

MAINE WOMEN MAGAZINE

FEBRUARY 2022

MAINEWOMENMAGAZINE.COM

Amazing
**Mackenzie
Holmes**

*Mystifying
Mosaics*

Chocolatier
Lynn Wright

**POP PUNK
PRINCESS**

**98-YEAR-OLD
NAVY NURSE**

BIG



@Capshore

A taste for adventure!

**HIGNORTH**
MAINE CANNABIS

South Portland

HighNorth
29 Western Ave.

Gardiner

Wellness Connection
31 Maine Ave.

Portland

Wellness Connection
685 Congress St.

Brewer

Wellness Connection
221 Dirigo Dr.

You must be 21 years or older with a valid ID. No medical card needed to purchase recreational cannabis or pure CBD products. Keep product out of the reach of children. License #AMS338.

highnorthmaine.com

ORGANICALLY GROWN AND CERTIFIED CLEAN.



the finest flower from the sweetest soil.

RECREATIONAL CANNABIS, 21+.
OPEN DAILY IN PORTLAND AND WATERTVILLE.

SWEET DIRT PORTLAND
1207 FOREST AVE.
PORTLAND, ME 04103
207.248.8685

SWEET DIRT WATERTVILLE
475 KENNEDY MEMORIAL DR.
WATERTVILLE, ME 04901
207.387.0661

PRE-ORDER AT
SHOP.SWEETDIRT.COM

FOR QUESTIONS / CONCERNS CONTACT 207.209.2855 PORTLANDLIASON@SWEETDIRT.COM MJ-002775-2020 | AMS 151

SWEET DIRT[™]
MAINE, USA.



LIVE-IN HOME CARE

Maine's Seniors Can Stay In Their Own Homes Thanks To FCP Live-In's Affordable Live-In Home Care!

Maine's seniors can now stay in their homes and live life on their own terms, something FCP Live-In, an in-home care provider, strives to give every senior.

"I get great satisfaction from helping our clients remain in their own home," says FCP Live-In Care Coordinator Constance McFarland. "It is also rewarding to provide peace of mind for the adult children of our clients. They know mom and dad are safe and secure at home and receiving the care they need."

How does FCP Live-In do this? In one case, FCP Live-In helped June Burbank return home after June went into the New England Rehabilitation Hospital in Portland, Maine.

June wanted to go home after her stay at the rehabilitation facility but could not take care of herself. Even though June has adult children, they live out of town with businesses to run and their own families to take care of. So if June's children could not care for their mother, who could?

Lori Darnell spoke to Constance about FCP Live-In's services and signed up June over the phone. "I can't express how won-

derful FCP Live-In has been!" says Lori. "Coming from a medical background, you hope to find the best care for your loved ones. FCP Live-In has been excellent by being very mindful and meticulous in ensuring that the caregiver provided is a match for your loved one!"

Lori credits FCP Live-In and their caregiver Micheline for fulfilling her mother's wishes of coming home.

"Micheline has been an answer to a

"If you are looking for someone to take care of your loved one at home, I highly recommend FCP Live-In! They truly care about your loved one and you!" -Lori Darnell

"Our family's experience with FCP Live-in was positive from the start, and were our rescue relief when medical changes required us to make quick decisions!" -Andy Cusack

prayer for my mom who requires round-the-clock care," Lori said. "If you are looking for someone to take care of your loved one at home, I highly recommend FCP Live-In! They truly care about your loved one and you!"

In the case of Leah Jane Cusack and Ralph Cusack, who had been married for over 60 years, and despite their health conditions, were determined to stay together and remain in their home in Maine, where they had lived for over 50 years. Ralph had suf-

fered several small strokes and developed mild dementia. Leah Jane had difficulty getting around and needed help caring for herself and her husband.

The couple's decision posed a dilemma for their adult children: How could they run the family business, take care of their own families, and care for their parents at the same time?

Luckily, the family heard about FCP Live-In and talked to Constance about care for their parents. Says Andrew "Andy" Cusack, Leah Jane and Ralph's son, "From the initial contact with the intake coordinator, the arrival of our care provider, follow-up calls with the main office, and sorting out billing with the account manager, everyone was thoughtful, understanding, professional, and helpful," Cusack said. "They always had the patient's needs and the family's support care at the forefront of conversations."

"Our family's experience with FCP Live-in was positive from the start, and they were our rescue relief when medical changes required us to make quick decisions," recalled Andy.

"FCP Live-In understands the challenges families and loved ones go through regarding senior care. When a senior needs care, they do not need to leave their home, independence, spouse, or their memories behind," says Constance.

Contact FCP Live-In today and find out how they can help you or your loved one.

To learn more about FCP Live-In home care, call 866-830-4443 or visit www.liveinhomecare.com today!

FEATURES



Cover and index photos courtesy of IU Athletics

22 MACKENZIE HOLMES dominates the courts as a forward for her college women's basketball team.

22

30
PUNXSUTAWNEY PHIL
IS A BIG FAT LIAR

Should Beverly Lessard give the little guy a break this year?

36
THE BENEFITS OF
YOGA FOR CHILDREN

Amanda Gardner discusses relaxing active bodies and calming busy minds.

40
GROW OLD
WITH ME

This couple is still crazy for each other after forty years.

42 QUILTS OF VALOR awards and covers service members and veterans with comforting and healing tokens.



February is here already. Before you know it, spring will arrive! February is known as a month of love and caring. I have always found this month a wonderful reminder to show random acts of love and kindness. We sometimes get caught up in our personal emotions of hurt and love going astray. I encourage any of you who are feeling low or lonely. Reach out with some act of kindness. I promise you it will fill you up with love. Even winking and smiling at a child brings great joy to your own heart.

I hear your voices, and we have tired of this pandemic. We wonder if this will ever end. But new beginnings will happen, and spring will arrive again in our world. I encourage all of you to reach down and find the grit within you to keep positive courage. There are no words that can make the pain disappear from these very unusual times that none of us have experienced before. You all will come out of this pandemic different folks, and we have learned so much about ourselves and our tenacity to keep going. I am proud of each and every one of you for the challenges you have faced and conquered.

*Blessings and much love,
Mary Frances Barstow
Editor/Publisher*

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

MAINE WOMEN MAGAZINE

EDITOR/PUBLISHER

Mary Frances Barstow

mary@mainewomenmagazine.com

MANAGING EDITOR

Alisha Goslin

ART DIRECTOR

Christine Dunkle

EDITOR/SOCIAL MEDIA

Abigail Nelson

MARKETING/ADVERTISING

Cyndy Bell

Bob Bird

Robert Cook

Ann Duddy

Laurie Walsh

ADMINISTRATIVE

LeeAnn Gauthier

Tricia Johnson

Marion Burns

Linda Hall-Stone

BUSINESS OFFICE

P.O. Box 1076

Camden, ME 04843-1076

(207) 706-7000

ONLINE

mainewomenmagazine.com

facebook.com/mainewomen

twitter.com/mainewomenmag

instagram.com/mainewomenmagazine

Copyright 2022 by Courier Publications. 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.

CONTENT

MORE FEATURES



12

A NEW ERA OF HALEY GRAVES

The pop punk artist steps out in confidence.



15

HOW SWEET IT IS

Meet Lynn Wright of Wright Chocolate House in Limerick.



17

NAVY NURSE

Memoir of WWII veteran Helen Barry Siragusa of Winthrop.



20

THE PINK VAN

Diane and George Gadbois use their business to raise breast cancer awareness.



26

COLLEGE SPORTS UNIFORMS

What women want and what the NCAA allows.



32

MAGNIFYING VOICES

Author Shellie Leger vocalizes the voices of those struggling with rural poverty and mental illness.



38

THE PEOPLE'S PASTOR

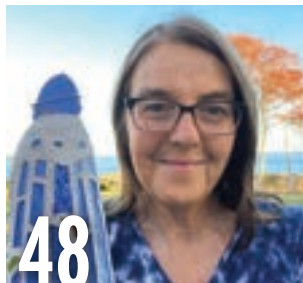
Amelia Edson's community of caring is "reforming that societal fabric."



44

CARNAVAL MAINE

A week packed full of exciting and engaging activities in Portland.



48

GLASS AND STONE

Laurie Frazer makes memories and mosiacs at Ocean Point.

IN EVERY ISSUE



10

10 SOLO VOYAGE

Holly Martin's postcard from the Tuamotus.

55 ABOUT MAINE

Events around Maine this month.

56 HOME

The biggest decor trends of 2022 and what they mean for you.

58 GREAT READS

The Fog of Forgetting
by G.A. Morgan



60

60 GARDENING

Our favorite flower for Valentine's and forever.

64 LOVE ON A PLATE

Strawberry Cheesecake Mousse

66 QUESTIONABLE ADVICE

By L.C. Van Savage

| LETTERS TO THE EDITOR |

You have a remarkable magazine. There are a lot of stories about working on the ocean. Which makes sense as there is a good deal of coastline. What about inland? There are women in Maine who weave. Some raise the sheep, spin the wool, and weave beauty. Take a look. I would love to hear some of these women's stories, also.

—Myra Moore

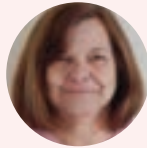
I so look forward to reading this magazine. The majority of women featured have had such great success.

—Kristin

MAINE WOMEN MAGAZINE

| CONTRIBUTORS |

Georgette Carignan lives, gardens and writes in Limerick, a hidden gem in the foothills of the White Mountains. She and her husband delight in caring for their small herd of Nigerian Dwarf goats, Marshmallow, Coconut and Fudge.



Anne Gabbianelli of Winterport has enjoyed a career as a broadcast journalist and college professor. Adding to her passions, she loves to tell people stories through her writing. She appreciates oral history gained as a hospice volunteer and the many heartfelt memories shared by her patients.



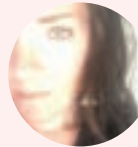
Abigail Nelson is an intern writer and editor. She is excited to be in her last year of her bachelor's degree at the University of Southern Maine. Abigail loves going on adventures with friends and family, drinking wild orange tea, riding horses through fields, and photographing and writing about it all.



Robert Cook is an award-winning journalist who has covered everything from presidential campaigns to compelling human interest stories for more than 25 years.



Sarah Holman is a writer living in Portland. She grew up in rural Maine and holds a BFA from Pratt Institute in Brooklyn. Sarah is enthusiastic about coffee, thrift shop treasures, and old houses in need of saving. Find her online at storiesandsidebars.com.



Shelagh Gordon Talbot hails from Vermont. She worked in the film and television industry, including on the award-winning kid's show *Jabberwocky*. Looking for a less hectic life, she moved to the Moosehead Lake region and became a journalist. She is a freelancer who also writes music, plays guitar, and sings.



From Boston to Chicago to New York, **Lynn Fantom** climbed the corporate career ladder and served as CEO of three advertising agencies, including one widely recognized for its diversity and inclusion and as a "Best Places to Work." After retiring, she earned her master's at Columbia Journalism School. Now a freelancer, she writes about women's leadership, nature, and aquaculture. She lives on Mount Desert Island and spends winters in New York City.



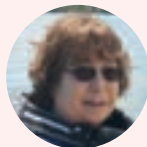
Beverly Mann Lessard ran a childcare center for 27 years, was a newspaper contributor, and self-published several books of her columns. She lives in Lyman.



Lynette L. Walther is the GardenComm Gold Medal winner for writing, a five-time recipient of the GardenComm Silver Medal of Achievement, and recipient of the National Garden Bureau's Exemplary Journalism Award. Her gardens are in Camden.



Pam Ferris-Olson, PhD, worked as a freelance writer/photographer/editor/educator prior to relocating to Maine in 2016. The breadth of her experience with natural resources, storytelling and women, and a passion for the ocean inspired her to found Women Mind the Water. She is a visual artist who enjoys kayaking.



Subscribe for only \$39.29 for a full year!

MAINE WOMEN MAGAZINE

Call 207-706-7000 or visit mainewomenmagazine.com.



To start a conversation with Katie,
please call our office at
207•873•2200
www.goldenpondwealth.com

Securities offered through LPL Financial, Member FINRA/SIPC



Katie Brann, CFP®



A financial future to count on.

For personalized options and the lowest fees guaranteed, people like you choose PeoplesChoice.

Saco | Biddeford | Sanford | Wells | Windham
peopleschoicecreditunion.com



POSTCARD FROM HOLLY



BY HOLLY MARTIN

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

PARADISE ALWAYS COMES AT A COST

I’m guessing that most people picture palm trees when they think of the South Pacific. Tiny waves gently lap at white sand beaches, and people float on their backs surrounded by the turquoise water. And that’s true, about sixty-five percent of the time. The Tuamotus epitomizes the white sand beach stereotype. A series of circular reefs, they dot the ocean between the Marquesas and the Society islands. Once you enter the lagoon, you can experience the sea breeze but be protected by the fringing reef. Until the wind changes. From a sailing point of view, the Tuamotus are lovely but very dangerous. The passes have strong currents

that can reach up to ten knots. Coral heads dot the lagoon, lurking just below the water and tempting innocent keels into collision. Unlike protected harbors, you often only have protection from one wind direction. As long as the trades are blowing this is fine, but every week or so the wind comes from a different direction for a few days and all hell breaks loose. As I write this, the wind is from the north, and I am in the south. I

have thirty nautical miles of wind-driven fetch. My foredeck hatch is battened down because my bow is almost plunging under water every ten seconds. Everything is sea stowed even though I’m on anchor. I know that in a few days the wind will change back around, and I’ll once again be in post card perfect paradise. Sometimes it’s important to have lows so that you can appreciate the altitude of the highs. •





COMPASSIONATE CARE & EXPERTISE

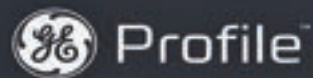
24 HOURS A DAY, 7 DAYS A WEEK

Animal Emergency & Specialty Care
+ Portland Veterinary Specialists
have teamed up to become
Portland Veterinary Emergency
and Specialty Care



739 Warren Avenue, Portland PVESC.com

207 878 3121



This is **smarter innovation.**[™]

THE
INNOVATION
REBATE

GET UP TO **\$2,000***
BACK ON SELECT SMARTER
INNOVATION APPLIANCE PACKAGES.

OFFER VALID JANUARY 1, 2022 THRU JUNE 30, 2022



L.P. APPLIANCE SALES & SERVICE

54 Bridgton Rd., Route 302, Westbrook
(207) 797-3621 • (800) 797-3621
www.lpapplianceme.com

Store Hours:
Mon-Fri 9am-5pm
Sat 9am-2pm

A NEW ERA OF HALEY GRAVES

Stepping out in confidence, the pop punk artist is making you remember her name.

BY ABIGAIL NELSON

On stages across the Seattle area, the spunky and energetic pop punk musician, Haley Graves, is making a name for herself. When we last spoke with the South Bristol native, she had just released her first single, “She Thinks My Pop Punk is Cringey,” and was in the works of releasing her debut EP titled after the single. Now, Haley has grown in both confidence and fame as more and more people are hearing her music. The road to today was lined with experiences and connections that pushed Haley to bring her music to the next level.

About a year ago, Haley was still breaking into the music scene in her new home in Seattle while attending Berkely College of Music online, then Bellevue College, and working a full-time job. Soon, it became too much. “It was like the universe was yelling at me to just drop out of college.” Haley laughed. After discussing it with her parents, who were supportive of her decision, Haley began the process of dropping out. Not long after, Haley started to get recognition as an artist and has continued to grow in popularity today. Several DJs

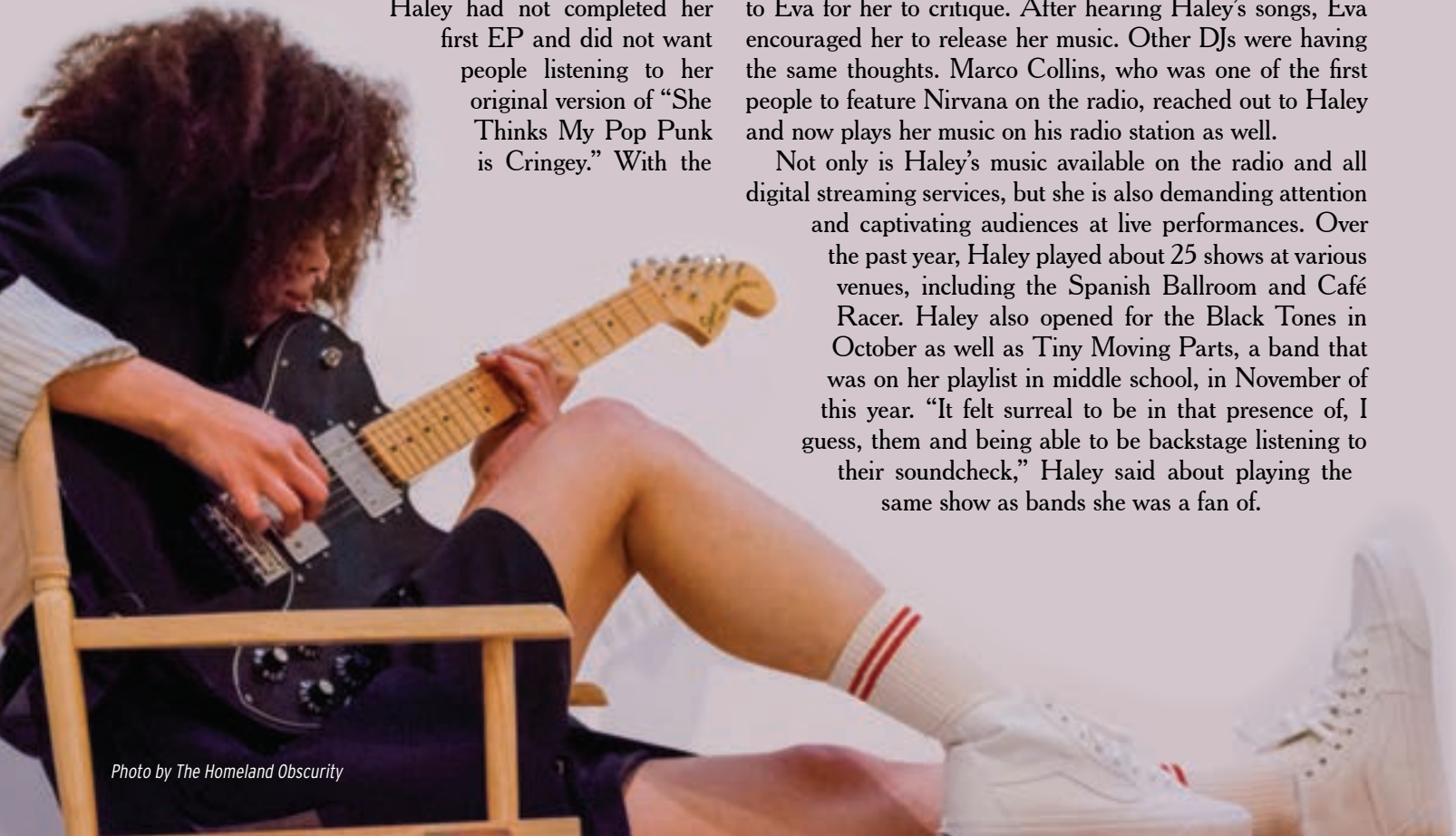
reached out to Haley wanting to play her music on the radio. However, Haley had not completed her first EP and did not want people listening to her original version of “She Thinks My Pop Punk is Cringey.” With the

help of her producer, Amit Amram, Haley rerecorded her single and finished her debut EP before her planned release date.

