, permanent housing to chronically homeless women in Portland.

Meanwhile, Sola clipped and saved articles about ordinary women doing extraordinary things. With a sudden inspiration in the middle of the night, she knew what to call these women: Daughters of Change.

“Five years ago, I was traveling all over the world, making great money and meeting interesting people, but something was missing for me,” says Sola, who worked with Young Presidents’ Organization, a worldwide leadership organization for chief executives. “And then I started approaching 50, and I started thinking, ‘Later is now.’”

She established a limited liability corporation and put her decades of experience in media and marketing to work interviewing and posting conversations with inspiring women on her website, daughtersofchange.com, as well as Facebook and Pinterest. Maine women featured include Debby Porter, the breast cancer survivor and hair stylist who founded

Hair Matters; Adele Ngoy, the fashion designer who immigrated from the Democratic Republic of Congo and established Women United Around the World to teach other immigrant women to be professional stitchers; and Kat Powers, the interior designer who founded Healing Spaces to create nurturing environments for those in need. With links shared on Facebook, some interviews have been viewed thousands of times.

“My vision is to someday have a Daughters of Change streaming network that I can put content on and other women can share content, and I’d be creating a community of like-minded women,” Sola says. “And, if all the touchpoints of my business give back and hit my purpose, then I’m a working philanthropist.”

One challenge was that Sola needed to stop the drain on her 401(k) while building enough content and brand recognition to start selling advertising. At the same time, her interviews with women who saw something broken in the world and tried to fix it inspired her to do more than just tell other women’s stories.

“I worked in TV for a long time and know how to put a campaign together with a television station,” Sola says, explaining how Daughters of Change got involved in the Take Action Maine Campaign for the Maine Coalition to End Domestic Violence.

Sola had long been haunted by statistics that showed that half the homicides in Maine involve intimate partners. Despite having never been in an abusive relationship, she knew how easily it can happen. She’d come close.

“Thankfully I didn’t date this person long, and a couple of times he scared the crap out of me,” she says. “After I stopped seeing him, someone told me he’d come at his ex-girlfriend with a weapon. I think about

that and about how close I came to being on a morgue slab.”

Sola talked with the Maine Coalition to End Domestic Violence to be clear on what messages they wanted to get out to the public. Then she solicited businesses such as First National Bank, Day’s Jewelers and Hardy, Wolf & Downing to sponsor public service announcements. Finally, she produced the PSAs and earned a 15 percent commission from the television station without charging the coalition a penny.

“Marie Sola brought this perspective of how business, media and nonprofits could work together in a different kind of model,” says Regina Rooney, education and communications director for the Maine Coalition to End Domestic Violence. “This campaign is bigger than anything else we had been able to do with media. And, since the campaign started, we have had a 35 percent increase in the number of calls to our helpline. That isn’t 35 percent more people experiencing domestic violence; it’s 35 percent more people getting connected with help.”

Going into year three, this award-winning campaign is expanding into social media.

“I will do this as long as I can,” Sola says, “because I have met people who do our spots who are survivors. What I didn’t expect was that they’d come up to me afterward and hug me and thank me. I go into the parking lot and cry after some of these shoots. It’s been a really interesting journey to follow my gut and not go find another job and to just stay true to doing what I believe and what I love.”

Amy Paradysz is a freelance writer, editor and photographer who makes a living doing what she loves. Or at least she tries.

FOR MORE INFORMATION ABOUT DAUGHTERS OF CHANGE:

daughtersofchange.com

If you or someone you know is experiencing domestic abuse, call the helpline.

In Maine: 1-866-834-HELP (4357).

TTY 1-800-437-1220.

In all other states, call the National Domestic Violence hotline:

1-800-799-7233.

Calls are confidential, anonymous and free.

The Winter Kids App

We've recycled the Passport for something new.

Winter activities available for the whole family!

New offers added regularly!

Get your family membership today!

Learn More at WinterKids.org

Theresa Freeman PT, LMT, CHC

PHYSICAL THERAPIST | MASSAGE THERAPIST
HEALTH COACH



New publication available on Amazon

www.theresafreeman.org

40 Forest Falls Drive, Yarmouth, ME
(207) 712-8421 | tpfpt@me.com



SALLY A. MORRIS

ATTORNEY AT LAW, LLC



Guidance, Dedication & Compassion

I have been both an employment lawyer and have represented nonprofit entities for 25 years.

If you have been harassed or discriminated against, I know you are fighting for your dignity. I listen to you and fight hard to protect your rights.

Maine nonprofits work tirelessly and passionately to fulfill their missions. I am here to stand beside your organization and guide you through policy, compliance and tricky situations.

Six City Center, Suite 300, Portland | 207.558.6161 x109

www.morrisemploymentlaw.com

MARVIN DESIGN GALLERY

a complete window and door showroom
by Eldredge Lumber

*from small projects,
to big dreams...*

317 MARGINAL WAY, PORTLAND
MARVINBYELDREDGE.COM
(207) 772-2003



Eat out tonight. We recommend it.



DAVID'S

22 MONUMENT SQUARE, PORTLAND

DAVID'S
davidsrestaurant.com

DAVID'S OPUS TEN
davidsopus10.com

388 COTTAGE ROAD, SOUTH PORTLAND

DAVID'S 388
davids388.com



Summer Camp



For rising Grades K-12

Stories of all kinds are used to fuel active, collaborative, and creative, week-long summer camps.

207.774.1043 x104
www.portlandstage.org
25A Forest Ave, Portland ME

Theater for Kids is made possible by the support and vision of Susie Konkel.



DESIGN/BUILD/CUSTOM MILLWORK & CABINETS

"Unlike a general contractor, we are builders in the real sense of the word; we do the work ourselves because that is what we love to do. We are big enough to get the job done but not too big to lose sight of the relationships, quality, and details that go into creating a truly successful project." —Ron Tozier

FALMOUTH, ME | (207) 838-6222 | WWW.TOZIERGROUP.COM

Restoring your quality of life.

