

MWM

MAINE WOMEN MAGAZINE

VOLUME 12 | ISSUE 9 | JANUARY 2019

NEW BEGINNINGS

WEDDINGS

Celebrating love and a future together

Better together

Realizing family through adoption

Reclaiming the joy of winter

+ AT THE TABLE
Magic bean soup



Always Clean, Comfortable & Judgment Free

WE ARE PLANET FITNESS

145 Marginal Way
Portland

8 Thomas Drive
Westbrook

264 Civic Center Drive
Augusta

NOW OPEN

251 US Route 1, Falmouth



It's time for
Prime
MOTOR GROUP

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

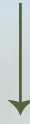


Visit any of our locations on Rt 1 "The Automile" in Saco!



www.driveprime.com

TUMBLEDOWN



MAINE WINTERS OPEN YOUR WORLD...



LAKEFRONT



FARMHOUSE sleeps 8-10



FARMHOUSE interior

WANT LOBSTERS OVERNIGHT?
Over 7 million pounds shipped from Rockland, Maine (all year).
(207) 593-7699 Employee-Shared Ownership



LITTLE JACKSON



JACKSON



STIR YOUR PRIMAL SENSES.



GO OUTSIDE!

To enjoy this unique-in-the-world owner's rental with several thousand protected private acres, bring your snowshoes, skis, snowmobiles, and by special arrangement you may access with ATVs the gated timberland roads with phenomenal views. Return to cozy quarters at head of beautiful Webb Lake. Chef's kitchen and bar next to big fireplace. Read, rest.

\$12,000/week

Peace,

LINDABEANSPERFECTMAINE.COM



IN THIS ISSUE

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



FEATURED

- 18 Reshaped Life
- 22 Better Together
- 26 Life After Divorce
- 30 Toni & Dylan: An Urban Love Story
- 32 Heather & Barry: Sunrise Elopement
- 34 Kate & Katelyn: A Beautiful Day at the Farm
- 36 Lisa & Mark: Family First
- 50 It Happens Here

IN EVERY ISSUE

- 12 At The Helm
- 16 Ditch The Couch
- 48 5 Things: Things to Learn in 2019
- 54 Maine Style
- 56 My Story
- 58 I'd Rather Be Reading
- 60 Home
- 62 Amateur Hour
- 64 At The Table
- 66 Verse & View

Eating Disorders and Co-Occurring Addiction Treatment

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

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

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

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

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



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

aetna

Anthem
Blue Cross Blue Shield

Cigna

Community
HealthcareBeacon Health
CareMagellan
HEALTHCARE

GOOD NEWS

A fresh start. A clean slate! The beginning of a new year is a time for big goals—I'm talking lofty personal expectations about how we're going to do better, feel better, BE better. New year, new you, right?

But the truth of the matter is, most of us wake up on January 1st as the same person we were on December 31st. We aren't magically more organized or more motivated to exercise. We aren't better at budgeting or cooking on the regular or crafting handmade gifts from recycled newspapers and chalk paint for every special occasion—no matter what's pinned to our Pinterest boards.

We could throw up our hands for the rest of the year—maintain the status quo until another new year rolls around and we can repeat the process, kicking ourselves in the months between for not doing all those things we keep saying we're going to do.

Or (and I like this idea so much better) we could cut ourselves a little bit of slack over all the perceived imperfections and take note of all the really fantastic things that make up the person we are right now.

And besides, as this issue of *Maine Women Magazine* illustrates, new beginnings really are happening all the time. They're not always overnight successes—sometimes significant life changes take time.

Erika St. Pierre of Oakland decided to make a change in her life nearly two years ago. The then-25-year-old had a complicated relationship with food—often binge-eating to feel comfort. "I guess I realized that if I kept going on like that, all my life was ever going to be was

that," she says. So she took a first step, signing up for a wellness program through Maine Medical Center. Read her story on page 18.

Marc and Robin Bates became parents for the first time when they were both 52. They now have three children—Itzhak, 6, Elena, 5, and Jewel, 4. This family of five was made possible through adoption. And while many of the Bates' peers now have grandchildren—and raising three young ones is no easy feat—Robin says, "I think we're better parents than we would have been in our 20s." Read their story on page 22.