“It was really cool having DJs reach out and ask for that!” Haley said, “My music has now been played on KEXP on multiple occasions.” This exposure created new connections for Haley. Despite working with a lot of men, Haley noted that she has a lot of strong, Black women in her corner. “I have a lot of positive people around me and a lot of Black people around me, which is something I never had before.”

One of those connections is a woman named Payge Turner, who is a Seattle-based singer-songwriter and was a top-12 finalist on NBC’s *The Voice*. As a woman deep within the music industry of Seattle herself, Payge’s experience and guidance was instrumental in Haley’s growth, both in her voice and networking. It was Payge who connected Haley to KEXP DJ and Black Tone member Eva Walker. “Payge put me in a group chat with her (Eva) and five other Seattle musicians and they’re all Black women. It is a powerful group,” Haley said. “I introduced myself and they welcomed me with open arms.” Upon request, Haley sent some of her demos to Eva for her to critique. After hearing Haley’s songs, Eva encouraged her to release her music. Other DJs were having the same thoughts. Marco Collins, who was one of the first people to feature Nirvana on the radio, reached out to Haley and now plays her music on his radio station as well.

Not only is Haley’s music available on the radio and all digital streaming services, but she is also demanding attention and captivating audiences at live performances. Over the past year, Haley played about 25 shows at various venues, including the Spanish Ballroom and Café Racer. Haley also opened for the Black Tones in October as well as Tiny Moving Parts, a band that was on her playlist in middle school, in November of this year. “It felt surreal to be in that presence of, I guess, them and being able to be backstage listening to their soundcheck,” Haley said about playing the same show as bands she was a fan of.





This June, Haley had the opportunity to perform at Taking B(l)ack Pride, a LGBTQ+ pride festival held in Seattle. Her performance made it on the cover of the *Seattle Times* article that covered the event and the controversy that surrounded it. Organizers of another Pride event sent a complaint to the Seattle Human Rights Commission after Taking B(l)ack Pride announced they would be charging white attendees a “reparations fee” of anywhere from ten to fifty dollars while the festival would be free for the Black and Brown Queer community. Because of this, the venue was full of press. “That was my first time in front so many cameras,” she recalled. “There were like two GoPros on the side of the stage, like five jumbo cameras, people taking video and photos left and right.” This performance was just the beginning of Haley finding her place in front of the camera.

Haley’s first photoshoot was for the cover of her debut EP. “For me that was really intimidating. I’d never been in front of a camera like that, and I’d never had anybody style me before.” In the photos Haley is wearing black jeans, a sports bra, and a white and green leather jacket. “I realized how proud I was of my body and how much self-love I had for my body at that point.” This self-love and pride continued not only into other photoshoots and performances, but even into her music.

This past spring, Haley wrote and recorded a song titled “Pop Punk Princess.” “That was the first time I felt like I was letting my sexuality show,” Haley said. When she first recorded the song, Haley admits that she was nervous. “I was recording this song about how I am in love with this girl and that, you know, from small town Maine isn’t always the most accepted. So, to let that go and to not be afraid of judgement was definitely hard at first,” Haley recalled. Despite her nervousness about her masculinity in the song, everyone she played it for loved it. After playing it for her producer for her upcoming EP, Phil Peterson, he told her, “Everyone is going to vibe to this. This is going to be your song that everyone is going to love. It’s queer, it’s fun, it’s upbeat, it makes you want to dance.” Haley didn’t believe him, but to this day “Pop Punk Princess” is her most streamed song on Spotify.

The overwhelming support about her sexuality from her colleagues, friends, and family has sparked a new level of confidence in Haley. The song has even opened doors for new conversations with friends that she was not able to have before. “I have an identity now. I recognize that I am a Black Queer musician. I am a Black Queer pop punk artist. I’m at a point now where I feel so comfortable being myself and being comfortable in my sexuality. It took a lot to get to where I’m at and I’m at place in life where I just really do love myself for who I am and I love my body most

Top: Haley performing at Seattle’s Pride Fest in September 2021.

Photo by Trace Edmondson Bottom: Haley while opening for Tiny Moving Parts, Belmont and Capstan in November 2021. Photo by The Homeland Obscurity

10% OFF YOUR ENTIRE PURCHASE OF \$50 OR MORE!

IN-STORE ONLY - COUPON VALID 2/1/22-2/28/22 - COUPON CODE: MWM22FEB
Valid on regular-priced merchandise. One coupon per customer. Coupon is not transferrable and must be surrendered at the time of purchase. Offer excludes Benjamin Moore, Stihl, Big Green Egg, Ego equipment, Weber grills, lawn mowers, appliances, snowblowers. Other exclusions may apply. Cannot be combined with any other sale or coupon.

ACE
The helpful place.

ARIENS

Milwaukee

STIHL

EGO

DEWALT

Big Green Egg

CRAFTSMAN

weber

THE POWER TO DO IT YOURSELF!

MAINE  **HARDWARE**
EST. 1934

274 ST JOHN ST
PORTLAND, ME 04102
207-773-5604

**FIERCELY
INDEPENDENT**

SUN 9AM-5PM
MON-FRI 7AM-8PM
SAT 9AM-6PM

days,” she laughed. “I’m just really proud of who I’ve become, especially coming from a small town in Maine.”

This transformation is displayed in Haley’s second EP, “We’re Over,” that is scheduled to be released February 26. The EP will feature new songs, including “Miss Me,” which is a crowd favorite. The songs are inspired by true events in her life about Haley finding herself and developing a new confidence. “I’m very excited about the new music. It definitely shows who I have become in the last few months,” Haley said. “It’s definitely less bubblegum and more self-love. It’s more empowering.”

After the whirlwind of events and achievements she has made this past year, Haley is excited to see what the new year will bring. Her plan is to focus more on content, which includes a music video for “Pop Punk Princess,” and not play as many shows. While the past few months have kept her busy and running in several directions, Haley is looking forward to slowing down and prioritizing what is important for her in both her life and in her musical career.

To stay updated with Haley, follow her on Instagram @imcalledhaleygraves and stay tuned for more pop punk music from this budding artist. •



Haley Graves poses for her first promotional photoshoot. A version of this photo is now the cover of her EP “She Thinks My Pop Punk Is Cringy.” Photo by Matt Clifford



Lynn Wright of Wright Chocolate House. Photos courtesy of Lynn Wright

How Sweet It Is

BY GEORGETTE CARIGNAN

Hedgehogs, deer, and rabbits... oh my! Lynn Wright of Limerick is the master chocolatier and the creative genius who brings these and other tiny creatures to life as well as an array of traditional and unique fine chocolates and caramels. She has developed more than forty original recipes. Every piece is hand dipped, hand decorated, and is a labor of love.

Lynn started making chocolates in her home, a 19th century farmhouse, twenty years ago primarily for family Christmas gifts. In 2011, Lynn took the first of two on-line courses from Ecole Chocolat, a highly respected school with corporate offices in San Francisco and Vancouver, BC. The following year, she opened her home to the public for the Easter holiday. When that proved to be highly successful, she opened her home again for Christmas and Valentine's Day. In time she had a licensed commercial kitchen installed in her home.

When storefront space on Main Street in Limerick became available, Lynn jumped on the opportunity. She poured the same creativity and energy that she uses for her chocolates into decorating the space now known as Wright Chocolate House. The result was stunning. Two large multi-paned windows give the building an old-world charm, as does the bead board ceiling and the original wood floors. She also kept the original countertop and shelving. Lynn wallpapered

It surprises most people that Lynn closes her operation for the summer months, a practice that is common with some of the fine chocolate houses of Europe.



Top: Lynn sorting her delectable creations.
Bottom: Lynn's treats line the shelves at her storefront in Limerick.

a newly built partition with an exquisite nature scene: stylized birds and flowers on a dark background. Even the sign above the door, which was assembled and hung on a frigid day in January by Lynn and her son, Russell, was designed by Lynn. Although she still creates her chocolates within her home, Lynn now packages and ships her online orders from the Main Street store.

Lynn uses locally sourced and seasonal ingredients as much as possible. Maple syrup from Hilltop Boilers, butter from Kate's Butter in Old Orchard Beach and cream from Harris Dairy Farm in Dayton. Even her honey comes from a local beekeeper, Bob Tim's. Not because it is trendy, but because this is the way it should be. It ensures freshness and Lynn enjoys the relationships that she has developed with her vendors, a.k.a. neighbors.

Her chocolates are inventive, fun, and beautiful to look at as well as delectable. Along with Christmas deer and the Mustachioed Christmas Gnomes, she has created Thanksgiving Hedgehogs, Owl Apple Cider Truffles, Love Ewes for Valentine's Day, and Belted Galloways for Mother's Day. She has created milk chocolates and dark chocolates infused with such things as elderflower liqueur, pomegranate caramel, pear puree, dulce de leche and as if that were not enough, she also makes toffees and caramels.

It surprises most people that Lynn closes her operation for the summer months, a practice that is common with some of the fine chocolate houses of Europe. However, heat and humidity wreak havoc with chocolates. Besides, Lynn considers chocolate a seasonal food.

Lynn's bottom line is making people happy. She has an eye for beauty, a lively imagination, and the drive and energy that it takes to succeed in business. A reviewer on her website described the store as a "hidden jewel in Maine." And those of us who were lucky enough to have already enjoyed Wright Chocolate House, we know that it will not remain hidden for long.

For more information, please visit www.wrightschocolatehouse.com.

NAVY NURSE

Memoir of a WWII Veteran

BY ANNE GABBIANELLI

“I’m proud of it, I’m delighted,” says ninety-eight-year-old Helen Barry Siragusa of Winthrop when reflecting on her more than ten years serving as a nurse in the Navy and in the Reserves. With her knack for storytelling, Helen has captured her memories in a book called *Navy Nurse: Memoir of a WWII Veteran*.

The book chronicles not only her life but her experiences in the Navy including her meeting a Navy doctor who later became her husband. Her son Jim, a retired English teacher, transcribed his mother’s recollections saying, “My mom has an incredible memory, and she has been telling stories to us all her life.”

It was a family trait for the Barry women to be nurses. Helen’s mom and younger sister were nurses all graduating from All Souls Nursing School in Morristown, New Jersey, just a half hour from their home.

Helen’s quest to join the Navy was sparked by a clearly displayed invitation. “Shortly after Pearl Harbor in my freshman year (of nursing school), a recruitment poster had appeared...it was a picture of a Navy nurse in dress blues with the caption underneath: ‘The Navy needs nurses!’ I kept looking at that poster and saying to myself that I really ought to join the Navy.”

With her sweet, tender smile Helen claims, “It was natural for me to go into the Navy. Everybody was in the service. My father was in WWI, both my brothers served, so as soon as I finished nursing school, I applied for the Navy.”

In January of 1945, Helen began a career that gave her a front row seat to the tragedies of WWII. For the first five years she was stationed at St. Albans Naval Hospital on Long Island, New York, which was one of the largest Naval Hospitals in the country. Her work eventually led her to the quadriplegic and paraplegic ward known as the dreaded B-11.



Helen's portrait by Lou San Felice, top, and Helen in 2021.



“On weekends we went on different wards because someone had their weekends off.” Admittedly though she continues, “I was petrified to go there because the nurses would say how hard it was, how difficult the patients were, how some of them were so depressed, and I’d say to myself, ‘please don’t let me have to go there.’”

But it was on the B-11 ward that Helen found her niche. “Within a very short time, I got assigned there regularly every day and I loved it. I absolutely loved it. It was just my place,” shares Helen with a sense of gratitude.

She recalls, “When I got on that ward, I was told the quads which were paralyzed from the neck down had a life expectancy of two years and the paraplegic five years. Some of them lived for thirty or forty years.” Helen recollects the fun she had with patients, “They nicknamed all the nurses. One day, I was washing one of the quad’s hair, and he couldn’t move anything but his head. He said, ‘Would you like to know your nickname?’, and I said, ‘You’re going to tell me?’, He said, ‘Her Majesty’s Battle Ax.’ He thought it was so funny because they made it up from my initials—Helen M. Barry,” she offers with laughter.

Her story goes on, “Working on B-11 was a life changer. We almost never got our work done by the end of our shift, so we always stayed a little longer. It seemed like a privilege to take care of them.” She goes on, “God sent me there more for myself, I’m sure, than for the patients. They inspired me so much that it has stayed with me to this day.” She adds, “Their lives were never going to change, and no one ever complained.” Helen was twenty-two years old when she started working on the B-11 ward, yet to this day she refers to them as “wonderful kids” and how she kept in touch with most over the years.

Clockwise from top: The B-11 ward for quadriplegic and paraplegic soldiers at St. Albans Naval Hospital on Long Island, New York. | Helen in the TB ward at St. Albans. | Gus visiting Helen at her desk at Cherry Point Marine Corp Air Station in North Carolina when he worked downstairs in the clinic. | Helen and a soldier named Pete.

At one point during her Navy career, Helen was transferred from St. Albans to Cherry Point Marine Corp Air Station in North Carolina. She says, "They had just a little infirmary there with seven nurses and that's where I met my husband. He was a flight surgeon."

Helen and Gus Siragusa went on to "date and have a good time" because each agreed marriage was not for them given their responsibilities to the Navy. However, a year later the couple married and soon eight children came—one each year. Helen was twenty-nine years old when she married and says, "By the time I was pregnant with my third child, I got a letter saying if you have a dependent under the age of twenty-five, you must resign your commission."

Meanwhile, Gus' career had the family on the move while allowing them to visit Maine in the summers. Gus' parents had a home in Winthrop, and in 1970 the couple built their own summer home next door, later settling permanently in Winthrop.

Reflecting on the times gone by in the book *Navy Nurse: Memoir of a WWII Veteran*, Helen shares her genuine passion for the fulfilling life she has had as a wife, mother and nurse. She even recovered from a serious illness in her younger life that Navy doctors doubted was survivable. Today at ninety-eight years old, Helen proudly speaks of her eight children, six grandchildren and five great grandchildren.

Helen says with a smile, "I have had such an interesting life." And as for her passion serving in the Navy during WWII and the Korean War she says, "If I hadn't gotten married, I would've probably stayed twenty-five years. If I could go back tomorrow, I would."

To purchase Helen's book *Navy Nurse: Memoir of a WWII Veteran*, log onto lulu.com. •



Clockwise from top left: Helen and Gus at the Marine Corps Birthday Ball, on their wedding day, in the 1960s, and in a family portrait with their eight children.



THE PINK VAN

Raising Breast Cancer Awareness in Maine

BY ROBERT COOK

It was ten years ago when the lives of Diane Gadbois, her husband, George, and their family would be forever changed. A warning that a doctor had given Diane and her sister, that one day one of them could develop the same breast cancer that afflicted their mother, suddenly came to fruition.

Diane recalled how she went to see her primary care doctor for her annual mammogram screenings and received a clean bill of health. After those screenings, on two occasions, Diane conducted self-examinations and found two lumps. After she was referred to a specialist, her fears were confirmed. Ultrasounds determined that each lump had cancerous cells. Diane said she had a double mastectomy that saved her life.

“I found both of my cancers myself,” she recalled inside her husband’s business, Eastern Carpet Cleaners and Upholstery in Scarborough. Diane said she also experienced post-operative infections that required treatment. She firmly believes her resolve to do self-examinations after being unsatisfied with the initial diagnoses made all the difference, and she encourages other women to do the same.

“Go right to the top. Go right to an expert,” she said.

After she survived her bout with breast cancer, Diane said

she and George decided they wanted to do more to help raise awareness about the importance of prevention and finding a cure. Nine years ago, they approached the Susan G. Komen Foundation to ask permission to place the group’s pink logo on a pink Eastern Carpet Cleaners and Upholstery van.

George said the foundation receives an annual payment from the couple where the proceeds are donated for breast cancer research. They also displayed the Susan G. Komen for the Cure Maine logo on their company’s web site.

At first, Diane recalled how George drove around in a pink truck without the Susan G. Komen for the Cure Foundation lettering and received his share of ribbing from a lot of guys.