PSYCHIATRY | NEUROPSYCHIATRY
BEHAVIORAL NEUROLOGY



Alyson Maloy, MD

- Board-certified psychiatrist
- Board-certified neurologist

Portland Cognitive and Behavioral Neurology



207.222.3021 | pcbnpsych.com

Out-of-network for private insurance and not a Medicare participant.



URBAN SANCTUARY

185 Fore Street • Portland • Maine • ninestonesspa.com



DANNAH
small important luxuries. . .

123 Ocean Avenue, Kennebunkport
207-967-8640



Announcing our new 5000 sq ft
Falmouth Finds Warehouse, formerly
Foreside Consignment Gallery.

Our collection of unique vintage decor mixes
new and vintage items that work well with
modern urban living.

We purchase items, from one to an entire
estate. Contact Nancy (207) 650-2859.



183 U.S. Route 1, Falmouth
falmouthfinds@gmail.com

OPEN DAILY
Monday-Saturday
10am-5pm

ALL THE COMFORTS OF (A NEW) HOME

Complex flavors, bright colors and filling noodles in this easy pad thai

WRITTEN & PHOTOGRAPHED BY CANDACE KARU

Last week, as I write this, I moved from a rambling old farmhouse with a barn into a tiny apartment in the city. I spent weeks selling, donating and giving away many of my belongings—furniture, clothing, sports equipment—finding new homes for all my stuff before I moved into mine.

As the construction dust settles (my rickety old apartment got a makeover before I moved in) my dogs and I are still getting used to city life. New sights, new sounds, new smells! Growing up as an Army brat, I learned that change is uncomfortable, uncertain and, in the end, thrilling. The psychic reset that comes with a new environment is often the catalyst for growth. That's not to say I haven't had a few growing pains in the transition. Author and organizational expert Marie Kondō said it best: "The space in which we live should be for the person we are becoming now, not for the person we were in the past."

While virtually everything about my life right now is new and a little strange, a few things remain constant. There's a vintage lamp that made its first appearance in my college dorm room, a pair of barrel chairs crafted by a Maine woodworker more than 25 years ago and rugs that are a little worse for wear but have a beauty that only years can impart.

Virtually everything I brought with me has significance. As Kondō would say, they spark joy.

My new little kitchen was the last piece of the puzzle to fall into place. When my stove was finally hooked up, I christened the space by preparing one of my favorite comfort food dishes, pad thai. When life is uncertain, when I'm feeling at loose ends, sometimes a warm, familiar meal is the best way to set things right.

I am a pad thai connoisseur. I've had pad thai in Texas and in Thailand and many points in between. I've had the good, the bad and the divine versions. But my make-at-home version will always be my No. 1.

This recipe has gotten me through the best and worst of times. It is, by all standards, a top-notch comfort food, with complex flavors, bright colors and hearty, filling noodles. It can be customized with different proteins—my go-to is shrimp, but lobster is lovely, too—varying degrees of heat and the veggies you have on hand. It takes minimal preparation and comes together in minutes.

So when it feels like a take-out kind of night, get comfy and cook at home.

Candace Karu makes her living writing about food, fitness and travel. Follow her on Instagram: @candacekaru or at candacekaru.com.



PAD THAI

INGREDIENTS

- 8 ounces rice noodles
- 8 ounces of cooked protein (*shrimp, chicken, tofu*)
- 2 tablespoons olive oil
- 1 clove garlic, minced
- 1 cup julienned veggies (*carrots, cabbage, broccoli stems, whatever you have on hand. I like to use broccoli slaw, which is always in my fridge.*)
- 2 eggs, beaten
- 2 tablespoons soy sauce
- 3 tablespoons fresh lime juice (*the juice of 1–2 limes depending on size*)
- 2 tablespoons brown sugar
- 1 teaspoon fish sauce
- pinch of red pepper flakes (*optional*)
- 3 green onions, sliced diagonally
- 1/4 cup cilantro microgreens (*so pretty*) or chopped cilantro leaves
- 1/4 cup chopped, unsalted peanuts (*optional*)

INSTRUCTIONS

Prepare rice noodles according to package directions. Most require soaking, others boiling. Drain well.

Heat 1 tablespoon of oil in large sauté pan or wok and cook garlic and veggies for about 1 minute, just until the veggies are softened a bit. Do not overcook. Set aside veggies and wipe out the pan.

Whisk soy sauce, lime juice, brown sugar, fish sauce and red pepper flakes in a bowl.

Add 1 tablespoon of oil in the sauté pan over medium-high heat. Add noodles to the hot pan and toss to coat with oil.

Add the sauce to the noodles, tossing to coat well.

Push the noodles to the edges of the pan and pour in beaten eggs. The eggs will set on the bottom in about a half a minute with the top still runny. Toss the noodles into the runny egg. The noodles will get a glossy coating and tasty bits of cooked egg will make their way throughout.

Toss in cooked veggies and protein, making sure all the ingredients are heated through but not overcooked.

Garnish with green onions, cilantro, and peanuts.

PAD THAI PRO TIPS

- Rice noodles make this dish authentic, but if you can't find rice noodles, you can use a flat pasta noodle like linguini, cooked al dente.
- Pad thai makes a wonderful vegetarian meal that is satisfying and flavorful. Just add tofu as protein—or for you tofu haters, skip that and double up on the vegetables.
- Make juicing your limes easier by popping them in the microwave for 15–20 seconds. Make sure the lime is cooled before you juice.

Never
give up.



YORK HOSPITAL
BREAST CARE



Rebecca C. Hultman, DO ◊ Amanda Demetri-Lewis, DO

- 3D MAMMOGRAPHY AT NO ADDITIONAL COST
- FELLOWSHIP TRAINED BREAST RADIOLOGISTS
- RESULTS WHILE YOU WAIT
 - EARLY MORNING AND EVENING APPOINTMENTS AVAILABLE

York Hospital
IN LOVING KINDNESS

York - 15 Hospital Drive
Wells - 112 Sanford Road
207.351.2023
yorkhospital.com

No two of us are alike.

A MEMORIAL SERVICE SHOULD REFLECT THAT.