As a reminder that some life changes aren't ones we would have chosen, Katie Bingham-Smith writes about dealing with her divorce and the fears she had about raising three kids and running a household alone. As it turns out, she says, there are perks to being single. But more than that is learning how fear so often does a disservice, holding us back in places we don't want to remain. The unknown is scary, no doubt about it, but what lies ahead could be something wonderful. Read her essay on page 26.

And finally, we celebrate the new beginning that starts with a matching set of "I dos." Meet four couples who chose to mark their commitment to each other with a wedding—one that brought together the people they love in ceremonies that were as unique as they are—and what they look forward to in their new lives together. Read their stories on page 28.

We hope your new year is chock full of good things and that you're encouraged to go after whatever makes your heart happy. Every day is a chance for something new.

ON THE COVER

Kate Bergstrom and Katelyn Nerbonne on their wedding day at William Allen Farm in Pownal. Happy tears flowed during the ceremony and the reception featured personal touches that reflected who they are as a couple. Read their wedding story and those of three other couples in the *Beginning a Life Together* feature, starting on page 29.

Photo by Katelyn Mallett Photography



EDITORS

Shannon Bryan

sbryan@mainewomenmagazine.com

Amy Vigeant Canfield

acanfield@mainewomenmagazine.com

CREATIVE DIRECTOR

Heidi Kirn

hkirn@mainewomenmagazine.com

ADVERTISING ACCOUNT MANAGERS

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

sales@mainewomenmagazine.com

DIGITAL & SOCIAL MEDIA

Sue Miller

DESIGN & PRODUCTION

Taylor Roberge

CONTRIBUTORS | Print and Online

**Katie Bingham-Smith, Shannon Bryan,
Amy Canfield, Mercedes Grandin,
Sarah Holman, Leah Hurley, Candace
Karu, Maggie Knowles, Jessie Lacey,
Patricia McCarthy, Amy Paradysz, Amy
Power, Meg Webster**

CONTACT

295 Gannett Drive, South Portland

(207) 854-2577

www.mainewomenmagazine.com

Copyright 2018 by Sun Media Group. All rights reserved. No part of this magazine may be reproduced in any written, electronic, recording, or photocopying without written permission of the publisher. The exception would be in the case of brief quotations embodied in the critical articles or reviews and pages where permission is specifically granted by the publisher. Although every precaution has been taken to verify the accuracy of the information contained herein, the author and publisher assume no responsibility for any errors or omissions. No liability is assumed for damages that may result from the use of information contained within.

SCARBOROUGH TERRACE

PREMIER ASSISTED LIVING & MEMORY CARE

Praise for Scarborough Terrace.
It runs in the family.



"I want to express to all of the staff how much I appreciate the excellent care and attention you provide your residents, especially my father. I cannot tell you how comforting it is to know that Dad resides in a place where the staff truly cares. Take a bow, all of you!" – Brian H.

Call Elizabeth today! 207.885.5568
or visit ScarboroughTerrace.com



600 Commerce Drive | Scarborough, ME 04074





NATURE'S FINEST GENUINE SLATE

SHeldon
SLATE
PRODUCTS
COMPANY, INC.

PRODUCERS OF SLATE FLOOR TILE, FLAGGING, STRUCTURAL SLATE & ROOFING, MONUMENTS, SLATE SINKS AND COUNTERTOPS

Family-owned business with four generations of experience

Sheldonslate.com

Monson, Maine 207.997.3615 | Middle Granville, New York 518.642.1280



Andrea Williamson
 171 Port Rd.
 Kennebunk, ME 04043
 (207) 967-3585



Deb DeColfacker
 49B Portland St.
 South Berwick, ME 03908
 (207) 384-5793



Linda J. Piper, AAMS®
 32 Pleasant St.
 Brunswick, ME 04011
 (207) 729-1133



Karen H. Fuller
 2 McConkey Rd., Ste 2
 Gray, ME 04039
 (207) 657-6238



Jennifer A. Arsenault
 778 Roosevelt Trail
 Windham, ME 04062
 (207) 893-2255



Julie Barter Lucas
 179 Mt. Vernon Ave., Ste 5
 Augusta, ME 04330
 (207) 622-0991



Susan Heckaman
 469 U.S. Route One
 York, ME 03909
 (207) 365-1640

Investing is about more than money.

At Edward Jones, we stop to ask you the question:

“What’s important to you?”