“There’s not many pink trucks around,” Diane said. Once George told them he was driving a pink van because his wife had breast cancer, they stopped laughing and expressed their support.

More recently, the couple decided to use their mobile awareness campaign to support the Maine Cancer Foundation’s Tri for a Cure event held each summer.

Diane and George believe they are making a difference by encouraging Maine women to be proactive, get their an-

nual mammogram screenings, and get treatment if they need it. According to the Maine Centers for Disease Control, breast cancer accounts for thirty-two percent of all cancers in women each year.

Early detection is the best defense that women have against breast cancer. According to the Maine CDC, when breast cancer is detected early, women have a ninety-eight percent chance to live five or more years. For women who have later detection, that figure drops to twenty-six percent.

Diane and George consider themselves to be very private people who have given their share to various causes in southern Maine over the years. They decided to be very public with this issue because they know how it affects so many women and families.

“Does it cause a lot of attention? Yes, it does,” Diane said.

Ultimately, the couple wants their pink van to be viewed as a symbol of hope and strength that is realized through early detection and healing.

George said their business is one of the largest carpet cleaning companies in southern Maine that services 5,500 homes and more than 2,000 busi-

nesses a year. He said the pink van typically goes out three to four times per week to pick up carpets and drop off carpets and may visit ten to fifteen homes a week. Many of his customers who have been directly affected by breast cancer are pleased that the couple display the Tri for a Cure logo on their pink van.

“People really notice that pink van and they really appreciate it,” George said. “It’s a healing process.”

George and Diane also have a greater appreciation for life after what they and their family have endured. They met in high school and have been married forty-six years. They have four children and five grandchildren.

They hope the pink van will encourage more women to be their own breast cancer prevention advocates and let people who are dealing with the disease know they are not alone.

To learn more about Eastern Carpet and Upholstery Cleaning, please visit easterncarpetcleaning.com.

To learn more about the Susan G. Komen Foundation, please visit komen.org.

To learn more about Tri for a Cure, please visit triforcure.org.



Diane and George Gadbois and their dog, Maya.

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

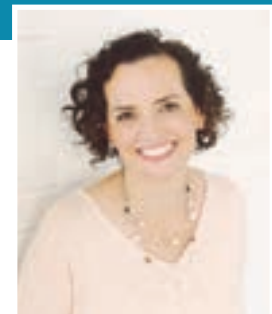


Open every day, seven days a week including weekends and holidays



1500 Technology Way in the Enterprise Business Park
Off Route 1 • mvmc.vet

Allison V. Bishop, CPA FINANCIAL COACH



WHAT CAN FINANCIAL COACHING DO FOR YOU?

Make thoughtful, conscious, and mindful decisions around your money

FREE Initial Phone Consultation

allison@allisonbishop.com
207.805.8400

For more information:
allisonbishop.com

Mackenzie Holmes

From high school travel teams to now playing on the college floor, hers is a name you will not forget.

BY MARY FRANCES BARSTOW

Maine native Mackenzie Holmes is dominating the courts as a forward for the women's basketball team of Indiana University. Drafted out of high school, Mackenzie has completed two impressive seasons and is getting ready to move into her third. Last season she led the team in both average points and rebounds and helped her team to get the win against other schools Indiana University has not beat in decades. Mackenzie is looking forward to another year of traveling and basketball amongst friends and mentors at her home away from home.

MARY BARSTOW: Where in Maine are you from?

MACKENZIE HOLMES: Gorham is where I went to high school. My parents were divorced, so my dad lives in Saco and my mom lives in Gorham. I went to school in Gorham from kindergarten through high school.

MARY: And how did you pick Indiana University?

MACKENZIE: I was playing AAU, which is just like travel basketball. That runs in the spring and the summer when schools can come to watch you play. That's how recruiting starts. So, I was playing and one of their coaches came and saw me, and then they started re-

cruiting me. In the fall of my junior year, I decided to go out and visit. I absolutely loved it, and to be completely honest, I was not expecting to like it as much as I did, because when I was a sophomore, I had made my mind up that I wanted to stay in New England. But when a big-time school like that reaches out to you, it's hard to say 'no'. And that's how it started.

MARY: You've had great success there.

MACKENZIE: Oh, thank you. Obviously, my freshman year got cut short because of COVID. But even with COVID last year, we were able to have a whole season and we made it through the Elite 8 of the tournament, which was just incredible and so much fun.

MARY: How do you like Indiana itself compared to Maine? That's a big difference.

MACKENZIE: It is. There are a lot more trees in Bloomington than I thought there would be. I expected to come here and see straight up cornfield and flat lands, but Bloomington is a college town, so you got to love the college town, and there's actually a lake in Bloomington. For me, it's a home away from home.

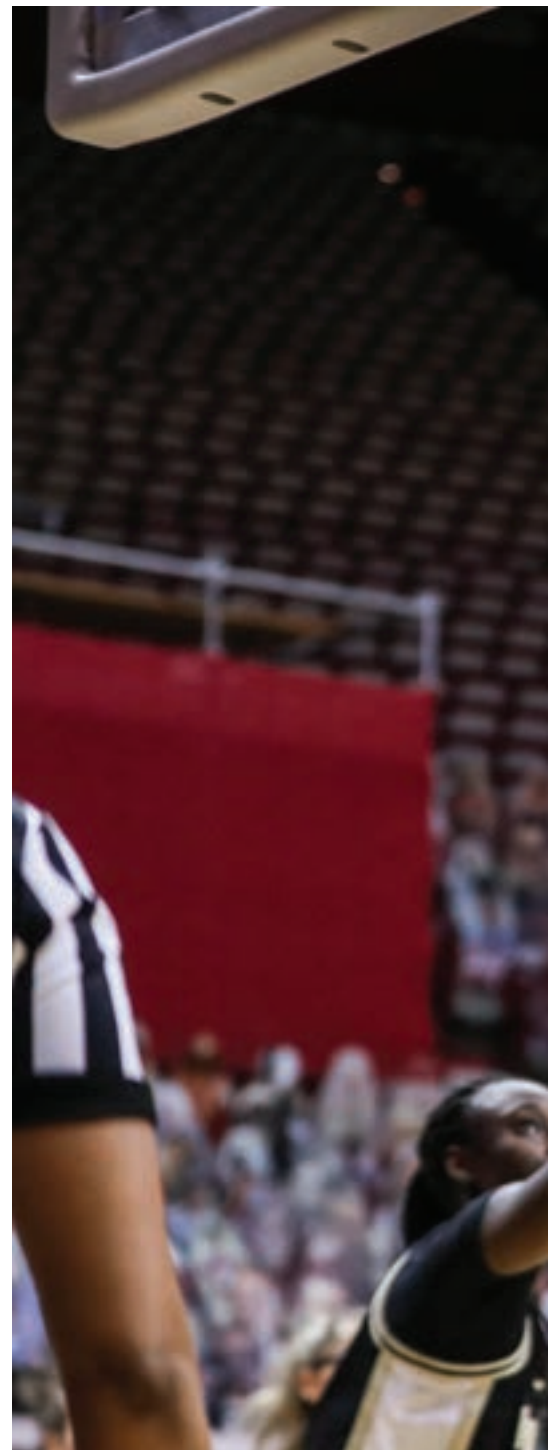


Photo courtesy of IU Athletics

MARY: What does this year look like?

MACKENZIE: Our first game was in November. Exactly when the season ends is unknown, because it depends on how far we make it in the tournament.

MARY: Do you get to go home much during the season?

MACKENZIE: No. I got three days off for Christmas, but we're right in the



middle of our season so it's hard to take much other time off. I'll get the month of May away from school, so I'll be home and then I go back for summer classes until the beginning of August and then I'll come home for three weeks. I'm home six or seven weeks out of the year.

MARY: Tell me about your siblings.

MACKENZIE: Actually, my brother is at Indiana University too. He's a senior. He's two years older than

me, so when I was a junior in high school, he went to Bryant College for a year. During that year, we made our minds up to go to school together. He came on all my visits and we both fell in love with IU. And so, my freshman year we came in together and he was a sophomore technically. This is my junior year and his senior year.

MARY: Were you always close as siblings?

MACKENZIE: Honestly, I think having divorced parents made us really close because we were the consistent piece in each other's lives.

MARY: That makes so much sense.

MACKENZIE: We fought, and we were competitive with each other, but he was always so supportive of me, and I knew that, even though we fought. But I think we really started to get close during his senior year of high



Photo courtesy of IU Athletics

school, which is when we decided we wanted to go to school together.

MARY: Does he play basketball?

MACKENZIE: This is another funny part. We have a group of guys who are our practice players. We go against them in practice every day ... and he's on that squad.

MARY: Life is so funny sometimes.

MACKENZIE: It's just funny how it all worked out. We play against each other every day, and we live together too.

MARY: Isn't that terrific? That's just such a good story. I love that.

MACKENZIE: It's definitely unique.

MARY: It's so nice that you stuck together and basically kept your original family intact. Are there other siblings?

MACKENZIE: I have two step siblings—my stepmom's kids—but they're both 29 so there's a big age gap.

MARY: I have to ask ... how tall are you?

MACKENZIE: I'm six foot three.

MARY: Now, are your parents tall, by the way?

MACKENZIE: Yeah, my dad's 6'4 and my mom is 5'10. I easily could have been around 5'10 just because of the way that usually goes, but I got lucky.

MARY: Was being tall ever a problem for you? Did it bother you?

MACKENZIE: I don't think so. I think that I really felt most comfortable at college because all my teammates are tall, so it's been nice. Sometimes in high

school I felt a little like I stood out, but just being in college has been nice because I'm finding so many similar people.

MARY: Do you see yourself going into pro basketball after college?

MACKENZIE: I would love to play basketball for as long as I can, of course. I don't know what that's going to look like, but I want to see where it takes me. I'm trying to stay focused on the present and we have super big goals this season.

MARY: Have scouts from professional teams started to approach you yet?

MACKENZIE: Not so much. I'm not even really looking for an agent, just because I just want to enjoy my years in college before I start worrying about stuff like that.

MARY: What is your college major?

MACKENZIE: Human development and family studies, which is a branch of social work. I think that my end goal is to become a coach. I know the basketball piece, so learning how to build relationships and work with people will be important going into coaching.

MARY: You get to travel with the team everywhere, I would imagine. Do you like this lifestyle? It must be very different from living in Gorham.

MACKENZIE: It's a grind for sure, and we stay really busy, but I love my teammates and my coaches so that makes it fun.

MARY: Do you have a coach that you enjoy there at the college?

MACKENZIE: All of them. I love all my coaches. I have a really good relationship with all of them.

MARY: And with the team, do you find big differences in playing ...high school to college?

MACKENZIE: Definitely. I think just the speed and the intensity of it, and the amount of time that it takes up too. That's an adjustment from high school to college, and we're now competing with the best players in the country every day.

MARY: Do you think you will go to grad school if you don't play pro ball?

MACKENZIE: Probably. With COVID, it's complicated. Last year was like a blanketed year so it didn't really count towards my eligibility to play. So technically, I'm a junior academically, but I have three years of eligibility left. So, if I graduate early my fifth year, I can get into a grad program and start on my graduate degree, all covered by the university, which is really nice.

MARY: How is COVID with the team? Did many come down with it?

MACKENZIE: No, nobody—staff or players—tested positive. And we tested every single day.

MARY: Do you have to wear masks during practices?

MACKENZIE: No. Everyone is vaccinated. When we're in class, yes, because we can't control the students who are and aren't vaccinated.

MARY: How is Indiana ranked in girls' basketball?

MACKENZIE: In the preseason, we were ranked eighth in the country. We made it to the Elite 8 last season and then we're returning all five starters, so I think that's good, because we're a very veteran team.

MARY: Do they televise just in Indiana, or do they do them nationally?

MACKENZIE: We have a few nationally televised games this year. All of our games are on Big 10 Network too. So, if you have Big 10 Network, you'll get the games. We do have a few games on ESPN this season.

MARY: Do your parents ever get to come out and see your games?

MACKENZIE: My dad comes frequently, as many games as he can get to. It's hard on the weekdays, but if there's a Sunday or a Thursday game, he usually comes out to watch. And my mom usually tries to make a few games.

MARY: Was your father a basketball player?

MACKENZIE: Yes, both my mom and my dad were. My mom played at the University of Southern Maine for two years and dad played at U Maine Presque Isle.

MARY: Did your high school team win championships?

MACKENZIE: Yeah, we won two years.

MARY: Did you play in the high school team or just the traveling team?

MACKENZIE: I played both.

MARY: You did? Don't you ever get tired, Mackenzie?

MACKENZIE: No.

MARY: What are your dreams? What would be your biggest dream come true?

MACKENZIE: I think right now, obviously, it's to win a Big 10 championship, which is the conference we play in and then a national championship, of course, is a huge aspiration of mine. But I'm the type of person to just take things day by day and just wake up grateful for the day and not try to look forward too much, because I think COVID really humbled a lot of us in that sense. I take things day by day.

MARY: Now, a lot of people today are watching high school and college basketball more than the pros, because it has changed so much. Everything in pro games seems to focus on a three-point play. Do you notice that difference?

MACKENZIE: I mean, it's hard to tell. I've never played pro, but I think the calls are definitely different. The level of play is also very different. And men's basketball is obviously played at a different pace than women's basketball, so it's hard to compare them.

MARY: Would you recommend the University of Indiana?

MACKENZIE: I think it's a great school, great education, beautiful campus, sports are huge here. So of course, I'm very biased, but I love it here.

MARY: So, beauty, brains, and athletic. You've got it all happening, girl. So, thank you. It's been a joy to meet you and talk. I wish you luck in your season, and I'll really try to watch you play.

MACKENZIE: Well, thank you so much. It was great to meet you and talk to you. •



COLLEGE SPORTS UNIFORMS

What Women Want, What the NCAA Allows

BY LYNN FANTOM

When Heather Davis played soccer as a little girl in the 1980s, she wore men's or boys' uniforms. As an eight-year-old, she would come home with a men's large and "we would just tighten the drawstring," her mother recalls.

Today, Heather is director of athletics at the University of New England (UNE), the only woman currently holding that position in Maine. "As I look back, there's been an evolution—in women's cuts and all sorts of options respecting different body types," she says. "The consumer market has done a remarkable job in this area."

Along with these advances, women leaders in college athletics administration are finding new and better ways to listen to what women athletes want. And players definitely want their preferences about uniforms to be heard. Issues with uniforms go well beyond making sure members of the team match—although that comes into play, too.

The Women's Sports Foundation, founded by Billie Jean King, advises that selection of uniforms should factor in performance, including "comfort, drag reduction, and physiological benefits such as reduction of fatigue." But "differences in body type," "cultural differences," and "inappropriate marketing exploitation" should also play a role in what's chosen.

Issues in that realm thrust women's sports uniforms into the news last summer. At the Euro 2021 championships, the Norwegian women's beach handball team was hit with a fine for wearing thigh-length elastic shorts instead of bikini bottoms. Swimming caps designed for natural Black hair were banned at the Tokyo Olympics. And at the games, the German gymnastics team pushed back against feeling "sexualized" in the traditional cut-high-on-the-thigh leotard and chose full-body unitards.

The good news is that the "old-fashioned international patriarchy of sports," a characterization tweeted by Norway



Heather Davis, director of athletics at the University of New England since 2019, is among the forward-looking leaders who see individual choice in college sports uniforms as a sign of growth in the industry. Photo by Holly Haywood/University of New England

Minister of Culture, lags behind the National Collegiate Athletic Association (NCAA) here in the US. It began introducing new uniforms rules even before its breakthrough vote last summer to allow college athletes to profit from their 'name, image, and likeness.'

Back in February of 2020, the NCAA ruled that women's college volleyball players would be allowed to wear shorts of varying lengths, pants, or skirts; they didn't have to match as long as they all wore the same color. The year before, the NCAA gave field hockey players the option of shorts or the traditional kilt/short.

Heather Davis explains, "Things move more quickly in grassroots than high school; in high school than in college. International change is harder because of the scope of it. But, she adds, "At the Olympics, athletes were also saying, 'Listen to me and it doesn't fundamentally change the game.'"

LISTENING TO ATHLETES

How uniforms are selected varies by university. But coaches generally take the lead communicating and consulting with their teams, some more proactively than others.

"The last time I was a soccer coach, I ordered new uniforms for our team. We brought in all the samples, and the students picked a women's short and a men's jersey," says Heather Davis. "That was the first time that combination occurred."

These soccer players felt the men's shorts were too long and cumbersome, so they opted for the shorter inseam and narrower cut of the women's style. But they didn't want the women's jersey with its cap sleeve and princess seam because it inhibited their movement.

"What I found is listening to the students has always been paramount," Heather says. "We're dealing with young adults



The University of New England field hockey team, the Nor'easters, chose kilts for its uniforms, even after the NCAA made shorts an option in 2019. Players say that sometimes they're more comfortable with what's familiar.

Photo courtesy of UNE Athletics

who have developed some preferences over time.”

And they're not always easy to predict. The UNE women's volleyball team opted for tightly fitting spandex shorts, but the field hockey team chose a kilt/skort that covered more of the body than shorts. Both were what's traditional.

At UNE, every year each varsity team hosts a meeting with one of the athletics administrators after its season is completed. "It's an open conversation," says UNE communications director Sarah Delage.

Afterwards, athletes receive an online survey to register anonymous feedback on coaching, facilities, the third-party medical provider, even whether practice uniforms are clean and laundered on time. Here a student can speak up if she doesn't feel comfortable doing so in a meeting.