*Rely on Jones, Rich & Barnes
to capture the essence of a person's
life in a single ceremony.*

Dignity
MEMORIAL

LIFE WELL CELEBRATED



Erik Tiner

**JONES, RICH & BARNES
FUNERAL HOME
PORTLAND**

207.775.3763 • JonesRichardBarnes.com

Follow us on Facebook @JonesRichardBarnes



John Tanguay

Empowering the next generation to
UNLEASH STRONG!

Girl Scout COOKIES!

Join, volunteer, or donate today at girlscoutsofmaine.org

girl scouts of maine

BELLA

Joseph Johnson

34 MAIN STREET, FREEPORT
207-869-5712
BELLAFREEPORT.COM

Vacations by Land or by Sea



Caribbean | Mexico | Alaska | Europe | Asia | Australia | South America | & More!

Princess Cruises | Royal Caribbean International | Norwegian Cruise Line
Celebrity Cruises | Holland America Line | Carnival Cruise Line | & More!

**CALL TODAY FOR THE BEST LAND AND CRUISE PACKAGES
AVAILABLE AND ASK ABOUT SPECIAL OFFERS!**



CRUISE PLANNERS®

YOUR LAND AND CRUISE EXPERTS

Angie Johnson

Luxury Land & Cruise Agent

angie.johnson@cruiseplanners.com

207.209.4098 | angiejohnson.teresadownstravel.com | AngiesTravelAdventures

WELCOME TO LIVING *Well.*
WELCOME TO THE PARK DANFORTH.

When your home is at The Park Danforth, you can feel secure knowing that caring staff are on-site 24/7. You'll enjoy the conveniences of on-site services including a salon, weekly banking and fitness classes. And with scheduled transportation to shopping and entertainment you'll have freedom to enjoy life.

Gather for a meal with friends in the main dining room or the casual bistro. Take in a movie in the comfortable theater. View fireworks over the Portland skyline from the fifth-floor roof deck. Enjoy concerts in the garden courtyard, lectures in the auditorium and activities with new and old friends that share your interests.

Visit www.parkdanforth.com or call Laurie at 207.797.7710 to set up a tour and discover why our residents say *"I'm home for life!"*

The Park Danforth
THE RIGHT PLACE. THE RIGHT CHOICE.

Personalized Senior Living Since 1881 | www.parkdanforth.com | 207.797.7710
777 Stevens Avenue | Portland, Maine 04103

TIPS FOR FINDING A GREAT- FITTING BRA

WRITTEN BY AMY POWER

PHOTOGRAPHED BY AMANDA WHITEGIVER

The wonderful world of lingerie can be a daunting place, bra-shopping in particular. Sizing is tricky, pricing can sometimes feel off-putting and let's not forget the memorable refrain of "Oh, I want to lose five pounds before I buy something new." All of those factors—along with a dissatisfaction with my own shape and size—are the cause of my bra-shopping procrastination. Maybe you can relate.

Since bra buying is a necessity for most it made sense for Amanda and me to cover lingerie in this column. And do a photoshoot. (A photoshoot!) My knee-jerk reaction to the suggestion was, "absolutely not." I've struggled with self confidence in my body, and now, post babies, that issue is further compounded. I did not feel prepared to bare all and showcase my stretch marks and post motherhood belly on the glossy pages of a magazine.

GET THE LOOK

Blue Bra: Lilly Rose by Empreinte (\$198)
Blue Underwear: Lilly Rose by Empreinte (\$94)
Black Lace Bra: by Simone (\$110)
Black Lace Underwear: by Simone (\$65)
Black velvet and lace robe: by Natori (\$250)



But I thought about it some more. This month's Maine Women Magazine highlights women leaders—women in positions of power. Power means different things to different people. To me, power is self-confidence, because with confidence you give yourself the power to pursue absolutely anything you set your mind to. I chose to take pride in who I am and how I got here. I empowered myself to be confident in my body, because beauty comes in every shape and every size, and I do not need to be a size 0 to do a lingerie shoot for the pages of a magazine.

Back to the bras. Shopping for bras can be overwhelming and confusing. There is no universal size chart or grading method, and sizes can fluctuate for different bras, even from the same manufacturer. We opted to forgo the frustration and enlisted the services of the team at Aristelle, located at 92 Exchange St. in Portland, to offer some tips for finding a great-fitting bra. (And show off some really pretty undergarments.)

1. CALL ON BRA-FITTING EXPERTS

Even if you invested a small fortune in your wardrobe, an ill-fitting undergarment will detract from the look of even the most well-tailored pieces. If you've never had a bra fitting, find a local specialty shop (let us know if you need help finding one, we'd be happy to assist) and schedule an appointment. A knowledgeable associate will measure your rib cage and bust, assess your breast shape and how your current bra fits, and extrapolate from there which size and style will suit you best. This guidance is immeasurably helpful as you walk into the world of underwear.

Keep in mind, however, that breasts can change size and shape throughout the menstrual cycle as well as throughout your life, so bra size can change regularly.

2. IT'S ALL ABOUT THE UNDERBAND

Most of the support your bra provides should come from the underband, not the shoulder straps. When you are assessing fit, the underband should remain level all the way around your body—even when you move. You should be able to slide two fingers underneath and it should not pinch. Interestingly enough, rather than providing support, your shoulder straps are key in making sure the cups fit properly. When

you are adjusting them, it's okay if they are set to different lengths, as most people's breasts vary slightly in size.

3. DON'T LET THE CUP RUNNETH OVER

When assessing cup size, be aware that many people tend to purchase bras with cups that are too small. This leads to "quattro-boob" as breast tissue spills over the top. If the cups are too big, you'll notice wrinkles in the fabric or gaping in the cups. Aim for a snug fit. Also check the center front of the bra. This is the part that sits between your breasts, and it should rest flat against the chest. If your bra has a center front that does not sit flush against your body, you may be wearing cups that are too small, although this is also an issue for those with wide-set breasts with bras that do not have an underwire.

4. CHECK THE UNDERWIRE

If you wear bras with underwire, make sure the fit is good and the underwire isn't resting on any breast tissue (including under your arms). The underwire should frame the breast, not press on it. You can check the fit by simply pressing on the underwire to confirm that it's not squishing your breast.