Without that insight and a real understanding of your goals, investing holds little meaning.

www.edwardjones.com
 Member SIPC

Edward Jones®
 MAKING SENSE OF INVESTING

MKT-8275B-A-AD




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

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

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

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



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



THIS
IS
HOME.

MARVIN WINDOWS
AND DOORS

MARVIN
DESIGN GALLERY
a complete window and door showroom
by Eldredge Lumber

317 MARGINAL WAY, PORTLAND | MARVINBYELDREDGE.COM

A DESIGN FOR EVERYBODY

Erica Schmitz's web-based app customizes figure sketch templates to a designer's own measurements

WRITTEN BY MERCEDES GRANDIN | PHOTOGRAPHED BY BONNIE DURHAM



When Erica Schmitz started making her own clothes, she wanted to be able to draw and see her designs on a realistic model, but she couldn't find any figure templates that looked like her.

"I tried tracing over a photo of my own body, and I thought, there's got to be an app for that, but there wasn't," she says.

Seeing a void in the fashion and design industry, she filled it by creating MyBodyModel, an app that generates customized fashion croquis, or figure sketch templates, for both expert and novice makers and designers. Her mission is to "empower our customers to appreciate all bodies, including their own. Every body is different, and every body is a good body."

The web-based MyBodyModel app (mybodymodel.com) allows customers to sketch out their ideas on a model template customized to their own measurements. Customers create a free account, enter their measurements and preview the body model before purchasing and downloading it. The credit-based system allows customers to purchase different packages (\$20 for one credit, \$30 for two, \$60 for five). Someone making clothes for herself can spend one credit on one body model for herself. Others who make clothes for clients or friends—or who expect their own body measurements to change—can purchase multiple credits at a discounted rate. Options allow the customer to sketch her designs digitally or on paper.

Schmitz worked on the app for 18 months before launching a beta version of it last June. "Developing a workable beta product ended up taking a bit longer than expected," she says. "At the time it was excruciating, but looking back, I'm proud of what we were able to create on such a limited budget, and despite delays, within a short period of time."

Portland's Big Room Studios assisted with product development and testing. "Their team was genuinely invested in the success of this product. I don't think we'd be where we are today without their commitment to go above and beyond in making MyBodyModel come true."

Schmitz, 43, is also grateful for the support of her biggest champion, her family. She "finally took the leap" and left her day job as a public health consultant in September to work on her startup full time. "It's felt so good to have my weekends mostly free again to be with my family."

After getting a master's degree in public policy and management at USM's Muskie School in 2005 and working in non-profit management and consulting for 20 years, the transition to social entrepreneurship "felt like a natural next step," she says.

Schmitz secured funding for MyBodyModel through a variety of sources: a technology innovation grant from Maine Technology Institute, a Kickstarter campaign that surpassed its \$20,000 goal and revenue from beta sales. And last spring, Schmitz also became the first woman to win the \$25,000 grand prize from the Maine Center for Entrepreneurs (MCE) Top Gun business pitch competition. Altogether, she raised more than \$100,000, most of which has gone into product development.

"Going the crowdfunding route," with 725 initial backers, held her accountable and that "was a big part of what helped me push through those challenging months of app development, when everything ended up being more complicated than expected and it sometimes felt like we might never get there," she says. Kickstarter also provided her with a team of



Erica Schmitz is founder of MyBodyModel, an app that generates customized fashion croquis, or figure sketch templates, for both expert and novice makers and designers. She took the leap last fall, leaving her day job as a public health consultant to work on her new business full time.

At left, a dress design using a customized figure sketch template from MyBodyModel. The app allows users to sketch out their ideas on a model template customized to their own measurements.

sewing and knitting bloggers and designers who stepped up to be alpha testers. "Having their honest feedback and encouragement throughout the process has been so important."

Schmitz took advantage of Maine business resources, including SCORE, Maine Technology Institute, Coastal Enterprises' Women's Business Center, Preti-Flaherty's LaunchPad program and MCE. "Being a new business owner in Maine has been a very positive experience because there are so many resources and supports available, and it's relatively easy to network and build connections," she says.

MyBodyModel's customers include the DIY fashion community, professional garment makers, indie designers and schools. Social media platforms help market the product. On the MyBodyModel Instagram page, customers upload a steady stream of sketches and examples of how they've used the app, and the site's blog is filled with guest posts about



Do you need to hire a Professional Organizer?

How many boxes can you check?