Similarly, University of Maine athletic administrators meet with teams once



UNE's Johnna Scott wore longer spandex shorts when she played volleyball in middle school—her mother's preference. "As time went on, I'm completely comfortable with my body and wearing the [traditional] uniform," she says. "I've grown into it." *Photo by David Bates*

HOW TECH ADVANCES THE GAME

Technology has propelled sports apparel forward by leaps and bounds, with key wins in design and manufacturing from leaders like Nike, Adidas, Puma, Under Armour, and New Balance. The research group Global Industry Analysts estimates the current total US market (of which team uniforms is a subset) to be \$63 billion.

That kind of revenue can fund extensive research and development, ranging from sweat mapping studies to new manufacturing methods that combine mesh to make more breathable waistbands.

New Balance has outfitted University of Maine teams since 2015. The company, which is headquartered in Boston, also manufactures some of its footwear in Norway, Norridgewock and Skowhegan.

Among New Balance's innovations are moisture-wicking technology, temperature regulation, and odor management, says Matt Courcier, the strategic business unit manager for Team Sports. Several uniform lines utilize Trizar technology, which emulates what NASA used as heat shield protection on space shuttles. This fabric reduces heat build-up and enhances cooling.

As part of its commitment to sustainability, some New Balance uniforms are made from polyester recycled from plastic bottles and pre-consumer waste.

To perfect fit for both comfort and performance, the Boston designers work directly with female athletes in "fit-sessions and wear-tests." Matt Courcier says inseam preferences have been "rapidly changing" in basketball. Softball players want a more fitted pant with full mobility. Elite runners are looking for form-fitting singlets.

"Today's female athletes will not accept takedowns of men's uniforms that were not designed with a woman's fit and performance in mind," he says.



a year to get general feedback. The equipment staff also evaluates uniforms annually with coaches, examining what needs replacement, style and fit options, and new technology.

One such advance is compression wear, which can reduce soreness and injury and improve jumping performance, according to some studies. Athletes may opt to wear a sleeve or compression shorts under their uniforms.

"We have some female basketball players who will wear full compression garments under their uniforms," says Samantha Hegmann, UMaine's associate athletic director for compliance/senior woman administrator. "I like to think we give them a lot of freedom with what they choose to wear."

INDIVIDUAL PREFERENCE

"In competitions, based on NCAA rules, we're allowed to wear anything that has our school's name on it," says Allison Fayard, a member of the track and field team. This past year, Ally's hammer throw of over 50 meters, a personal best, catapulted her into the ranks of the 'top ten' longest in UMaine history.

For meets, Ally often wears her workout t-shirt with Maine on it and a pair of navy blue shorts. That's because she does not feel comfortable in the track and field uniform options: a racerback tank top with either bikini bottoms ("run-derwear") or low-rise spandex shorts with a two-inch inseam ("butt huggers"). "That's the lingo we use," Ally laughs.

"Throwers, in general, are a little bit larger than the average sprinter or distance runner, who has a slim build. We're more strength-based. The uniform choice is not the most efficient for each event group," she says, adding, "It's hard for the women's team to go to the coaching staff with issues like these. They're mostly older men who have been here for a long time. They're just kind of set in their ways."

Mark Lech, who is in his 16th season as head coach and 23rd as part of the track and field staff, acknowledges, "I can certainly see where some ladies like different types of cuts, especially to bottoms. None of the ladies have ever asked me about different uniforms. I have always made sure we got a variety of short boy shorts, mid-thigh length shorts, and briefs."



Opposite and above: University of Maine women's basketball teams, 1923 and 2021 (Maeve Carroll, jersey number five). Dramatic changes in uniforms reflect social norms, women's preferences, and advances in design/manufacturing. Photos courtesy of University of Maine

TEAM PRIDE

A uniform can also bring pride of belonging and accomplishment. That's another reason Allison Fayard finds it "disheartening" to wear her workout clothes to meets. "When we step off the bus for a competition, you can't tell who's an athlete or manager or coach."

Maeve Carroll, a UMaine varsity basketball forward, remembers the first day the basketball team posed for photos in their uniforms. "I had worked so hard and here I was at a Division 1 school. I thought, 'This is my team. I'm a part of it. I represent this school.'"

During the last four years, Maeve has seen the basketball coaching staff "ask a lot more questions about what we want with uniforms and gear." When her team was able to choose new uniforms, it opted for a more fitted style. "It's more flattering for us," she says. "But if our coaches or the UMaine administration gave us skin-tight tops, like track, we would all probably be very uncomfortable. And that would likely affect the way we perform."

Johnna Scott, a setter and outside hitter on UNE's volleyball squad who was a thrower herself, adds, "Being comfortable in what you're wearing is going to

boost your self-esteem and competitiveness. Being able to wear what you want is powerful."

Her teammate, Taressa Szewczyk, a first-year defensive specialist, is still "really close" with her high school coach and teammates. "There are girls now who wear longer spandex and longer shorts. One girl actually wears looser, basketball-style shorts. When I went home a couple of weeks ago, some girls were questioning why she doesn't wear the spandex."

"Because they are not comfortable for her," Taressa said to them. "Wearing spandex is not the expectation. The expectation is to be comfortable and appropriate."

With uniforms, different things matter to different athletes. And, as the NCAA noted in its volleyball rule change, "The difference in uniform bottom does not alter the competitiveness or outcome of a contest."

"We're moving in a slow, gradual, thoughtful way from a rigid traditional environment to one that allows more individual preference and choice," affirms Heather Davis. "And that's very cool. It's a sign of growth in the sports industry." •

"Things move more quickly in grassroots than high school; in high school than in college. International change is harder because of the scope of it."
— Heather Davis

Punxsutawney Phil is a BIG FAT LIAR

BY BEVERLY LESSARD

When Punxsutawney Phil unwrinkled his little nose on an overcast day last February 2 and announced an early spring, I had a couple of questions.

First, was it really an overcast day or were all the snowbanks so high they prevented the sun from casting any kind of a shadow?

And second, where did I pack away all my summer clothes? Since it was going to be an early spring I had a few weeks, maybe even just a few days to find them, clean my golf clubs, and make a tee time.

But deep down I had my doubts. According to my internet research, in the one-hundred-twenty-two years that the local residents have been visiting Gobbler's Knob to watch their favorite rodent emerge from his artificial tree stump, Punxsutawney Phil has seen his shadow all but eleven times.

As the days turned into weeks,
I went back on the
internet to see
if I had

missed anything...and I had. Since 1887, Punxsutawney Phil's predictions have only been correct twenty-eight percent of the time. Our local weather people could have simply flipped a coin and doubled Phil's accuracy.

So, my February euphoria turned into March madness and not the fun kind that comes with a big orange ball. Sure, we've had a few warm days here and there, the snow and ice melt, they freeze and then they melt again. But that's not spring arriving early, that's just the same old weather we get every year.

Seriously, I'm having a hard time accepting the fact that maybe the groundhog legend is nothing more than a myth. What will I discover next...that there's no Santa Claus? Is this the year I wake up, smell the coffee, and realize that I'm living in a world that doesn't keep its promises? If I can't believe the groundhog, who can I believe?

And I don't think I'm alone here. Not that New Englanders are going to lose faith because the groundhog has lied to us seventy-two percent of the time. It's just that we're tired, grumpy, and irrational to the point where many of us are going to hold Phil responsible if this winter doesn't end soon.

Last week I finished reading my grandmother's diaries from 1930 to 1974, right up until the day she died. June 18, 1974's entry was: it's a warm and lovely day. June 19 there was no entry except a single sentence written by my father stating that my grandmother had died.

While she didn't reveal much of her personal life over those forty-four years, she did a great job of describing each day's weather. And I can tell you that in forty-four years, there was never an early spring. I hate to be the bearer of bad news, but I have concluded from all my research that the groundhog has no idea what he's talking about. Truth be told, Phil is just a cute little groundhog who has captured the hearts and the imagination of the American people.

I'm sure he doesn't mean to lie and I'm equally sure he has no idea that the hopes and dreams of his followers are based on whether or not his eyes squint when he ventures out of his winter home.

So maybe I should cut the little guy a break this year. He probably hates long winters just as much as we do.

My guess is that when he announces an early spring, it's just his way of remaining relentlessly upbeat. Yeah, I can live with that.

To contact the author, please email beverlylessard@gmail.com.



ATTENTION MEDICARE BENEFICIARIES!

Does Medicare have you frustrated and confused?

How and when to sign up for Medicare? Still working beyond age 65 and covered by a group plan, and not sure when to sign up? Not sure of your Medicare benefits? Turning age 65 and don't know where to turn? Then turn to us!

Since 1975, thousands of Maine Medicare beneficiaries have turned to us for guidance with their Medicare options. Medicare continues to be confusing for most and we understand your frustration. Our entire staff, as well as our state-wide professional producers offer a depth of knowledge and experience unlike no other.

From our one-on-one personal guidance and claim assistance, to our advocacy on your behalf at the legislative level, we have become the trusted name in navigating your Medicare options.

**At Carroll Harper & Associates Inc.
you are never alone!**

We are authorized to offer Martin's Point Generations Advantage Medicare Health Plans!



**Call us today and
Experience
Our Experience!**

**Celebrating our
45th Anniversary**

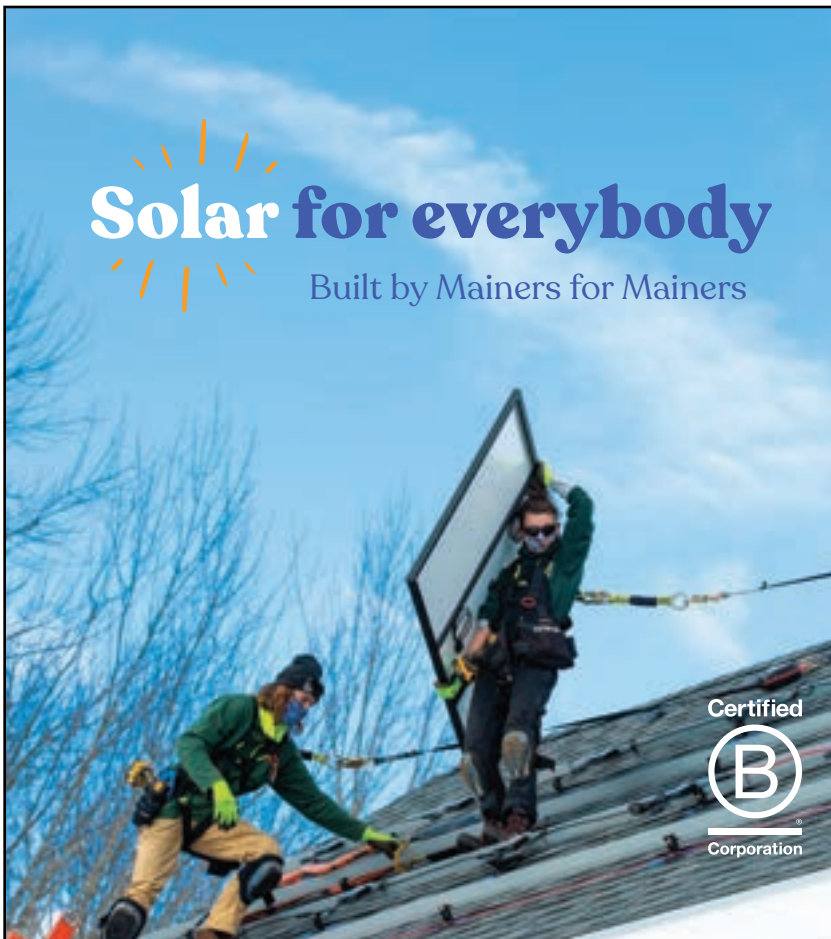


Carroll Harper & Associates, Inc.
396 Main Street
Southwest Harbor, Me 04679

**Call 1.800.539.5133
or 1.207.244.5133
www.harperltc.com**

Carroll Harper and Associates Inc. are licensed insurance producers and not affiliated with the Federal Medicare program. (This ad is for the solicitation of insurance. A Licensed Insurance Producer will be assigned to answer your questions and to make an appointment).

Solar for everybody
Built by Mainers for Mainers



Certified



Corporation



**REVISION
ENERGY**

Generate your own power
on your home or business,
or own community solar
& access all the benefits—
with no panels on site.

Learn more about our
employee-owned solar company at:

ReVisionEnergy.com



1

In This House
We Believe

5

Black Lives Matter

Love Is Love

6

Feminism Is For Everyone

Science Is Real

No Human Is Illegal

Kindness Is Everything

Magnifying Voices

Author Shellie Leger vocalizes the voices of those struggling with rural poverty and mental illness.

BY ABIGAIL NELSON

Rumford, Maine, a little mill town just south of the Appalachian trail, is where author and psychotherapist Shellie Leger called home for the first seventeen years of her life. It was there among the smell and soot from the mill, surrounded by a diverse community of European immigrants seeking work, that she found her fascination with the written word. “Before I understood what words were or I even knew how to form letters, I would copy adults’ writings,” Shellie said. The town did not hold her attention long, and like several of her classmates, Shellie quickly left after graduation. Three days to be exact.

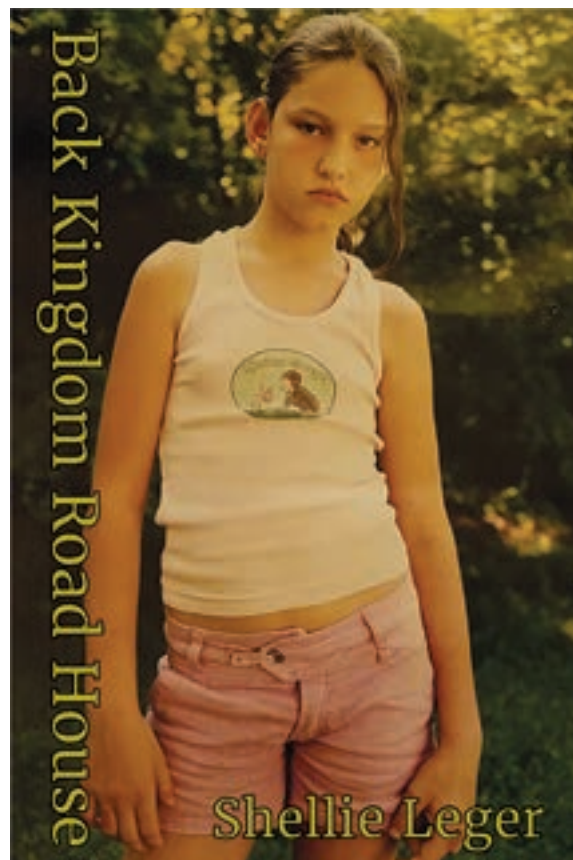
That summer Shellie found a job as a chambermaid for the Monhegan House on Monhegan Island. Suddenly surrounded by writers, artists, musicians, and “people from away” looking to get out of the fray to work on their passions or enjoy fresh air to breathe, Shellie was shown what the world had to offer her. “It was an experience that really opened my eyes to the possibilities that existed, even for a kid from Rumford.” She recalled. She spent the entire summer living out on the island with little to no electricity, from Memorial Day to Labor Day. Rather than feeling trapped, encircled by the Atlantic Ocean, that time on the island gave her the freedom to grow into her own person and to meet lifelong friends. “There were no age barriers. Whether you were seventeen or forty, everybody would gather at the lighthouse, light a bonfire, and there would be song and story circles.”

She continued to be surrounded by artists that fall as a theater student at Boston University. It was there that Shellie began to take her writing more seriously. It started with screen-

plays, as was her passion, and moved on to include a few short stories. Shellie quickly became aware that she would need to choose between her two passions, writing and theater. “They are not the types of things that you can do while pursuing other things with the same level of passion. You just can’t do it.” The theater won out and Shellie moved to NYC on New Year’s Day in 1983, six months after graduation. Using pennies she had saved up over the previous six months, Shellie found an apartment in Brooklyn. “I did what all aspiring theater people do. I scrapped by making a living doing whatever I could possibly do and auditioning. And auditioning. And auditioning. It was brutal.” she said.

Eventually, Shellie came to realize that she could not stomach the “cutthroat” approach and the survival of the fittest element needed to make it in New York City. At the age of twenty-eight, she decided to find a new life path. This new adventure began with a new life within the womb. While pregnant with her first child, Shellie applied to Hunters College in New York City to get her master’s in social work. “It was tough working on a master’s while having a baby. I had my son during the first semester. And I knew that would be difficult but lots of things are difficult and we do them anyway.”

Soon after graduating with her master’s, Shellie became pregnant with her second child. “How am I going to be a parent to two young children, have a full-time social work career, and live in a city that is this expensive?” she thought. Between her then husband trying to break into the film industry and herself working as a social worker, they needed to find a place to live where the cost of living was not so high. She found a job at



Penobscot Bay Medical Center in Rockport as the clinical director of the social work department.

On Maine's rocky coastline, Shellie welcomed the birth of her third child. Shellie and her family stayed in the Midcoast area for a short while, until her and her husband decided to go their separate ways. She then moved back to Cambridge, where she had lived during her undergraduate years, with her three young children. "What's not to love about Cambridge? It's a fabulous city filled with ideas, artists, and writers—you know all the things that made me feel like my life was going to feed me." she said. There she worked as a social worker at Mass General Hospital. While her children were young, Shellie put her writing to the side. It was not until her early forties that she picked it up again.

Shellie found a workshop program in Boston called GrubStreet. It was there that she created her first novel, *Lonely Specks*. A second novel shortly followed which she named *The Treadwell Place*. Her second novel was written partly in Massachusetts and partly in Maine with the help of several writer friends. Unlike other writers who can maintain

several ideas and projects at once, Shellie noted how she can

only work on one project at a time. As someone who thinks in a linear fashion, she wants to start something, spend her limited attention span and brain cells working on that project, and go until it is polished and done. "As soon as that project is out the door, then I get that pressure on my chest. It might just start with one wacky sentence that I heard at the drugstore waiting to buy my vodka. Because you can buy vodka at drugstores in Maine and that's a beautiful thing." Shellie laughed.