DRESSAGE AND THE ART OF TRANSITIONS

WRITTEN BY SARAH ADAMS | PHOTOGRAPHED BY ENID ARVELO

As we turn the calendar to the New Year, I am reminded of the transitions we are all experiencing, be it a transition in our government, in our resolution to hold a new intention or the transition into a calmer and cleaner home after the bustle of the holidays. It is during this time of the year that I can be found hacking my horse, Milo, along the beach, where the scenery provides the ideal place to contemplate just how many transitions we all are embracing.

With Milo, I compete in the sport of dressage, one of the original modern Olympic sports and one of only two sports that allow men and women to compete on equal footing regardless of age (the other being sailing). Dressage is this maddeningly beautiful pursuit of training a horse and rider to develop obedience, flexibility and balance—originally so that soldiers could go to battle with the best partner for combat. I'm never going to the Olympics, but regardless of the level where one competes, the principles of connection, rhythm and consistency are in every step and stage.

Arguably the best dressage rider in the world is a humorous Englishman named Carl Hester. He is infamous for saying that the best rule of thumb for improving one's skills and performance is

to complete 200 transitions a day, every day. That's 200 changes in gait and direction: canter to walk, trot to halt, 10-meter circle to shoulder-in. I can assure you that most people don't do anything close to 200 transitions in their rides, every day, with harmony and balance. It reminds me that regardless of where we are, be it at work, around the kitchen table, in the gym or even on Milo—life takes a remarkable amount of transitions to keep our own balance, rhythm and connection.

Sarah Adams lives in a small cottage her great-grandfather built in the late 1930s, across the street from her family's Christmas tree farm in Kennebunkport. She loves working for Lewiston-based Continuum Health Services, where she has worked in each of their Senior Living communities for the past 11 years.

NOTE ABOUT THIS THING I LOVE

We want to know what makes you feel fantastic, powerful, on top of the world. And we'll highlight you in these pages. Email MWM editor Mary Pols at mpols@mainewomenmagazine.com.



Sarah Adams and her horse Milo on the beach this fall. With Milo, Adams competes in the sport of dressage, a form of riding centered on obedience, flexibility and balance—originally so soldiers could go to battle with the best partner for combat.



C A F É

DISTINCT BY DESIGN™

Remodel
Reward

Earn up to \$1500*
with purchase of select
Café appliance suites.

*Via online or mail-in rebate



APPLIANCES, BEDDING, SALES & SERVICE

Ask us about financing options.
Route 302 - 54 Bridgton Road - Westbrook
800-797-3621 - www.lpappliances.com
Monday - Friday 9am - 5pm | Saturday 9am - 12pm



SOME LIKE IT COLD (AND CLOUDY)

WRITTEN & PHOTOGRAPHED
BY JESSIE LACEY

"After the first glass of Absinthe, you see things as you wish they were. After the second you see them as they are not. Finally, you see things as they really are, and that is the most horrible thing in the world."

—Ernest Hemingway

Baz Luhrmann's "Moulin Rouge!" introduced me to absinthe's nickname—the Green Fairy—so when I think of the drink, I picture Kylie Minogue in wings and green sequins, zipping around Ewan McGregor as he experiences the Paris of 1900 on an absinthe high. When I'm in the mood for an absinthe cocktail I often make myself a classic called the Green Fairy that involves lemon and egg white.

But the way I most often drink absinthe is even more of a classic, the traditional French method. It's not so much a recipe as a ritual, in fact it's sometimes called the French Ritual. The French Ritual involves



THE FRENCH METHOD

- 1 ounce absinthe
- About 3 ounces of ice water
- Slotted spoon (or fork in a pinch)
- Sugar cube

Set up the glass with an ounce pour of absinthe. Put the spoon (or fork) on top of the glass, resting on the rim, and place a sugar cube on it. (Any kind of sugar cube will do.) Then slowly drip ice water over the cube.

some patience, which makes it feel just right for a long, cold February night. All it takes is a slotted spoon (or a fork if you don't have that), a bottle of absinthe, ice water, a sugar cube and a glass.

This method calls for slowly dripping ice water through the cube and into the absinthe. As it drips through the sugar and into the glass, the water dilutes the absinthe and gives it what is called "the louche," a swirling pearlized effect of the oils emerging from the herbal components of absinthe. By the time you're done dissolving the cube you'll have about four ounces of this swirling, cloudy drink.

Absinthe has undergone quite a process as

bans (on wormwood, or the spirit itself) were lifted throughout Europe and in America a little over a decade ago. More than ever, distilleries are striving for the original recipe, and availability gets better and better. I should note that reports of the hallucinatory effects were greatly exaggerated, so don't expect to time travel, but at least the French Ritual will take you back to the spirit of turn of the century Paris.

Jessie Lacey resides at the heart of downtown Portland with her border collie puppy Josie, making cocktails and trouble.



MAINE SPIRITS

FINE WINE & SPIRITS • CRAFT BEER
AGENCY LIQUOR STORE



Over 1,700 Choices of Your Favorite Maine Spirits!
HUGE SELECTION of Nips & Pints
Full 24 Foot Aisle of VODKA!

Come visit our Craft Beer Runway!

Over 700 Craft Beer Choices
More than 100 Hard Ciders

The Wine Capital of Naples, Maine

DISCOUNT BEVERAGE STORE

OVER 1,800 CHOICES!



Compare our Wine
Prices with any
competitor on Route
302, Roosevelt Trail

Cold Wine
Also Available!

Sunday-Thursday: 9am-8pm
Friday & Saturday: 9am-9pm

639 Roosevelt Trail, Naples, ME

Located at the Naples Shopping Center before the Causeway



(207) 693-3988

www.UmbrellaFactorySupermarket.com



A WORKING MOTHER'S TRUTHS

Q&A with Susan Conley, author of the new "Elsie Come Home"

Elsie Come Home
Susan Conley
Knopf
239 pages

WRITTEN BY AMY CANFIELD

Elsie, artist, wife and mother, has “lost herself,” and she’s well aware how that sounds. “...It seems overdone, and there are four hundred million people living in China on a dollar a day, so cry me a river.” She’s adrift and depressed and ashamed of her feelings, living a privileged life in Beijing with her husband Lukas and their 8- and 7-year old daughters.

In “Elsie Come Home,” Portland author Susan Conley (“Paris was the Place”) gives a startlingly honest voice to working mothers. Elsie’s challenges may be extreme—she’s an expat, she was a rising star in the art world before motherhood put a damper on her career, she’s recovering from a serious illness and she drinks (a lot)—but her mesmerizing sincerity rings a common bell. There’s a distance between her and Lukas she doesn’t know how to address; as she tell us on the novel’s second page, she doesn’t “know how to be in a marriage.” Her children are the loves of her life and also the bane of her existence.

“Whenever I’m in a room and I hear a woman in the corner talking openly about being a mother and working, I try to go listen to her,” Conley says. “Because she’s speaking truths that more women need to hear. I know I needed to hear these truths. The dilemma women face today—to work and somehow fit in time to have babies and take care of those babies while continuing to work, all without subsidized child-care and longer family leave—is not going away. I would say that the pressure is only growing on women. What I hope readers take away is empathy and a keener understanding of women’s hard choices.”

The novel spans a year in Elsie’s life, from the time her husband strongly suggests she attend a week-long yoga retreat called Shashan to come to grips with her drinking problem to the aftermath of that experience. She goes to Shashan, but reluctantly. “I was trying to become someone else. Or to lose the person I’d become.”

Elsie and the author have some things in common: Conley and her husband and two children lived in Beijing, where she was diagnosed with a serious illness. (Conley chronicled her time in China and her fight against breast cancer in her 2011 memoir “The Foremost Good Fortune.”)

HERE’S WHAT SHE HAS TO SAY ABOUT HER LATEST NOVEL:

Q. How did Elsie present herself to you?

A. I wanted to tell the story of a woman who allowed herself to be extremely honest about the part of herself she lost when she had children. When we meet Elsie she’s realized that she doesn’t know to do both things well at the same time: grow her acclaimed painting career and grow her two young girls. When Elsie presented herself to me, she was someone I wanted to talk to at a dinner party, because I knew she had secrets. Someone I partly felt I’d met before: she asks really good questions and seems confident and yet is holding some part of herself back. One of her secrets is that she can’t cohere all the parts of her life.

When Elsie showed up on the page one morning, she kind of scared me, because she was willing to say things that not every woman dares to. Once she started talking, I really stood aside and let her say the things that I think many women want to say on certain days: which is that no one really explained how hard it was to do both things well—parent and work. And in America, we still don’t talk about it enough.

Q. Elsey thinks that both parenting and her art call for a competing “obsession.” What are your feelings on this?

A. I think to make art or to thrive really in any workplace, at times it calls for a certain kind of recklessness that can border on obsessive. Elsey talks about this: that she doesn't have the recklessness anymore to make her paintings at the level she needs to now that she has kids. She can't be “obsessed” with both things at the same time: the children and the painting. What she really needs is great expanses of time. Time is like manna to all working parents, and Elsey can't find enough of it, now that she's a mother, to really give herself over to her work. I'm not saying that it's a good thing always—obsession. But it does lead to moments of deep satisfaction and arrival in terms of the work we do, whatever that work is. And I think women aren't often afforded this time to be obsessed when we're the primary child-care givers, or when we're the emotional or organizational hub of our partnerships and homes, even if we aren't the primary caregivers. Most women I know want more “time” for their work, and they speak of great guilt when the work takes them physically or psychologically away from the kids for longer and longer expanses of time.

Q. The book is billed as portraying “contemporary womanhood.” How do the secondary characters of Mei, Tasmin and the other women in the book represent that?

A. I wanted to make the rustic yoga retreat on the mountain a kind of laboratory for discussions about women's experiences. These women are there on the mountain for seven days, and in that way they are all to some degree captive, and have to connect and understand one another and listen. Each woman is from a different country, and each has a varied career and experience with motherhood. Mei, who is Chinese, doesn't have children, and at one point she accuses Elsey of apologizing too much and making excuses for her life and her faltering career. Mei is unapologetic about not having babies and instead making art. Yasmin, who is British, is married with children and is a wildly successful real estate developer, but Elsey struggles to understand some of her



Juliette Films

WEDDINGS & EVENTS
CORPORATE & PROMOTIONAL VIDEOS



978.407.3744
JulietteSutherland89@gmail.com
www.juliettefilmsweddings.com
www.juliettesutherland.com



étain
UNCOMMON UNDERTHINGS
& EVERYDAY LINGERIE
FOR ALL

{FREE} BRA & BINDER FITTING
646 CONGRESS ST, PORTLAND
207.370.7278
ETAINDERTHINGS.COM



Established 1939
LEGION SQUARE MARKET

We have all the delicious ingredients to keep your home warm & savory

Voted Greater Portland's "Best of the Best" Butcher Shop 4 years in a row and "Best of the Best" Market 2 years in a row!

101 OCEAN ST, SOUTH PORTLAND
207.799.3374
OPEN DAILY 8AM-6PM



**Play Safe.
Worry-Free.**

Invisible Fence[®] Brand

*Keeping pets
happy, healthy &
safe @ home™*

Invisible Fence of Southern Maine
800-585-2803 | southernmaine.invisiblefence.com

©2018 Invisible Fence of Southern Maine. Invisible Fence® is a registered trademark of Invisible Fence, Inc. All rights reserved.

What Women Need to Know about Divorce

The Second Saturday Workshop is designed for women considering divorce no matter where they are in the process of untying the knot.

2019 WORKSHOPS
**February 9, March 9, April 13, May 11,
 June 8, September 14, October 12,
 November 9, December 14**

For more information:
secondsaturdaymaine.com






OVERWHELMED BY MONEY MATTERS?

Jennifer Stewart has 20 years experience as a CPA, and provides financial services, strategies and organization for small businesses and individuals.