Once back in the pinecone state, living in West Paris where she opened her own private social work office, Shellie decided to see if she had what it took to complete an MFA program. She entered the Stonecoast MFA program with the goal of finishing her third novel, one she had tentatively begun to work on. Over the course of the program, and with the help of several mentors and fellow graduate students, *Back Kingdom Road House* was finished. Somebody at Stonecoast had commented that this third novel was a part of a trilogy with her previous novels. "When I first heard that word, I was very concerned," she said, "It seemed so gimmicky. You do not have to read these books in succession. The person soon explained that a trilogy simply means that the books share a character or place. After that realization, Shellie settled on the fact that her three novels could be considered a trilogy. "I might write a book and fall in love with one of subordinate characters and think, 'wow she really deserves more real estate,' and then suddenly I find myself in my second novel. I then realize that I have fallen in love with another character and then suddenly that character begins appearing in my third project. I don't do it on purpose, it just seems to organically happen." Shellie accepted that her writing style is character driven, rather than plot driven, and that these characters often come from previous projects to current ones.

She starts by creating characters and settings she knows deeply down to the minute detail. She then gets those characters into some hot water and listens. "I am not new-agey, darling. I like western medicine, I shave my legs, I have tattoos. I'm not a super spiritual person that likes to think of things magically happening, but I will tell you that the closest thing to sorcery that I have personally ever experienced, is writing." Shellie commented that character driven stories will write themselves. The characters tell Shellie what they want their story to be. "I think there is something kind of divine about being able to let your characters own you in that way."

However, as many authors do, Shellie has a political agenda in the idea that she is seeking to get unheard voices into the world. For Shellie, those voices are those conflicted with rural poverty and mental illness. "We live in such a metrocentric age, I guess you could say, that I don't



Shellie teaching a class at Stonecoast.

know if rural voices really get a lot of attention. So, I chose that with intention.” she said. Several of her characters deal with one, or both, of these themes.

Shellie graduated from the Stonecoast MFA program in 2019 and shortly after began querying to get her book published. “That material was workshopped to death. So, I was fairly confident that when I left that program that what I had was ready for primetime.” Shellie stated. However, “The querying process is horrific. It’s labor intensive and dehumanizing because you get rejected so often. And that is to be expected.” she said. She began the process with a strategy, to send queries to both agents and to small independent presses. In July of this year, it was a small independent press in Wyoming called Powder River Publishing that signed Shellie’s book.

The title *Back Kingdom Road House* was originally inspired by a neighborhood called Back Kingdom in the neighboring town of Mexico from her childhood home. The name stuck with her ever since she was a child and she decided to run with it. Although not based on the neighborhood in Mexico, *Back Kingdom* does partly take place in Maine. The story follows the lives of twins Liza and Elspeth de Kooning through a series of unique events beginning with the death of their father. The girls travel with their mother to stay with their rich uncle in Maryland until they are swept up again to manage a failing B&B in Maine with their mother and her sister.

“I’m not a super spiritual person that likes to think of things magically happening, but I will tell you that the closest thing to sorcery that I have personally ever experienced, is writing.”

There, Liza is faced with rural poverty and her burgeoning sexuality as a young gay woman. The story unfolds to reveal Liza, now 30, seeking to repair rifts in her family.

The novel can be purchased through Powder River Publishing at powderriverpublishing.com, at a local bookstore, or by reaching out to Shellie herself at shellieanna908@gmail.com.

Shellie is excited to have her third novel out in the world and is currently working on a fourth novel. •



MAINE WOMEN MAGAZINE

Alex Serra's
Public Affairs Vision

Incredible
Warrior
GRETCHEN
EVANS

Showbiz 'Manager' INNA SWINTON
Meet 'Marvelous' Mary Hunter!
The Women of the Travis Mills Foundation
Lobsterboat Beauty Queen

Subscribe for **only \$39.29**
for a full year!

MAINE WOMEN MAGAZINE

Call **207-706-7000** or visit
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

DINAN **BOSCH SERVICE**

Servicing Finer European Cars With Personal Regard

THE BENEFITS OF YOGA FOR CHILDREN

Relaxing Active Bodies and Calming Busy Minds

BY AMANDA GARDNER

I begin with reflections of my childhood. I certainly did not grow up with moments of yoga sprinkled through my days. I don't ever recall being asked to stop and take a deep breath when my emotions became too big or learning that by listening to soft gentle music to relax my little legs, arms, and body would help me find a few calm quiet moments of stillness that would benefit my whole being.

Yoga did not become part of my life until many years later as an adult. I was seeking an alternative form of physical exercise and quickly came to realize the benefits of practicing yoga stretched far beyond the physical. As the weeks pro-

gressed, each time I stepped off my mat, I not only noticed improved physical strength, but I also noticed leaving with a sense of calm, which somehow helped settle my mind and soothe my emotions. The untouchable, perhaps invisible aspect of combining my breath with moving my body through the various poses, left a very tangible effect on my mind and body. Practicing yoga has gifted me many 'aha' moments, which have reached way beyond the edges of my yoga mat and helped me to navigate through life's most challenging moments. The simple practice of using my breath, to steady my mind became a valuable life skill. That was almost twenty years ago.



From that moment, yoga continued to weave itself in and out of my life. When life got a little too hectic, I always found myself drawn back onto my mat time and time again. This pattern cycled through my life for many years, until eight years ago I decided to start practicing yoga several times a week. The word YOGA literally means, 'to unite'. Each time I stepped onto my mat to practice, I was intentionally creating time to pause and turn my attention inwards. Each time I did, I felt a sense of balance return to my mind, body, energy, and emotions.

Let us for a moment step back in time... As a child, although I didn't grow up learning yoga and belly breathing as tools to reset my energy when the storm of emotions took over, I do remember how much free time I spent outside. I recall fond memories of arriving home from school on long hot summer afternoons and venturing outside to play with my childhood friends and neighbors. We would climb trees, ride our bikes, and play down by the local creek. The joy of being a child echoed through the streets, the soundscape full of our laughter, creativity, and conversation. With the warmth of the sun on our skin, the earth beneath our bare feet and the wind blowing through our hair—we, the children of yester-year were unknowingly resetting and regulating our little nervous systems. The worrisome events of school seemed to melt away under the sun on those long hot summer afternoons. Even if it was only for a few hours each day, we seemed to find moments to pause and become still as we connected with each other, the earth, and the elements.

During my time as an early childhood educator, I witnessed how busy children's lives were in comparison to my childhood. Parents were hurried to collect their child from school or kindergarten to race off and attend extra-curricular activities. Their weeks were full, with not one or two after school activities, rather five or six... there seemed little or no time for parents or children to stop and pause, let alone visit the local park each day. Observing the impact of this fast-paced world that children found themselves in, prompted me towards creating opportunities within their day or week to help them reset their nervous systems. Children by nature are in tune and it only takes several rounds of deep belly breathing for them to shift from a heightened state and soften into stillness, no matter how fleeting. If yoga helped me to find a sense of inner balance, then surely it could offer children a similar experience. I was passionate about creating a way to blend my love of yoga to help nurture and educate children, in ways that would support their body, mind, and heart.

Yoga for children invites them into a non-competitive environment full of fun and creativity, with classes designed to educate, inspire, and enrich their imagination. The benefits of introducing children to yoga are far reaching. Each class holds the intent of teaching simple effective skills for children to use that will ripple out and cause positive impact in their lives and the lives of those around them.

Children by nature are in tune and it only takes several rounds of deep belly breathing for them to shift from a heightened state and soften into stillness, no matter how fleeting.

Below are a few benefits children may experience from practicing yoga:

HEALTHY BODIES

- Increases strength and flexibility
- Works muscles, bones, and joints
- Develops core strength and improves posture
- Improves circulation, digestion, and elimination

HEALTHY MINDS

- Reduces stress and anxiety
- Increases confidence
- Promotes better sleep
- Boosts memory and attention
- Promotes clear thinking

HEALTHY EMOTIONS

- Promotes kindness and respect
- Enriches creativity and imagination
- Nurtures positive self-image
- Creates a sense of peaceful wellbeing

If the main issues facing the children of today are stress, anxiety, learning difficulties, attention, concentration, and low self-esteem, yoga can most definitely help. It gives children the opportunity to leave each class feeling a little calmer, a little more still, and a little more connected to their body, mind, and heart.

I am eternally grateful for yoga and the role it has played in my life and for being able to share its benefits with children. There are many ways to support children to regulate their emotions and I am thankful to recognize yoga is one of them. I like to think of introducing yoga into children's lives, akin to inserting an intentional pause into their day or week, to perhaps make up for the lack of free unstructured outdoor play and time in nature. Although yoga is ancient in its practice, I see it as a modern day offering an opportunity for children to move, breathe deeply and pause, with the intention of supporting them with simple tools to relax their body and calm their mind. •



Amelia Edson: *The People's Pastor*

*Her Community of Caring is
"Reforming that Societal Fabric"*

BY ALISHA GOSLIN

Amelia Edson is a people's pastor. As reverend at the Falmouth Congregational Church, caring about the community is forefront to her. When the pandemic hit, she asked her congregation what were the things that they needed the most from her and their church. Out of this question, several different answers arose. Some congregants started up a calling team, where every person in the congregation got a call, just a check-in, to see how they were doing. Others started up a grocery team that would pick up groceries for the elderly, immune compromised, or whomever needed it. A chicken noodle soup making team was also started that delivered soup to those who were sick. There was also a prayer shawl team, who knit prayer shawls and made sure they would get to the people who feel sad or lonely to make them feel like they are getting a much needed "little hug."

Reverend Amelia asked parents, right after the schools closed, what they needed. "Do you need lasagna? Do you need chicken noodle soup?" What she heard back from these parents was a resounding, "I just need a minute!" She

Photos courtesy of Amelia Edson



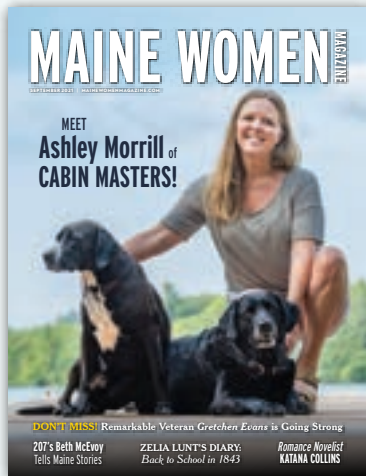
states that the children's program at her church never really closed throughout the whole pandemic. In fact, they changed it from one hour long to two hours, so parents could have more time after worship, to do something for themselves. "Give us your children and go to the grocery store, go for a walk, do what you need to do to recharge yourselves. If it's not worship, then just drop off your kids and go! We don't care, we got you." Amelia laughs. One mom goes for a run after worship, then comes back and picks up her kids. That's the kind of help that Amelia, and her congregation, provides.

When Amelia first started as the reverend at Falmouth Congregational Church, there was only six kids in the children's program. "It's grown to twenty-five to thirty kids now," states Amelia proudly. "We are completely COVID compliant. We spend a lot of time outdoors." Amelia also tells me that her congregation is made up of a diverse group of people of all ages, different socioeconomic demographics and all different ends of the political spectrum. "We have Biden and Trump stickers on the cars in the church parking lot." She loves that her church is a place where people who normally would not get to know each other spend time "eating questionable cookies together" after worship.

Three years ago, in June 2019, Amelia came home to Maine to lead the congregation at the Falmouth Congregational Church. She grew up in Freeport and always

knew that she would want to come back to the area. After Amelia's work as the faith director for marriage equality legislative campaigns in Maine, Oregon, Rhode Island, and New Jersey and work as the faith consultant to the American Civil Liberties Union, she went on to Harvard Divinity, for which she was awarded the Presidential Scholarship, for her master's degree. "Christianity is an old religion," Amelia states. "Church of Christ is progressive and was the first church to ordain LGBTQ people and been (officiating) marrying them longer than any other religious organization in the country. I enjoyed getting out and speaking with people about these things." She also served as assistant minister at King's Chapel in Boston from 2017-2019.

When asked what was in store for Amelia, she told me that she was home. She loves the community within her church and enjoys watching it grow. Her and her husband are expecting their second child in the coming months. She plans to still hold her services in person and available remotely online and keep up the helpful work her children's program does for busy and worn-out parents. With the current state of events, the chicken noodle soup making team, as well as the grocery getting team, and prayer shawl team doesn't seem likely to be stopping anytime soon. Being there for the community, "reforming that societal fabric," Amelia says, is what she, and her church, will be doing throughout. •

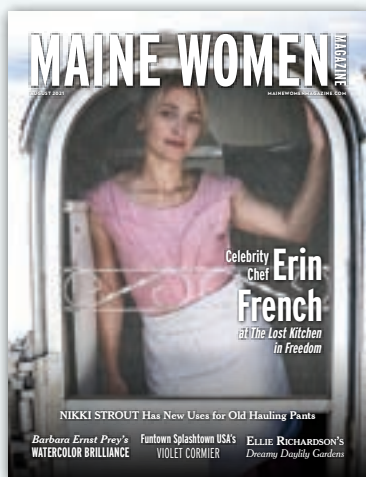


A GREAT SOLUTION!

MAINE WOMEN's increasing popularity sometimes makes it tough for you to find it on your local retailer's shelves.

Subscribe for *only* **\$39.29** for a full year!

Call 207-706-7000 or visit mainewomenmagazine.com.



GROW OLD WITH ME

BY BEVERLY LESSARD

"For you, honey," I said flirtatiously as I handed my husband a homemade Valentine card, hoping to compete with the best of Robert Browning and Elizabeth Barrett.

He gave me a wink and for a split second I watched his face change from a man in his sixties to a boy of seventeen and then back again. And all the while my heart skipped enough beats to make me realize that I was still crazy about the guy.

As we sat down to a special meal, which was his Valentine's Day gift to me, I wondered how the rest of the world around us had aged so much. "You don't look a day older than the day I fell in love with you," I whispered as I sipped my wine.

My husband laughed, ending with a sigh. "I hate to tell you this," he began and then paused. I leaned forward as if I were one of the actors on an E. F. Hutton commercial. "But," he continued, "we are getting older and looking older too." I sat back trying not to look offended. "Don't get me wrong," he added, "I think you are as beautiful as the day we met, but you should know that we do look older, at least to other people."

I knew he was right. Of course he was. Perhaps I was in denial thinking otherwise. But it didn't re-

ally matter as long as we both kept our rose-colored glasses cleaned, polished, and positioned on the tips of our noses.

And then, for some reason, I thought about my divorced friend who at the age of sixty-four was re-entering the world of dating. "That guy looks like my grandfather," I blurted out when she showed me a picture from her computer dating service, not thinking how insensitive that sounded. "Is that someone you are actually considering dating?"

Wow, I even amazed myself with that statement. But somehow the picture of a sixty-five year old stranger didn't measure up to my idea of a date even for my friend who was several years my senior. As far as I was concerned, we were all still sixteen when it came to men. Weren't we?

I reached across the table and grabbed my husband's hand. "Tell me I will never have to date an old man," I said, paraphrasing a line from the movie "When Harry Met Sally". Who could forget the scene when Carrie Fisher asked her fiancé Bruno Kirby to assure her that she would never have to enter the dating scene again?

Maybe it caught my attention because it was a feeling that reflected how we all feel deep down. "You will never have to date an old man,"

my husband said, chuckling as he delivered Bruno's response. "Now eat up, I made a special dessert for the occasion."

"I love you," I said, wishing that after all our years together, there was a better way to say it. I needed more eloquent words to express the love and gratitude I had for the great times as well as the hard times. I thought about the time I was sick for three months with pneumonia and he took countless days off from his new job to take care of me. There were the nights he got up with sick babies so I could sleep even though he had to go to work the next day. And there were times that he made me laugh when I really didn't think I have a laugh in me. Surely, there had to be something more I could say.

Perhaps Browning had the perfect words when he wrote, 'Grow old with me, the best is yet to be.' "I love you, too," my husband whispered squeezing my hand, "and I want to thank you for making my life so wonderful."

Wow, I thought, my face flushed from something other than a hot flash. Did he just trump the Browning card?

After forty years, we sat together with wrinkles, gray hair and extra pounds, but as the same two teenagers who hadn't aged a bit since the day we fell in love.

Grow old with me, the best is yet to be? Yes, I think Browning had it right.

To contact the author please email beverlylessard@gmail.com.



Photo by Michelle Scott | pixabay.com

QUILTS OF VALOR CEREMONIES

BY WOMEN VETERAN'S GLAMPING

A Quilt of Valor (QOV) is a quality, handmade quilt that is machine or hand quilted. The Quilts of Valor Foundation's mission is to award and cover service members and veterans touched by war with comforting and healing Quilts of Valor. It is a small token of appreciation and gratitude for their great sacrifice.

This fall, Women Veteran's Glamping was able to partner with the Quilts of Valor foundation and facilitate events that awarded a total of nine veterans their healing tribute of a Quilt of Valor. The quilting began on September 21, 2021, when Clair Starnes, US Army, fell terminally ill. After driving to New Hampshire, accompanied by some lovely ladies who wanted to be present for the ceremony, Nicole Jordan, US Army veteran, cancer survivor, and founder of Women Veteran's Glamping, Quilted Clair with a warm embrace.

Nicole said that Clair loved her quilt and told her that it keeps her nice and warm with all the treatments she is going through. "We love you Clair and your friendship and smile will forever be with us." said Nicole.

On October 30, 2021, Women Veteran's Glamping held a Quilt of Valor Ceremony at Maine Forest Yurts in Durham, owned by Bob and Peggy Crowley. There, they quilted five women veterans, including Nichole Jordan. Owners Bob and Peggy Crowley were able to take part in honoring her with her Quilt of Valor, which was extra special since Bob and Peggy have been friends with Nichole for the last eight years and have hosted Women Veteran's Glamping retreats in the past. This was a nice treat thanks to JoAnn Bolduc, the Quilt of Valor Central Maine Coordinator, who knew Nichole had invited the Crowley's to see how the retreats were going.



From left, Vicki B., US Navy; Nichole J., US Army; Jannene B., US Army/Navy; Sheryl M., US Navy; and Dawn O., US Navy, are "quilted" on October 30, 2021.

On November 6, 2021, another Quilt of Valor Ceremony was held for Rachel P. US Navy at Maine Forest Yurts. Rachel wanted her yurt mates, all women veterans, to wrap and be part of her special moment. Then, on Thanksgiving Day, Nichole drove to Glenburn to surprise William D. Sr. US Navy/US Air Force with his Quilt of Valor for a total of thirty-nine years and counting of service. "Thank you, William, for your long eight tours overseas." said Nicole.

On December 15, 2021, during Coffee Hour at the House in the Woods in Lee, Women Veteran's Glamping had the honor of Quilting a 101-year-old WWII Air Force Veteran his Quilt of Valor. Lester Delano received his Quilt wrapping by Nichole Jordan and Paul House. Quilt maker JoAnn Bolduc conducted the ceremony. "What an honor for so many younger veterans at coffee hour to talk with Lester." said Nicole. Lester told several stories about his military career, including his fifty-five bombing flights and the time his plane was sent out, but never came back. On January 18, Lester will turn 102 years old.

Women Veteran's Glamping is dedicated to connecting women veterans to each other by providing relaxing and healing glamping trips in the Maine woods. In addition, they look to honor and give back to veterans and their communities for their service and sacrifice by volunteering in their communities. From putting stockings together for Christmas at Togus VA Hospital with care comfort stocking packages, to helping elders when they are in need, Women Veteran's Glamping is seeking to make a difference.

"We honor all men and women for their service and sacrifices to our country. Thank you all. God Bless."

To contact Nichole Jordan, or to learn more about Women Veteran's Glamping or the Quilts of Valor program, contact Nichole at womenveteransglamping@gmail.com •



Top: Clair Starnes, US Army, receives her quilt on September 21, 2021.

Bottom: On November 6, 2021, a Quilt of Valor Ceremony was held for Rachel P., US Navy, at Maine Forest Yurts.



“The beauty of our event is that ninety-five-plus percent of the attendees will be enjoying these activities in the great outdoors,” says Brian Corcoran, founder and president of Portland’s Shamrock Sports and Entertainment, which is sponsoring Carnaval Maine. The event will take place February 17 through February 26 on the Eastern Promenade in Portland. “We’re a sister event to Carnaval Quebec, showcasing Maine as a state for all seasons, including ice sculptures, live music, food, drink, and so many great events!” Brian explained. To lessen concerns about COVID-19, most of the events will be held outdoors.

*Get Outside and Have Fun
in Winter in Maine*

BY MARY FRANCES BARSTOW







Brian, along with the many hands that are helping to make this event happen, are continuing to monitor community health as that is their first and foremost focus. Proof of vaccination or an approved, authorized negative test from forty-eight hours beforehand will be required before attending the event.

Carnaval will be a week packed full of exciting and engaging activities. Kicking off the festivities is the Fire & Ice Gala on Thursday the 17th. “It is a fundraising event for our beneficiary, WinterKids, one of the largest nonprofits serving children with a focus on outdoor programming when really kids need it. They provide both the programming and the gear and free community access to kids of all ages across the state.” said Brian. In 2020, Carnaval raised \$25,000 for WinterKids and are looking to double that amount this year.

The following night, the Carnaval’s opening ceremony will feature a firework demonstration that will rival those displayed on the Fourth of July. Taking the stage is one of Maine’s favorite bands, The Ghost of Paul Revere. “We’ve got our snow stage, which will be a large performance stage with sound and lighting on the Eastern Prom. Anything from live music performances, theatricals, comedy, a wonderful, diverse lineup of entertainment. Throughout the week, we have people like Scotty McCreery. We’re calling it Carnaval Goes Country.” said Brian. Other events include live ice sculptures, bonfires, face painting and more! Thursday, February 24, is going to be Senior Day at Carnaval, where it is a buy one ticket, get one free for any senior fifty-five plus. All the programming will be focused on arts and events that will be attractive to the senior audience.

This event would not happen without the support of what Brian calls their “corporate snow angels.” The four presenting partners include Norway Savings, L.L. Bean, Nautilus Solar, and WEX, whom Brian’s wife, Melissa Smith, is the

CEO. An extended list of sponsors, featuring more than twenty-five Maine businesses, can be seen on Carnival's website carnavalme.com. "They each support certain things, like Norway Savings Bank is the sponsor of the snow stage. Nautilus Solar sponsors of our rail jam experience with Sunday River. And then we have WEX doing a workforce attraction, which we call the coolest job fair on earth. Then our friends at L.L. Bean are partnering with WinterKids to do outdoor activities that will keep kids and families having fun and busy throughout Carnival," said Brian.

Corcoran's life has focused on sports and sports marketing since he traveled from his Old Orchard Beach home to Eastern Kentucky University. "During my junior year, I realized I was not going to be an Olympic athlete. I realized there was this thing *called sports marketing and sports business*. So right out of college, I became the guy doing all the halftime shows at the basketball and football games. It has been a lot of fun," said Brian. Brian has worked for twenty-five years as a sports and entertainment executive at places like Live Nation and NASCAR. Before he launched Shamrock, he was with the Boston Red

Sox. Brian launched Carnival in 2020, at the end of January, where they featured three "Bites and Brew" sessions featuring Maine chefs and craft brewers. This year, Corcoran says excitedly, "We'll go to eight sessions. And we'll definitely make this an annual event, and it will be synonymous with school break week each February."

"I had gone to three Carnival's in Quebec in my twenties and thirties, and then more recently. And I just said, with all the great growth in Maine, we have so much to offer throughout the state. And so, it's just one plus one equals three, as they say. We said, hey, what a fantastic opportunity to showcase Maine in the winter." They began conversations with Sunday River and started talking to bands and musicians about live music. Today, Carnival is turning into an annual event that tourists and natives alike look forward to.

"We got those snowballs started downhill, but there is a lot of people who should take credit and will take credit for Carnival. It's not a Shamrock thing. Hopefully, if we are doing this right, a few years from now we'll wake up and like Quebec, the entire state will embrace the Carnival." •



The Fire & Ice Gala at Carnival Maine is a fundraising event for WinterKids, one of the largest nonprofits serving children with a focus on outdoor programming and gear when really kids need it. In 2020, Carnival raised \$25,000 for WinterKids and is looking to double that amount this year.



A GREAT SOLUTION!

MAINE WOMEN's
increasing popularity
sometimes makes it
tough for you to
find it on your local
retailer's shelves.

Subscribe for **only**
\$39.29 for a full year!

Call **207-706-7000** or visit
mainewomenmagazine.com.



A Life Told in Glass and Stone: Laurie Frazer's Mosaics

BY PAM FERRIS-OLSON

As a youngster, Laurie Frazer loved to sit with her face close to the stained glass window on the staircase landing of the family cottage in Ocean Point. The girl waited for the light from the Cuckolds Lighthouse to illuminate the panes of glass. With each sweep of the light, she'd move her gaze from one pane to another, enjoying the way the light appeared through each color. Red was her favorite. That memory and so many of her summers at Ocean Point continue to burn brightly all these years later. The sixty-three-year-old interior designer and mosaic tile artist says of the historic community in the Boothbay Harbor Region, "You spend a summer at Ocean Point, and it becomes part of you." Indeed, there were so many experiences from her summers spent surrounded by kids and nature that they are embedded in her stone and glass mosaic art. There are echoes of the large stone kitchen sink and turquoise dishes in the kitchen as well as the "intimacy of the little bits of life and nature and color and texture that happens" in the space where the water touches the land.

Her great great grandmother Adeline Treby Noble purchased what is supposedly the first Ocean Point summer cottage built in 1877 by a Dr. Crooker. The Noble family, like so many other families of that time, ferried up the Kennebec River from Augusta to enjoy the summer. Her father Bob was born in Augusta, grew up in Medford, Massachusetts, and graduated from Bowdoin College. Laurie remembers her father saying that the family were Mainers before Maine was a state. Some of

the family's roots date back to the 1600s. For Laurie, Maine and Massachusetts are intertwined parts that make up her life. She values both places and feels that having both parts enrich her life. "I don't really believe as a human being that I need to be purely one thing. Maybe I'm the hermit crab who can live in two places." Laurie commented.

Laurie and her siblings were the fifth generation of Nobles to spend their days swimming, collecting treasures on the beach, and running about without their shoes at Ocean Point. The shoes went back on in late summer when they all piled into the family car and drove back to Massachusetts. The cycle of summers up north and winters down south continues even now, although it isn't quite the same.

Laurie grew up, graduated high school and went to art school. A spatial aptitude and an interest in buildings led her to a career in interior design. As an interior designer, Laurie has worked with a variety of materials and mediums including wood, metal and glass. Laurie particularly likes the hard materials "because of the sense that they last longer and are durable, with-

standing the elements." She also finds something deeply attractive about earth's materials. It's not surprising she likes the qualities of glass and the firmness of stone. She's deeply familiar with rock because she's climbed many along the Ocean Point shore during her youth and handled many pebbles as she beachcombed. It's only natural then that stone and glass are integral in her mosaics. The mosaic artist says that stone



Laurie Frazer



Glass mosaics on hand-built cone structures that are 36" to 48" tall. They can live outdoors all year long. Laurie is creating a small forest of garden cones. Photos courtesy of Laurie Frazer



has long been used as a component in mosaics, marble being the most commonly used stone. Often a large slab is broken into smaller pieces to use in the creation of a mosaic. Laurie has found a passion in what she calls foraged stone and is intrigued by cutting them open and exposing the inside. “Not all stones are the same. They cut differently. They can sound different and sometimes they even smell like ancient earth inside.” The work of creating mosaic designs from glass and stone is done in her basement and backyard and her aunt’s barn. Her work space stretches from Massachusetts to Maine following the seasonal rhythm that has been the guiding pattern in her life.

One of the most memorable mosaics she’s created was done as a collaboration with twenty other mosaic artists. Each artist made a three-dimensional, mosaic interpretation of a wildflower for an exhibit titled a “Field of Hearts.” Laurie’s contribution was made entirely of glass with “floating ribbons of purples, oranges, and iridescent pinks over the dark blue water.” She says the mosaic was inspired by early mornings along Maine’s coast. This artwork was purchased by a couple who “planted” it in their backyard as part of the decorations for their daughter’s wedding. Laurie’s heart is evident in every piece. Last year, when the travel ban went into effect due to COVID, her sisters were unable to make their perennial travel to Ocean Point. Laurie made small mosaics from Ocean Point beach stone to remind them of the place they all yearned to be. Currently she’s working on a mosaic inspired by tide pools. It’s a composition of foraged stone with glass flowing in between the cracks to represent water.

Laurie continues to explore the beaches that she did as a child but now she is less likely to collect it. She simply enjoys looking at the colors and feeling the textures. To get to the tide pools she likes to explore, Laurie has to cross a tiny cove and a rocky beach that belongs to neighbors who are familiar with her coastal explorations and her artwork. They know she is searching for colored bits of lobster trap that get



Above: “Sunrise”
Three-dimensional heart form glass mosaic. Stained and iridized glass, custom colored glass, millefiori, glass fusions, grout. Size: 16”w 14”h 6”d. Originally created for the “Field of Hearts” with a group of 20 mosaic artists. Private collection.
Photo by Stephen Petegorsky



Right: “Trap Fragment”
This mosaic mixes the rugged materials of cut smalti and hand-pulled filati (melted glass) with an equally rugged trap remnant found on the shore. This small mosaic is one of a few studies for a larger trap mosaic in the works.



Above: "Summer 2020 - The Shore Unvisited" Beach stones from a favorite shore are the center of these mosaics, sent to sisters who could not visit Maine due to the pandemic. Made of smalti glass, slate, and stone, each mosaic is 6" x 6".



"Love Notes from the Stone Age" Stone and bits of glass on hand made substrates. Laurie has been doing a lot of small pieces the last year, almost like postcards.



"Water Life" Glass mosaic on a handmade substrate, inspired by tiny life in a tide pool. Size: 10"x 16".

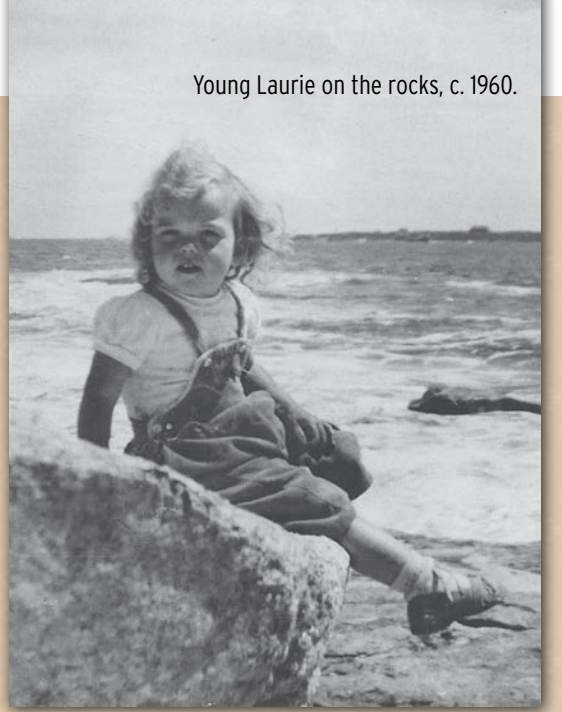
Photo by Stephen Petegorsky

wedged in the rocks at low tide. When she goes on these walks, her dogs tag along. "They even have their favorite spots they like to revisit every walk."

Laurie's work is reflective of the patterns in nature. Her work is not dictated by a strict pattern but guided by the materials. Her work often begins with the artist making small piles of materials. The materials may become the inspiration for the art which evolves as it grows. Laurie says her process is a kind of meandering. "Andamento is a principle in mosaics that refers to the method of placing pieces to create a visual flow or direction. I often call my flow meander-mento, as the flow of my lines can waft in a new direction, maybe like water moves around something in its path, but the lines are still lovely. I am a bit of a meanderer myself."

For more information about Laurie's work, she can be found on Instagram @ [lauriefrazermosaics](#).

Young Laurie on the rocks, c. 1960.



Frank T. Noble and daughters, c. 1905. Charlotte is the youngest girl who would become Laurie's grandmother.

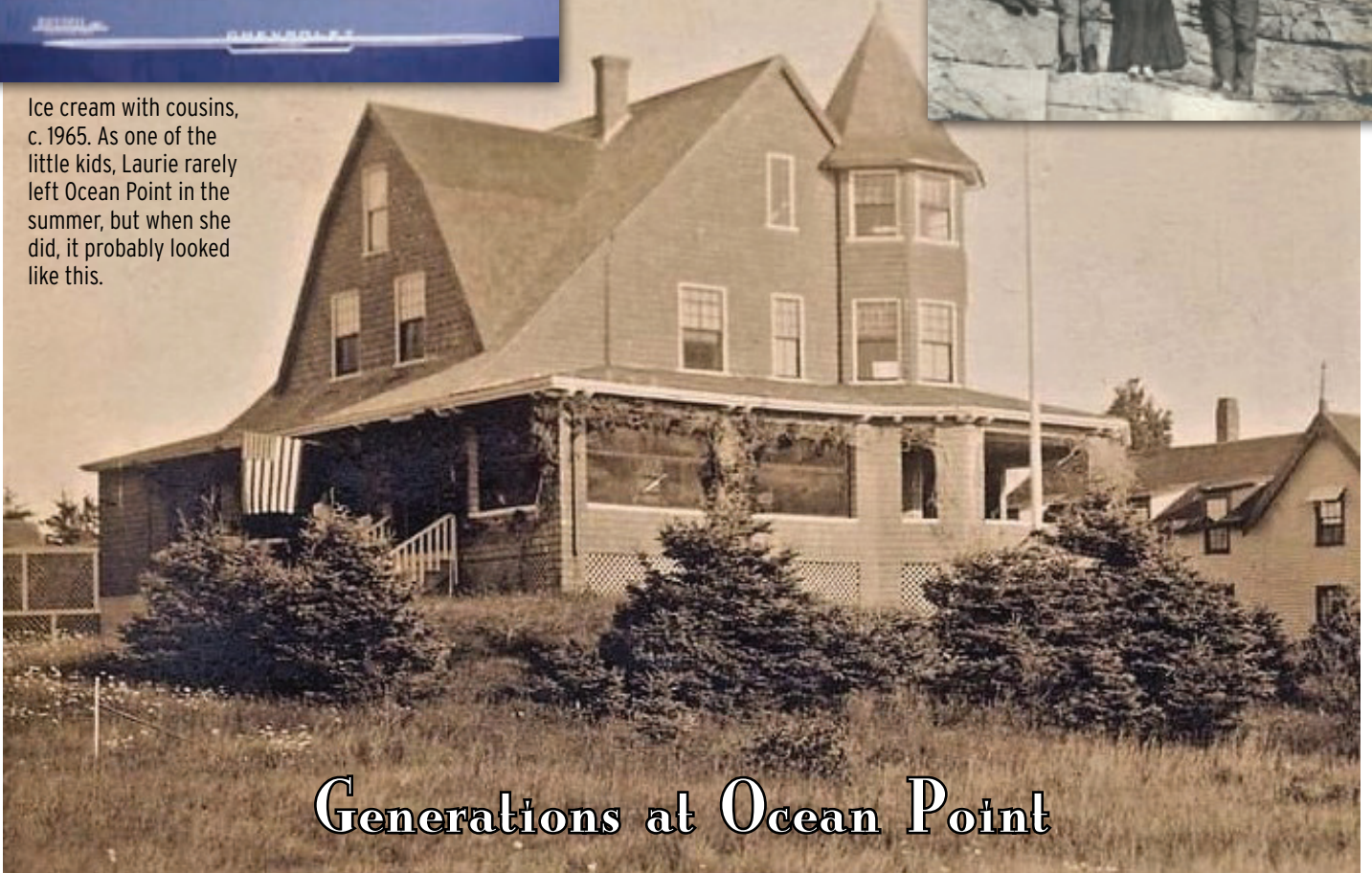


The Noble family playing on the rocks, c. 1905. Laurie's grandmother is the youngest girl, and most of these fun folks are related. Laurie loves to climb the shoreside rocks.