WHAT CAN MONEY IN ME DO FOR YOU?

- Overall organization and reset of your money management
- Organization of life documents for quick access and security
- Coaching for debt reduction, investment advice, college and retirement planning



READY FOR A CHANGE?
 Visit moneyinme.com to schedule a call and gain new financial clarity.

207.229.2658
moneyinme.com



FOLLOW US ON INSTAGRAM
@mainewomenmagazine



compromises. Ulla is a renowned scientist, but has recently divorced.

Q. Why was it important to you to set this novel in Beijing?

A. I wanted to take the reader out of the U.S. and show Elsey and the other foreigners we meet in Beijing as outsiders with the isolation and also the freedom that can mean. The novel really could have been set in any foreign country: the hope was to show the pressures that cultural dislocation brings and also the attending excitements and changes. I also wanted to explore a certain notion of white privilege that can exist among white foreigners in China and then what happens when these foreigners actually get to connect with the Chinese nationals. When I lived in Beijing, its rapid pulse and capacity for chaos made it a great place for people to transform themselves seemingly overnight and also to unravel. By making Elsey a foreigner in Beijing the tension barometer in her life went way up. She doesn't fully read the social codes and political secrets and subtext. I wanted her to break through the silence that can shadow motherhood and for her to say, this is complicated.

Q. What's the most recent book you've read that you would recommend?

A. Michelle Obama's "Becoming" is a brilliant book that deftly weaves in crucial conversations about racial discrimination and class and sexism into what might seem at first like a conventional biography. Michelle Obama is willing to talk about the hard parts of being a black woman and a mother in this country. She tells secrets of her personal struggles after her daughters were born. It's a beautifully written and gorgeously structured manifesto on how to keep trying to make it work: motherhood, career, marriage. It's also a reminder that we are not alone and that no one gets it right all of the time, but we keep trying.

Amy Canfield is a working mother and a wife and an avid reader who lives in South Portland.

THE SHOPS *at Cape Neddick*



BOUTIQUE MALL

A collection of unique shops
all under one roof!

4,500 sq. ft. • Monthly Classes

1300 Rt 1 • Cape Neddick
207-363-2500
theshopsatcapeneddick.com



EAST COAST NANNIES

Professional Nannies for Professional Families

WHO WE ARE

A full-service agency delivering exceptional care with integrity, passion and honesty by both building and supporting a sustainable family-nanny relationship

OUR WORLD CLASS TEAM OF NANNIES IS ON CALL FOR YOUR FAMILY

All candidates undergo East Coast Nannies exclusive 7-phase screening checkpoint

WHAT WE DO

- Temporary Services
- Long-term Placements
 - Event Care
 - Overnight Care
 - Newborn Care
- Before/After School Care
- Summer Placements
- Travel/Vacation Nannies
 - Hotel Care

207.331.3400 | EASTCOASTNANNIES.COM

For more info visit icefishingderby.com/kids-derby

2019

Kids Ice Fishing Derby!

Sat, March 2



9am-Noon / Ages 12 & Under

Range Pond State Park • Poland, ME
ME State Park Adult Entrance Fee Applies

FREE Registration! begins 8am

FREE Ice Traps to first 250 Entries! until 11am

• FREE bait for registered participants!

• Pre-drilled holes • Assistance setting traps

Sponsored by

KITTERY TRADING POST **81** Years
Est. 1933

888-587-6246 / ktpevents.com

MITTEN MOUNTAINS AND HAT HILLS

Ways to keep winter accessories tidy

WRITTEN & PHOTOGRAPHED
BY SARAH HOLMAN

How is it that every winter, despite my diligent efforts and family-wide reminders, I am constantly picking up mittens, hats, jackets, boots and scarves from all over the house? I'll tell you why: Because there is no good place to put this stuff.

In a clutterless world, we would all have spacious coat closets or mudrooms stacked bottom to top with well-planned, ergonomic, space-saving storage. Oh, to be so organizationally blessed.

If you live in an older home like I do, you may not even have an entryway, never mind a well-placed coat closet. You open the front door and—boom!—you're in the living room. If there is a closet, it may be tucked under the stairs, so all the winter gear has to travel, snow and all, down the hall.

So, how do we maximize the space we do have in order to minimize winter clutter?

This season, I was determined to make the most of the two coat closets in my small entryway. They're shallow, about nine inches, not deep enough for adult man-boots or hangers. And the closets are wider than their doors, which creates pockets of impractical space on either side. For years I've made do with an added, also narrow bookshelf I found at Goodwill but it cuts off access to the right and left nooks—and has me doing acrobatics to reach lost objects when they fall into the abyss. I decided the only way to really utilize that peripheral square footage was with full-width





SOME OTHER EASY-TO-EXECUTE STORAGE IDEAS:

- ▶ **REPURPOSE** an over-door shoe holder for soft-accessory storage. Choose clear plastic pockets to make mitten matching even easier.
- ▶ **MOUNT** two small drapery bars (or wooden dowels cut to fit) on the inside of a closet door using damage-free hooks. Clip mittens and hats to the top bar using curtain clip rings and hang scarves over the lower bar.
- ▶ **MAKE** an accessory garland by attaching ribbon or twine strung with wooden clothespins to the sides of a radiator for roasty-toasty outerwear (and tuck the garland in a drawer when things are dry).
- ▶ **RECTANGULAR** silver mesh file holders for the office can be repurposed for storage. With a few screws they are mountable, and because they're narrow, they work well in tight spaces. Assign family members his or her own holder based on how high each person can reach!

shelves. Mine are made of pine, cut to size at Lowes, with simple screwed-in legs for stacking. Man-boots can fit sideways, and the side nooks work for footwear that isn't worn daily. Finally, every inch is doing its part.

If you have no closet of any size in your entry, the key is to store items vertically, maximizing height and minimizing depth. Ladder-style leaning shelves can hold baskets for loose items, and boots can often fit on the bottom shelf. Consider lining a simple plastic boot tray with beach stones to collect melting snow. For motivated DIY-ers, one of my favorite vertical solutions comes from Bethany at realitydaydream.com. Search "mudroom cubbies" on her site and you'll find step-by-step instructions for a versatile cubby unit. The unit works in an open-plan mudroom or mounted on a wall next to the door. The cubbies are open enough to easily locate matching mittens, but the solid fronts give a tidier appearance.