The vintage photos were taken by Laurie's grandmother's older brother Will Noble, who had an interest in photography.



Ice cream with cousins, c. 1965. As one of the little kids, Laurie rarely left Ocean Point in the summer, but when she did, it probably looked like this.



Generations at Ocean Point

Many families have enjoyed summer living at Frazer Cottage, originally the Vickery Cottage (c. 1915, from a vintage postcard).

READING ALOUD

BY SHELAGH TALBOT

A package had come in the mail and our mother had whisked it away and hid it on the top shelf of a cupboard. But we knew what it was: a new Oz Book! If L. Frank Baum, the author, had devoted fans surely it was the two of us! We could HARDLY wait to get ready for bed, which was complicated first by having a bath and then my brother “accidentally” dropping my toothbrush in the toilet. I howled and mother was stern. “Work it out or there will be no story to-night.” My brother mumbled an apology, I got a new toothbrush, and all was well in our little old home.

In bed by 7:30 p.m., we were eager to hear the first chapter of the new book, entitled *The Land of Oz*. We’d heard everything about the wizard and Dorothy and such in the first one, but we wanted to know more, and this was Mr. Baum’s second “Oz” book. Mother sat between us, with the large book in her hands. She began reading, “In the country of the Gillikins, which is at the north of the land of Oz, lived a youth called Tip.”* We both shivered in delicious delight as we were transported back to that magical place once again. Mother showed us every one of the pen-and-ink drawings deftly created by John R. Neill, and there were lots of drawings! This time in our lives meant so much, it was sacrosanct. We were all in, as far as the Oz series was concerned.

In this new book, we were introduced to characters such as Tip and a man he constructed out of wood, with a carved pumpkin head on top of strong stick shoulders. We made a smaller version of him – out of sticks and using an old rubber ball for his pumpkin’s head. Tip christened this creation Jack Pumpkinhead, and when he came to life (thanks to a magical powder), Tip had

a friend to keep him company. Baum’s lyrical storytelling and the sound of our mother’s voice usually rocked us to sleep. Sometimes we could manage more than one chapter but listening to three rarely happened.

This almost-every-night reading lasted many years and our mother read through not only the thirteen original Oz books, but also so many classics—*Alice in Wonderland*, *Peter Pan*, *Huckleberry Finn*, and *Tales of King Arthur*. We also tried to honor each book with a project like Jack Pumpkinhead. We drank tea like Alice, pretended we were pirates with Captain Hook, tried to make a raft out of a tractor inner tube like Huckleberry Finn and fought honorable fake sword battles for King Arthur.

This translated into a lifelong love of reading for my brother and me. Libraries were like old friends. If life handed us lemons, we would read—if life bestowed cherries, we would read. It was a connection we had for life. Starting a new book always reminded us of the special time we had—the excitement of starting a chapter book that could be read over many following days.

Then, after we’d grown up and had kids of our own, we read to them faithfully. I am delighted to report our offspring are now reading to their own little ones, a tradition that had sprung from at least three genera-

tions of women in our family. I recall my grandmother saying she was read to as a child, so of course, she read to our mother and her brothers. It’s not that the moms in our family made a resolution to read aloud to their children, it just happened. This family tradition has carried on for more than one hundred years. Wishing wonderful traditions as such to our readers. •



Tip, Jack Pumpkinhead, and the Saw-Horse.

* *Gillikins* | *Oz Wiki* | *Fandom*, <https://oz.fandom.com/wiki/Gillikins>.

ABOUT MAINE

Events around Maine this month

BY ABIGAIL NELSON

The holidays have passed but winter has not. However, the slush and snow do not bother us Mainers and winter vacationers, and it will not stop us from embracing this season in the North. We live in a four season playland with several activities from thrilling ski slopes to moving performances to choose from. This month, embrace the winter wonderland by enjoying time in nature amongst the ice and snow. Or support local artists, chocolatiers, and bakers by attending an evening of sweets. This month is full of exciting events that you are not going to want to miss.

THRIFTY THURSDAYS FAMILY SKI DAYS

EVERY THURSDAY, 1 – 7 PM

BigRock Mountain, Mars Hill
\$10 Rental Packages, \$15 Lift Tickets

Liven up this February by getting outside and enjoying the fresh winter air at BigRock Mountain in Mars Hill. Home to the highest vertical drop of any ski area in Northern Maine or Eastern Canada, BigRock Mountain is partnering with L.L. Bean to offer discounted prices on lift tickets and rental packages every Thursday from 1pm-7pm. After exploring a few of BigRock's twenty plus trails, come inside and warm up with a delicious meal provided by BigRock Café! Thrifty Thursdays are a great and fun way to get the family out among nature. Go gather up those scarves, ski jackets, and hit the trails!

BROADWAY NATIONAL TOUR SUMMER: THE DONNA SUMMER MUSICAL

FEBRUARY 9 AT 7 PM &
FEBRUARY 10 AT 2 PM

Merrill Auditorium, Portland
Prices start at \$45-\$75

Buy your tickets today for a vibrant performance of *Summer: The Donna Summer Musical*. The electric retelling of the life of LaDonna Adriane Gaines, known professionally as Donna Summer, from gospel choir to disco dancefloor, contains a score of over 20 of her infamous songs, including "Love to Love You Baby," "Bad Girls," and "Hot Stuff." You are not going to want to miss this moving musical tribute to the "Queen of Disco." Tickets can be purchased through the Portland Ovations website. Portland Ovations events requires proof of vaccination or a negative COVID test upon entry. Masks are always to be worn while within the venue.

AN EVENING OF ART AND CHOCOLATE

FEBRUARY 5, 6 – 9 PM

The Star Theater, Kittery
\$25

Calling all art enthusiasts and sweet tooth! Friends of the Earth, Sea and Space Center is hosting a night of delectable chocolates and art. Head to the Star Theater in Kittery to taste special treats from local chocolatiers and bakers while enjoying the sounds of light music. Don't forget to place your bets for the silent auction on a variety of unique art pieces created by several local and talented artists. Pre order tickets online at www.earthspacemuseum.org for only \$25! Or buy your tickets at the door for \$30. All proceeds go to supporting Friends of the Earth, Sea and Space Center.

15TH ANNUAL POND HOCKEY FESTIVAL

FEBRUARY 12-13, ALL DAY

Haley Pond, Rangely

Head on out to Rangely Lakes to participate in or spectate the 14th Annual Pond Hockey Festival. The two-day festival, packed with skates, pucks, exciting plays, and goals, is taking place on Haley Pond

February 12 and 13. Join other teams, families, friends, competitors as they celebrate a time-honored New England tradition! For more information, contact (805) 722-9172.

NOBUNTU

FEBRUARY 13, 3 PM

Collins Center, Orono
\$15-\$35 Adults, \$15 Children K-12

The talented, world-touring female a cappella quintet from Zimbabwe, Nobuntu, is coming to perform at the Collins Center in Orono! Nobuntu is an African concept that values humbleness, love, unity, and family from a woman's perspective. That is exactly what this internationally acclaimed group is seeking to promote through their music that ranges from traditional Zimbabwean songs to Afro Jazz to Gospel. They believe that music has the ability to transcend barriers of race, gender, religion, tribe, and economy and can be used as a vehicle for change. Come and witness their performance of song through their impactful voices accompanied by minimalistic percussion and traditional instruments such as the Mbira (thumb piano), as well as dance. For more information, visit www.collinscenterforthearts.com.

7TH ANNUAL WINTERPALOOZAH

FEBRUARY 20, 10 AM – 3 PM

Haley Pond, Rangely
Free

Mark your calendars for the 7th annual Winterpaloozah! Pack up the family in cozy coats, mittens, and hats, and head to Rangely for a Saturday of wintry fun. The frozen lake provides the perfect terrain for ice skating, pond hockey, curling and more! If those don't catch your fancy, enjoy their other exciting activities from horse & wagon rides, a cardboard sled race, saucer bowling, to sledding, snow golf, kick sleds, and snow kiting. Practice your cross-country skiing or snowshoeing before warming up be the campfire to roast marshmallows and sip rich hot chocolate. And who doesn't like prizes? Pay-for-entry competitions will include a Dog Keg Pull, Firewood Toss, and Buoy Ball! All free family fun! •



© spacejoy | unsplash.com

NATURE, COLOR, AND MULTIFUNCTION!

The biggest decor trends of 2022 and what they mean for you.

BY SARAH HOLMAN

With each new year comes new trends in fashion, interior design, and technology. Changes in what is considered popular are driven by what individuals want and require at a particular moment in time. Something catches on that, fulfills a need, the idea spreads and is widely adopted, and a trend is born.

As we face down another COVID winter, spaces in the home are continuing to reflect our work-learn-live routines. Multi-use areas are all the rage this year, and designers are noticing an interest in nature as an influencing component in decor choices. According to Lori A. LaRoche, Principal Designer at LaRoche Interiors in Augusta, nature, bio-

philic styles, sustainable designs, and mindful spaces are the priorities in 2022. “This makes sense”, she says, “as many people feel they’ve been trapped inside during the pandemic”.

Some trends are on their way out, too. Lori predicts things will be a bit less industrial this year, and the mid-century modern as we know it will start blending with other styles. “The big takeaway is that shiplap is out!” she says. But, Lori adds, Maine is always a bit behind national trends, so this is “nothing to lose sleep over.”

“In Maine we are typically a tad more practical,” Lori says. “Our style is based more on our lifestyle and nature than it is on national trends.”

That said, designers around the country are noticing similar preferences toward organic-inspired textures, surfaces, furniture, and decorative objects. Colors are becoming bolder, but they're pulling hues from nature, like warm terracotta, earthy brown, and mossy green. Vintage is also here to stay, especially with supply chain shortages and a growing emphasis on repurposing for the sake of the environment. With unique, funky vintage comes a natural mix-and-match of period and style. A modern designed room may feature an antique Victorian desk, or a traditional dining set could be situated under a minimalist light fixture. This embracing of style mashups is the perfect way for homeowners to personalize their aesthetic.

Whether you're interested in trends or simply want to refresh your space, there are plenty of DIY, budget-friendly options for homeowners and renters. Lori breaks down some fun ideas:

PAINT: The all-white or monochromatic look is out, and colors from nature are in. Lori suggests looking outside and picking the colors you like best. "Mother Nature is a natural color designer," she says.

MULTIFUNCTION: Take a space that is being underutilized and make it multifunctional. For example, a formal dining room used a few times a year can be converted to a multipurpose room you will use daily. Use a flat door or piece of higher-grade plywood and prop it up with small file cabinets to create a desk for homework, office work, or art.

STORAGE: By repurposing old furniture with a fresh coat of paint and new hardware, you can create storage for almost anything. A freshened up wooden dresser can be a place to store linens or board games, a big wicker basket can collect winter mittens and hats, a bookcase can become pantry storage. Think about where storage is needed and what you need to store. Then look at how you might repurpose unused or underused furniture around the home before investing in something new.

SUNSHINE: Designers often recommend ditching window treatments, but, as Lori points out, we have cold winters and increasingly warmer summers in Maine. Window treatments help keep our homes warm and cool. Lori suggests longer curtain rods if you have the space. This way when the curtains are open, they don't block any of the glass. If you want shades, Lori recommends cellular models. They stack up high to let in plenty of sunlight, and a good double cell shade will almost double the R-value (insulating value) of your window, saving energy and money.

TINY: Tiny homes are a trend for the near future. Younger generations tend to place more value on living and experiencing life than owning material objects. If you have a small house that is multi-functional like a tiny home, you already have a gem for future resale.

Many homeowners have been taking on bigger remodeling projects during the pandemic (if you can find a builder, that is). Lori says when it comes to making significant investments in your home, not much has changed in recent years. Homes with



© Clay Banks | unsplash.com

two or more bathrooms always sell faster than homes with fewer, and modern, functional kitchens and baths pay the best return on investment. While it's important to consider resale value and budget, Lori encourages clients to think about their immediate needs and wants as well. "Your home should be an investment in your life, lifestyle, and future if you plan on selling," Lori says.

If you're ready to bite off a bigger remodeling project, Lori recommends keeping these things in mind:

When remodeling or upgrading old plumbing fixtures, keep them in the same location if possible. Plumbers are in high demand, and rerunning pipes can be costly. You can still refresh the space with new color, natural wood, and updated fixtures without having to change the plumbing structure.

New, larger, more energy-efficient windows bring heating costs down by keeping the cold out and letting the sun in. First, learn what direction your house faces. Windows on the north can be a bit smaller, while south-facing windows should optimize the solar gain. Remember to place enough wall space on either side of the windows in order to pull the window treatments all the way off the glass.

When choosing between a deck versus a patio, Lori says, "I am a strong believer that a nice set of stairs to a minimal maintenance patio is the way to go." Make sure you have a solid base for the patio with trees set back so roots don't heave the pavers as they grow. Opt for a deck if you have a daylight basement or if the higher elevation returns a far better view.

While trends are fun to watch and sometimes worth following, design choices should always be made based on personal preference and livability first. Feeling comfortable, safe, and peaceful in our homes has never been more important. •



G.A. Morgan Photo by Kevin Bennett

THE FOG OF FORGETTING ***(The Five Stones Trilogy Book One)***

By G.A. Morgan

\$14.95
softcover,
fiction

Published by
Maine's
Islandport Press.

Author G.A. Morgan built an entire fantasy world beyond the rocky shores of Maine, after learning that many secrets lie in the deep fog during her childhood summers on an island in the Pine Tree State. With the publication of her novel *The Fog of Forgetting* (the first book in the Five Stones Trilogy), Morgan began an exciting journey both for her novel's protagonists and her many middle-grade readers.

In *The Fog of Forgetting*, five children find themselves transported through the fog and onto a mysterious island called Ayda. After quickly becoming embroiled in a massive power struggle between the island's four magical factions, the children must learn to master the powers of the daylights (forces of earth, fire, water, and air) to protect each other and find their way back home.

Morgan's thorough worldbuilding and vivid scene writing leave a lasting impression on reviewers and readers. "Young teenagers who enjoy disappearing into complex created worlds will relish the byzantine structure of the societies on Ayda and

the ways the five children discover how they each seem to fit in one or the other,” wrote the *Wall Street Journal*. “Even as Ms. Morgan puts her characters through trials and ordeals, including some harrowing battle scenes, she keeps them believably youthful, and recognizably themselves, in this emotionally resonant adventure.” And while *The Fog of Forgetting* is only the beginning, Morgan continues her attention to detail and commitment to themes of life, loss, and their repetitive cycle in nature, throughout the series.

While the trilogy addresses serious topics and philosophies, it still maintains its readability for older kids and pre-teens, aided by the power dynamic of Ayda. There are four stones of power, each dictating a different element and area of the island. The stones provide an important structure to the story and indulge any young reader’s desire to examine themselves and their own minds and traits through the accessible lens of an organized, magical faction system. Readers will find themselves wondering about the stone with which they most identify, much in the same way that someone might try to pick a Hogwarts house or a Camp Half-blood cabin; Morgan’s series sits easily alongside Harry Potter and Percy Jackson and the Olympians on any sixth grader’s adventure-fantasy bookshelf.

Morgan, now a resident of Portland, spent her summers in Maine and, at its heart, the series is a tribute and homage to the magic of her childhood adventures on a beautiful island. *The Fog of Forgetting* mostly takes place in a fantasy world, but the state’s influence over the novel’s imagery and sensibility is never lost to the reader. The Five Stones Trilogy is a satisfying and thoroughly exciting adventure for any and every reader, from ages ten to sixteen to forty and on. •

YOU MIGHT ALSO LIKE
ISLANDPORT PRESS

THE DOOR TO JANUARY

By Gillian French

\$14.95, softcover, fiction

Ever since sixteen-year-old Natalie Payson moved away from her hometown of Bernier, Maine, she’s had nightmares. And not just the usual ones. These are inside her, pulling her, calling her back, drawing her to a door, a house, a place, a time. Full of fear, full of danger. This summer, Natalie’s going back to Bernier to face up to a few things: the reason she left town in the first place; the boy she’s trying hard not to trust; and the door in her dreams. But once she steps through the door, into a murky past, she’s entangled in someone else’s world. Only Natalie can help right the wrongs of both the past and the present. Breakthrough author Gillian French skillfully weaves together themes of small-town bullies, unsolved murders, time travel, and the force of the spirit in this gripping paranormal thriller.



MYSTERY ON PINE LAKE

By Tamra Wight

\$12.95, softcover, fiction

Cooper thought living at a campground would be cool. But ever since his parents bought the lakeside campground, he’s had way more chores and way less time for his favorite hobby: nature-watching. And as if babysitting his little sister and cleaning bathrooms weren’t bad enough, his ex-friend Roy has chosen him as this summer’s bullying target. Cooper’s only bright spot is his new friend, Packrat, a guy who carries the world in his coat pockets and leaves his troubles behind.