If you're ready to tackle storage woes with a more permanent solution, I recommend a visit to the Closet Factory on Riverside Drive in Portland. President Walter Munsen

and his team build units to order on-site. Unsurprisingly, Munsen says when it comes to storage, New Englanders are "heavy on the efficiency scale." We like to utilize every inch, and Walter's team is used to working in small spaces and accommodating odd sizes, slopes and angles. With as little as 12 inches of depth, they can build a bench with cubbies and hooks for around \$700, depending on the finish details. They build free-standing units too, and Munsen's favorite component are metal pull-out baskets. "Kids love them," he says. "They're fun and easy to use, and they're less expensive than drawers." Also, they allow wet clothes to dry.

With a little ingenuity and a trip through the Pinterest archives, there are plenty of ways to keep winter accessories tidy. And just think, in a few months we can load up our new cubbies with flip flops, sunscreen and beach toys.

Sarah Holman is a writer living in Portland. She is enthusiastic about cheese plates, thrift shop treasures and old houses in need of saving. Find her online at storiesandsidebars.com.

Financial Evolution

Boot Camp

100 SERIES

Your financial situation can change; we'll show you how.

Now enrolling
winter 2019 sessions!



currency
CAMP

evolve with your money

currencycamp.com
erin@currencycamp.com

Investment advice offered through Flagship Harbor Advisors, a registered investment advisor. Flagship Harbor Advisors and Currency Camp are separate entities. There is no assurance that the techniques and strategies discussed are suitable for all individuals or will yield positive outcomes. Investing involves risks including possible loss of principal.



Do you need to hire a Professional Organizer?

How many boxes can you check?

- You pay late fees because you misplace or lose your bills
- Your guest room looks like a storage space not a bedroom
- You have a 2 car garage and the car doesn't fit in it
- You have a closet full of clothes, but nothing to wear
- You spend too much time looking for things you need
- You pay for storage for stuff you could live without
- You're surrounded by things you no longer use or love
- You eat out because you don't have room to cook
- You buy things you already have because you can't find the original
- You avoid inviting people over because the clutter has taken over

If you checked 3 or more boxes,
call to schedule a free consultation immediately!



207.318.5905

www.organizemaine.com

Organize ME! of Maine

DECLUTTERING • DOWNSIZING • PACKING/UNPACKING
CLOSET DESIGN/INSTALL • DONATION REMOVAL • RECYCLING



Check out
our website for
bonus content,
videos & more!

MWM
MAINE WOMEN MAGAZINE

mainewomenmagazine.com

European Auto Service
AUTOWERKES
Maine

Maine's Premier European Auto Service Facility
The Dealership Alternative
We Confidently Repair Even the Absolute Newest Cars
BMW • Mercedes • Audi • Porsche • Volvo • Mini • VW
US Route 1 Freeport, Maine
www.autowerkesmaine.com
207-865-6600

Servicing Finer European Cars With Personal Regard

Butler Hill BEADS

Bead Supplies • Findings • Classes

1022 Minot Ave, Auburn, ME 04210
(207) 241-8680 • butlerhillbeadshop@gmail.com
Check our Facebook for upcoming events

the Flaherty group

for the freedom
for the amenities for
the next chapter
for the space
FOR THE LOCATION
for a while for the
garden for the décor
for the investment
for the future
FOR ALL THE REASONS FOR BUYING OR SELLING A
HOME, WE'RE HERE
for you.

207.221.8585 theflahertygroup.com

Celebrate Life.

At Sable Lodge, we offer more than just a community – we offer a worry-free lifestyle. Our all-inclusive retirement living concept makes life for our residents more comfortable, secure and fun. Dine on your time and celebrate life with loads of fun, fresh Chef-prepared meals, new friends and plenty of events!

One monthly price includes:

- ◆ Month-to-month lease with no buy-in fees
- ◆ Live-in managers
- ◆ Signature *Freedom Dining* program
- ◆ Room service and chef's pantry
- ◆ Social activities & wellness programs
- ◆ 24/7 Fitness center
- ◆ 24/7 Medical Alert System
- ◆ Weekly housekeeping
- ◆ Concierge & valet parking services
- ◆ Utilities, Cable, Internet and Telephone

Call today to learn more: 207-517-0118

74 Running Hill Road ♦ South Portland, ME 04106
SableLodgeRetirement.com



RLC
RESORT LIFESTYLE
COMMUNITIES
Sable Lodge

Allison V. Bishop, CPA FINANCIAL COACH



WHAT CAN FINANCIAL COACHING DO FOR YOU?

Gain Confidence Around
Your Money in 2019!

*I'm ready to help you make thoughtful,
conscious and mindful decisions*

FREE Initial Phone Consultation

allison@allisonbishop.com
207.805.8400

For more information:
allisonbishop.com



FAMILY RUN, COMMUNITY ORIENTED



3 York St, Kennebunk • (207) 985-6774
Café: 230 Main St, Biddeford • (207) 282-1434

www.newmorningenaturalfoods.com

Maine Veterinary Medical Center

A specialty and 24/7 emergency animal hospital in Scarborough, Maine

For 24/7 emergency pet care, call 207.885.1290



KUDOS TO THE KIDS

WRITTEN BY MAGGIE KNOWLES

“I love you” starts to lose its meaning when it is mumbled at the end of a phone call or used as enticement for another piece of cake. But we all yearn to be told those three magic words, to be told how much we mean and matter.

Our children hear us telling them we love them “to the moon and back,” and that our love is so powerful that we “want to gobble you up!” And while that feels good to hear and say, it isn’t very specific.

Don’t you feel good when you are complimented on something special? Your posture, singing voice, creativity, humor, baking skills? It shows you are noticed for that little something extra that sets you apart. It goes beyond a rushed *iluvu*.