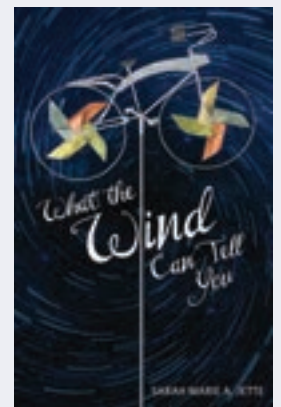
But trouble has come to the Wilder Family Campground and Pine Lake, where a family of loons is trying to build a nest. Someone is out to harm the loons. Is it the bully with a chip on his shoulder? The irritable camper with a shady past? Or the publicity-seeking reporter? It’s up to the boys to figure out who, why, and how to stop the culprit—before it’s too late.

WHAT THE WIND CAN TELL YOU

By Sarah Marie Jette

\$14.95, softcover, fiction

Isabelle is fascinated by the wind. And this year, she’s determined to win the middle school science fair with her wind machine. She’s just as determined to have her brother, Julian, who has a severe form of epilepsy and uses a wheelchair, serve as her assistant. But after Julian has a grand seizure, everything changes. Isabelle is suddenly granted entry into Las Brisas, a magical world where Julian’s physical limitations disappear, and one she discovers that he visits every night. The more Isabelle explores Las Brisas, the more possibilities she sees—for Julian, and for herself—and the more she finds herself at odds with her parents. Debut author Sarah Marie A. Jette has told, with remarkable insight and humor, a powerful story of a family struggling to love without fear.





A Valentine's favorite, roses are usually considered best planted in full sun. However here in Florida, partial shade is often recommended. There is a vast selection of gorgeous English roses from David Austin that are well-suited to a bit of shade. This beauty that I grow is named Heritage.
Photo by Lynette L. Walther

Our Favorite Flower for Valentine's and Forever

BY LYNETTE L. WALTHER

Roses are one of America's favorite flowers. Not only that, but they are also our national flower. In 1985, The American Rose Society successfully lobbied to have the rose declared the national flower of the United States of America. We always look forward to the first rosebuds, tender little packages of beauty and fragrance. It shouldn't be long before we can enjoy them.

Roses are often the first thing we think of when it comes to Valentine's Day (unless it is chocolate), and if roses are on your mind now — go big. Forget the short-lived handful of cut flowers. Go all in. Give her (or him) a rose bush.

While roses have the well-earned reputation of being the gluttons of the garden, growing roses is easier than some may think. The folks at David Austin Roses tell us to think again about roses and offer some suggestions.

"Planting roses in shady positions is a great way of bringing color and interest to forgotten areas of the garden. Although, in general, roses will not thrive in a position where there is too much shade, the varieties listed below will do surprisingly well with only four or five hours of good sun each day," according to David Austin Roses.

“The main consideration when planting roses in shady positions is to avoid areas where there are overhanging branches and dry places where there would be too much competition from the roots of trees and other shrubs. Most of David Austin’s repeat-flowering English Roses perform well in partial shade, as well as other repeat-flowering shrub roses, such as the hybrid musks, rugosas and ground covers,” according to David Austin Roses. “Many once-flowering varieties are suitable for growing in partial shade, particularly the Gallicas, Damasks and Albas. The climbing and rambling roses are all suitable for an open, north facing wall or other shady position. Again, they only require four or so hours of good sun each day.”

Now is the time to order and get the best selections and best deals on barefoot roses for spring planting. Here’s a link for more information: <https://www.davidaustinroses.com/us>.

When it comes time to plant, follow these simple steps for planting barefoot roses:

- **RE-HYDRATE ROSE IN BUCKET OF WATER**

Place bare root shrub rose(s) in a bucket of water overnight prior to planting. This will ensure that the roots are well hydrated before planting.

- **PREPARE THE SOIL**

Dig the soil over thoroughly and remove any weeds or stones. This will ensure that the new roots can venture freely in their new environment.

- **DIG THE HOLE**

Dig a hole that is wide enough and deep enough to hold the rose’s roots when spread out, a hole about the size of a bushel basket. Place a thick layer of newspaper (ie. an entire Sunday edition) at the bottom. Make a slight mound in the center of the newspaper with well-rotted compost or manure mixed with garden soil, and a handful or two of crushed eggshells.

- **POSITION ROSE IN THE HOLE**

Position the rose in the center of the hole and spread the roots out. Place a bamboo cane horizontally across the top of the hole to judge if the planting depth is correct. The graft union, which is the swollen area between the roots and the stems, should be just below the bamboo cane, level with or two to three inches below ground level.

- **BACKFILL SOIL**

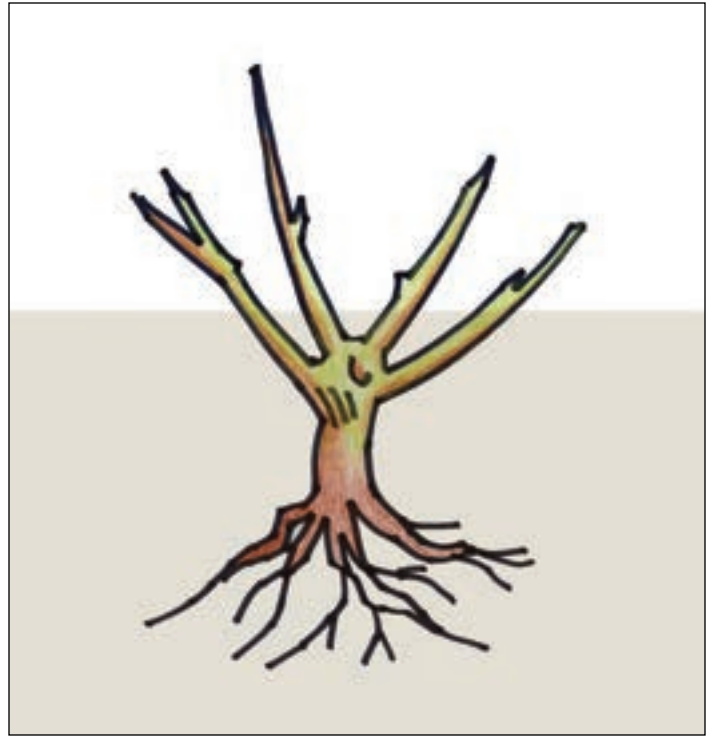
Fill in and around the roots of the rose using the soil that was originally dug and has been mixed with good compost. Water in to ensure there are no air pockets.

- **FIRM-IN**

Lightly firm the soil around the rose with your foot to ensure that the rose is secure and again, that there are no air pockets in the soil.

- **WATER**

Water the rose well after planting. If possible, use a root-stimulating concentrate mixed according to directions at the time of planting and again in a week.



Top: When planting a barefoot rose, position the plant like this, spreading roots to fill planting hole. Image courtesy of David Austin Roses
Bottom: Hydrate bare root rose bushes overnight in a bucket of water before planting. Photo by Lynette L. Walther

A Valentine’s rose bush or two can provide dozens of blooms for weeks at a time, the gift that truly keeps on giving. And who can resist cutting a bouquet of the first rosebuds to bring all that loveliness indoors? When it comes to roses, there is a science to keeping those blooms fresher longer.

Michael Marriott, of David Austin Roses suggests that there are several ways to lengthen the vase life of cut flowers, especially roses, beginning with how you cut them.

“For cutting single roses or clusters of blooms, choose better-quality garden scissors or, better yet, hand pruners with sharp blades,” says Marriott. “The idea is to cut the stems neatly without compressing their water uptake channels. Their ability to take up plenty of water is the key to keeping them fresh.



The following are Marriott's tips for cutting roses and keeping them fresh in the vase:

- Cut flowers in early morning when they are fully hydrated.
- For longest vase life, choose flowers in the late bud stage, outer petals already open, flowers not fully open.
- Avoid the temptation to cut from the back of the bush, thinking it will be less obtrusive. You want lovely blooms with strong stems, which are more likely to grow where the sun is best.
- Carry a clean container filled with cool water so you can immerse stems fully, immediately after cutting. Containers with handles for easy carrying are the best. "Having a few favorite containers is fun," says Marriott, whose own favorites are: A big-handled white enamel jug he found at a second-hand shop, sized just right for three or four stems and a Galvanized French-style flower buckets for more.
- Once taken inside, re-cut the stems another inch or so, while holding them under water. This step ensures that no air bubbles are blocking the water uptake channels.
- Once re-cut in this way, keep the stems fully immersed in water until ready to arrange.



*Top: Enjoy all the color and fragrance of cut roses longer by following tips for extending the life of cut roses from the garden. Photo courtesy of David Austin Roses
Bottom: Pruning roses, like this old garden rose, Duchesse de Brabant, helps to improve their shape and help prevent disease. Photo by Lynette L. Walther*

- Strip off lower leaves, as foliage standing in water can lead to bacterial growth.
- For longest vase life focus on keeping tools and containers clean.
- Be scrupulous in cleaning containers and vases: after use, wash well; before next use, rinse again.
- Fill vases nearly full with cool fresh water so that all the stems including the shorter ones are immersed as much as possible.
- Add flower food to the water to keep bacteria growth at bay, improve water flow and help flowers open and last longer.
- Refresh vase water every day or so.
- Lift flowers from the vase to recut stems every two to three days, to refresh water uptake.
- Once flowers are arranged, place the vase out of direct sunlight, as cut flowers last longer when kept cool. •



**Subscribe for
only \$39.29
for a full year!**

MAINE WOMEN MAGAZINE

Call **207-706-7000** or visit
mainewomenmagazine.com.

Switch to an All-In-One Medicare Plan

\$0/LOW MONTHLY PREMIUMS

- ✓ Doctors' Visits ✓ Hospital Stays ✓ Prescriptions
- ✓ Worldwide Emergencies ✓ Eyewear
- ✓ Fitness Reimbursement ✓ Comprehensive Dental
- ✓ Over-the-Counter Items ✓ And More!



MARTIN'S POINT[®]
MEDICARE ADVANTAGE PLANS

GENERATIONS ADVANTAGE



Carroll Harper
is authorized to sell
Martin's Point
Generations Advantage.
1-800-539-5133
Calling this number will
direct you to a licensed
insurance producer.

For more information on Generations Advantage, you can also call 1-877-553-7054 (TTY:711). We're available 8 am-8 pm, seven days a week from October 1 to March 31; and Monday through Friday the rest of the year. You can also visit MartinsPoint.org/GAPPlans. Martin's Point Generations Advantage is a health plan with a Medicare contract offering HMO, HMO-POS, HMO SNP, Local and Regional PPO products. Enrollment in a Martin's Point Generations Advantage plan depends on contract renewal. Martin's Point Health Care complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

Y0044_2020_108_M Accepted: 9/27/19



Spraul's
FURNITURE

20 Rooms of Casual
and Comfortable
Furniture, Mattresses
and Accessories

76 Main St. Newcastle 563-3535 www.spraulsfurniture.net

STRAWBERRY CHEESECAKE MOUSSE

BY JIM BAILEY, THE YANKEE CHEF



Photos courtesy of Jim Bailey

Absolutely perfect mousse that you simply cannot mess up! Even if you don't cook often, you can do this! I forgo the unflavored gelatin in this recipe (much to the chagrin of my degreed culinary graduate friends) because the flavored gelatin is far superior in flavor. The consistency is even better than the flavor, firm but not too firm.

INGREDIENTS

- 1 cup chopped, fresh strawberries*
- 1/4 cup sugar
- 1(3-oz.) box strawberry gelatin
- 1(8-oz.) package cream cheese, softened
- 2 cups whipped topping (see NOTE)

INSTRUCTIONS

- Place the strawberries in a bowl and toss with sugar. Let sit for thirty minutes for the strawberries to “weep.” In the meantime, follow directions on gelatin box but use only 1 cup boiling water and no cold water. Let sit cool while berries are “weeping.” When ready, beat cream cheese and whipped topping together until thoroughly combined in a large bowl and set aside.
- Transfer strawberries and accumulated juice to a food processor or blender, add gelatin and pulse for about 10 seconds, or until strawberries are completely pureed. Empty into bowl with cream cheese mixture and with the mixer on low, beat until everything is well combined. You can do this by hand as well. Transfer to a bowl, cover with film wrap without touching the mousse and refrigerate until cooled and firm, about four hours.

* For those of you who cannot stomach the strawberry seeds, simply follow the instructions but force the strawberry mixture through a sieve before combining with whipped topping mixture.

NOTE: *I have used my own whipped cream but the mousse often times is too thin, and you can ‘mouth-feel’ the sugar. You will need to use whipped topping for the best consistency.*



aPlace for Alice

Find the right senior living option for your mom or dad with our personalized process

Our service is free, as we're paid by our participating communities and providers.



aPlace for Mom.
THE PLACE FOR SENIOR LIVING ADVICE

Connect with us at **1-877-330-1305**

GUARANTEED Life Insurance up to \$15,000.00

Cash to help pay your funeral, medical bills or other final expenses.

- Guaranteed acceptance for ages 45 to 85*
- No medical exam, no health questions
- Lock in your rate for life

Modified Whole Life Insurance from Physicians Life Insurance Company

Find out how affordable this coverage can be –
Call for your FREE Information Kit

1-855-384-0662

or go to life55plus.info/mainstay

- ▶ **Plus – you'll also get a FREE Final Wishes Planner just for calling!**



QUESTIONABLE ADVICE

BY L.C. VAN SAVAGE

My son has started an online business. I am a very proud mother. I am always trying to drum up more business for my son's new venture. The way I do this is by sharing all about his business on my Facebook page and sending out personal messages to my friends. The problem is this. Many of my so-called friends in Facebook-land feel that I am bothering them with my attempts to steer them to my son's business page. I know if they just take a moment to look, many of them would find products they would like and want. How do I get them to realize I am only trying to help?

—Proud Parent

MOM. BACK OFF! Have you ever heard the word “helicopter”? Stop hovering. Are you seriously doing all you say you’re doing “for” your son? Or do you mean “to” your son? In fact you really are bothering your Facebook “friends.” Has your son actually asked you to do all this? He’s an actual adult and he’s allowing this? Are you not aware you are causing your “friends” to look anywhere but his business page? You are “only trying to help”? Yeah, the most overworked phrase on the planet spoken by people who love to interfere, to be involved where they are not wanted, to feel important and powerful, in control, to rule the world. Cut the apron strings Mom, and let your son do this venture without any help from you. If he fails he fails. So what? Failure makes us smarter and stronger. What you are doing as “only trying to help” is embarrassing, demeaning and way, way counter-productive.

I'm a saver. My other half, well, not so much. We have a shared bank account that we both contribute to. Lately, they just haven't been putting as much money into this account as I have been. Then, there was this one occasion were they took some money OUT of it because, "it was just a little bit of money, I only forgot my lunch that one day!" Followed by an eye roll. I'm getting tired of this but don't want to seem petty. Should I open my own savings account and abandon our shared one? Or just stick it out with the shared account and hope for the best?

—Not-So-Saving-Savvy

So bit by bit your “other half” picks away at the shared bank account for lunch money and other tiny things they “forgot about”? And you’re wondering if you should open up your own bank account? Isn’t that question from you the exact definition of a rhetorical question? Come on. Today a tuna sandwich, the next day maybe a latte or some Greek yogurt, and from then on, what? Maybe enough from the joint account so they can pony up for a down payment on a nice red Ferrari, used of course. (No need to be completely greedy.) So you think you love this freeloader? OK, do that if that’s what rings your whatevers, but cancel that joint account instantly and open your own savings account with your very own personal name at the top. And after you do that, get with a financial advisor because no one puts their hard earned money into savings accounts anymore.



overnight oats for two

Whether you're up early to hit the trails or hit the ground running on your work day, these trail mix inspired overnight oats have everything you need to fuel a strong body and mind.

Here's what you need:

- 1/2 cup Hannaford Old Fashioned Oats
- 1 scoop Cabot® Whey Protein Plain Unflavored Powder
- 1 Tbsp. Nature's Promise® Organic Chia Seeds
- 1/2 tsp. McCormick® Ground Cinnamon
- 1 Tbsp. Taste of Inspirations® Cinnamon & Vanilla Infused Maple Syrup
- 1 cup Silk® Og Sugar Oatmilk
- 2 Tbsp. Nature's Promise Creamy Almond Butter
- 1/2 cup Planters® Lightly Salted Mixed Nuts

Roll up your sleeves:

1. In a bowl, mix oats, whey powder, chia seeds and cinnamon.
2. Add maple syrup, oatmilk and almond butter and stir well.
3. Divide between two mason jars and stir in 1/4 cup of the nut mix into each jar. Once mixed, cover and place in refrigerator overnight.

Dietitian's Tips:

- Warm the almond butter in the microwave for 10 second increments before adding to the oats. It will be easier to stir.
- Too thick? Add more milk. Too thin? Add more oats, chia seeds or protein powder.

Nutritional Information (amount per serving):

Calories 570; Total Fat 32 g; Saturated Fat 4 g; Cholesterol 25 mg; Sodium 120 mg; Total Carbohydrate 48 g; Fiber 12 g; Sugar 8 g; Added Sugar 6 g; Protein 28 g



We're committed to supporting your health and wellness goals. Our team of registered dietitians offer free nutritional services online and in-store.

MAKES 2 SERVINGS

Thank you to our sponsors for partnering with Hannaford to offer free dietitian services. Visit [hannaford.com/dietitians](https://www.hannaford.com/dietitians) to learn more.

The Healing Community

MEDCo



CALL FOR DELIVERY
1-866-42-MEDCo



www.thcMEDCo.com



@MEDCo.maine



@MEDCoME

◦ Flower ◦ Edibles ◦ Concentrates ◦ Topicals ◦