During this signature month of love, let’s focus on showing our kiddos the “why” behind our devotion. Take it deeper than their looks—your kids are more than “such a handsome/pretty one!” What is that sparks inside your littles that makes them them?

Here are some ways to let your children, family, friends and spouses know how special they are to you. Try to be as specific as possible and relate an action or situation to your praise.

- “I admire your confidence.”
- “Your laugh makes my day better.”
- “You are such a good friend to _____.”
- “The world needs more kind people like you.”
- “Do you see how animals are so calm around you?”

- “Your imagination is amazing!”
- “You make a room brighter when you walk in.”
- “That was so brave when you tried _____ . I want to try something that’s scary to me now, too.”

These little confidence boosts mean so much, especially when kids probably hear a lot of what they do wrong in a day. Isn’t it interesting that we cling to all of the nasty bits we hear about ourselves and rarely recall the praise?

I know I’m lucky that I have naturally curly hair (even though I always wanted long stick-straight locks), and it is something people have always admired. Once, over three decades ago, a girl in middle school came up to me asking me why I had braided my hair because it “looked really weird.” A zillion compliments on my hair, and to this day, whenever I braid my hair, I hear her voice.

I read once that it takes five compliments to make up for one negative comment. Please keep that ratio in mind when you are telling your kid how messy their room is, how their homework is wrong, how they are mean to their brother, what a picky eater they are. Those stack up fast.

Let’s pinky swear that we will start and end the day with telling our kids something they do that is wonderful. Then all of the crud that builds up on them during the day will at least be sandwiched with delicious love bread.

Maggie Knowles writes about all things kid. She and her family live in Yarmouth, where she gardens, keeps bees and refuses to get rid of her stilettos.



EMOTIONAL
First Aid!



TouchPoint
EFT Tapping
KarenStClairEFT.com
207-878-8315



East Coast inspired

Hello! We are Amy and Amanda,
Co-founders of fashion
and lifestyle blog:
East Coast Inspired.

Our Purpose: to help women
feel confident, comfortable,
and effortlessly fashionable
through detailed fit reviews,
professional styling &
thoughtfully chosen pieces.

We try it all so you don't have to
www.eastcoastinspired.com
IG: @eastcoastinspired
FB: East Coast Inspired



Where conversations are shared and culinary masterpieces are created.
This is home, and it starts with Coldwell Banker®.

Call Molly to make your next move happen!
Your local expert with a global reach.



Molly McGuire
Associate Broker, Realtor®
207.415.2563
Molly.McGuire@NEMoves.com
295 Ocean House Road
Cape Elizabeth, ME 04107



ColdwellBankerHomes.com

Real estate agents affiliated with Coldwell Banker Residential Brokerage are independent contractor agents and are not employees of the Company. ©2018 Coldwell Banker Residential Brokerage. All Rights Reserved. Coldwell Banker Residential Brokerage fully supports the principles of the Fair Housing Act and the Equal Opportunity Act. Owned by a subsidiary of NRT LLC. Coldwell Banker and the Coldwell Banker Logo are registered service marks owned by Coldwell Banker Real Estate LLC. (14)GD 267954NE_2/18



Kathy Prior-Vaz

Corporate Sales Trainer/
Community Relations

13^{1/2} Year Employee

DON'T MISS OUT ON A SINGLE ISSUE!

HAVE IT DELIVERED!



You can have Maine Women Magazine delivered to your door every month for just \$35 per year.
To subscribe, fill out and mail the form below to us, call us at (207) 854-2577 or email info@mainewomenmagazine.com.



Sign Me Up for One Year Home Delivery of Maine Women Magazine!

RATE: \$35 (12 issues)

METHOD OF PAYMENT — Checks should be made payable to Current Publishing.

Check Mailed/Attached **OR** MasterCard Visa Amex Discover

Expiration Date: ___/___/___ Number: _____ CVV code: _____

MAIL TO: Current Publishing, 295 Gannett Drive, South Portland, ME 04106
(207) 854-2577 • fax: (207) 854-0018 • info@mainewomenmagazine.com

Check us out online at www.mainewomenmagazine.com & follow us on Facebook to stay up-to-date on all things **MWM!**

Wordsmiths and photographers, send us your goods! MWM is soliciting local poets and picture-takers for inclusion in Verse and View, our reader-submitted, word-and-image series. Send your entries to: verse_view@mainewomenmagazine.com.



Photo by Diana Onacki

Focus

By Paula A Peters, Sanford

Oh where are you when I need you
Why would you leave me like this
It's so hard living without you
I just might go mad

I probably already have
Because I haven't got a plan
Nothing comes to mind
At least not easily

Nothing is such a vast plane
But I'm standing on it
I'm shaking and stumbling
Every step in every direction

This vicious cycle is deafening
It definitely needs to end
One of us surely will
It will not be me



Cheverus is an inclusive and co-ed Jesuit Catholic high school with a history of academic excellence.

Two of the Women Who Lead at Cheverus



Erika Rhile (left) is a science faculty member, a working marine biologist and the Outing Club leader. She runs a field science immersion trip at her research site on Swan's Island.

"Cheverus allows me to share my passion for the environment by offering experiences in a classroom without walls. Nothing is better than hearing a budding marine biologist, who is knee deep in muddy seaweed say, 'I wish school could be like this every day!'"

Mary King (right) is a theology faculty member who leads immersion trips and the Ignatian Teach-In for Justice in D.C. She started a carbon challenge initiative at Cheverus.

"The best way to understand and transcend the walls that our lives create is to push ourselves outside of what is familiar. I feel a deep obligation to guide students to understand how they can live the Jesuit call to be people for and with others."



Now accepting applications for fall 2019:
www.cheverus.org

267 Ocean Avenue, Portland, ME 04103

BE BOLD

When Janet Mills became the first woman to be elected governor of Maine, she made history. Now we look forward, as Governor Mills leads our state in a new direction, with courage, independence, and inclusivity.

We lift our cup to you!



**COFFEE
BY DESIGN**

COME VISIT US AT ONE OF OUR COFFEEHOUSES

Learn more or order online at
COFFEEBYDESIGN.COM