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

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



207.318.5905
www.organizemaine.com
Organize ME! of Maine



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



Because every body is different—and every body is a good body—the MyBodyModel app fills a gap in the fashion industry by allowing designers to see their designs on models of all types.

Celebrate Life.

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

One monthly price includes:

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



RLC
RESORT LIFESTYLE
COMMUNITIES
Sable Lodge

Call today to learn more: 207-517-0118

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



the product and how it's being used. "Our customers describe the experience of creating and using their body model templates as transformational and life-changing," Schmitz says. "There's no better advertising than that. We've dipped our toes in some paid marketing, but so far it's not nearly as effective as organic testimonials posted by people who are genuinely passionate and excited about MyBodyModel."

Schmitz has big plans, including continuing to invest in R&D so she can expand the MyBodyModel product line and customer base. She's also looking to expand MyBodyModel's education program and partner with schools across the U.S. and internationally to bring her idea of generating a customized body model to designers and makers around the world.

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

FOR MORE INFO
MyBodyModel
at mybodymodel.com



Northbridge
Companies

Discover

the wonderful way of life at

**NORTHBRIDGE
COMMUNITIES**



MEMORABLE MOMENTS



EAT FRESH, EAT LOCAL



ENGAGING
PROGRAMS

As a locally owned company, Northbridge understands the uniqueness of New England and we embrace the individuality in each of our senior living communities. With a maintenance-free lifestyle, locally sourced Eat Fresh, Eat Local menu, and supportive and engaging programming, Northbridge is able to provide families with true peace of mind.

Our goal is to always put a smile on our residents faces, and ensure they live well, and love life - each and every day.

Find a Northbridge community near you:

Brunswick

Avita of Brunswick

Sunnybrook

Wells

Avita of Wells

Westbrook

Avita of Stroudwater

Stroudwater Lodge

Independent Living • Assisted Living • Avita Memory Care

Visit us online: nextgenerationseniors.com

MAINE WOMEN MAGAZINE 13



ICE BAR, CHARITY SUMMIT AND COOL WINTER SKILLS

WRITTEN BY AMY PARADYSZ



Photo courtesy of Shannon Bryan

Maine Video Portland (MVP) Awards

Friday, Jan. 11, 7 p.m.

One Longfellow Square, 181 State St., Portland

Remember the MTV Video Music Awards? With that as its eclectic inspiration, year two of the MVPs gives Maine's surprisingly diverse field of music video artists a chance to vie for audience votes and take home the coveted Golden Lobster. (21+; tickets are \$8 in advance, \$10 day of show; musicvideoportland.com)

Women's March Maine

Saturday, Jan. 19

Get involved—either by marching or by donating to help Mainers get to the Jan. 19 #WomensWave organized by Women's March in Washington, D.C. Women's March Maine is organizing a bus from Portland to D.C. For the latest information on that march and other goings on in Maine: womensmarchmaine.com. Resisters are also on Facebook (facebook.com/WomensMarchonWashingtonMaine) and Instagram (@[womenmarchmaine](https://instagram.com/womenmarchmaine)).

Ice Bar

Jan. 24–26, 5–9 p.m.

Portland Harbor Hotel, 468 Fore St., Portland

This popular three-night event includes an ice sculpture garden and an outdoor cocktail party with DJ Jon, with food and more drinking and

dancing indoors. Buy tickets online in advance and bundle up. (portland-harborhotel.com)

Strong Women Summit

Friday, Jan. 25, 5–10 p.m.

Evo Rock + Fitness, 65 Warren Ave., Portland

Get stoked, because the Strong Women Summit is back with more climbing, yoga, vendors, food, wine and craft beer. The \$10 registration includes climbing, rentals and clinics for all levels, as well as yoga, hooping and community with hundreds of local ladies. Attendance is limited to 400, with the first 100 receiving a free Strong Women Summit tank top. Participate in the raffle and you'll be supporting Through These Doors, a domestic violence support and resource center serving Cumberland County. (evorock.com/portland-me)

Sugarloaf Charity Summit

Jan. 25–27

Sugarloaf, 5092 Access Road, Carrabassett Valley

The Sugarloaf Charity Summit is a full weekend for Sugarloafers, old and new, to come together to raise a mountain of money to fight cancer here in Maine. The Summit benefits Maine Cancer Foundation, the Martha B. Webber Breast Cancer Center and the Dempsey Centers. (sugarloaf-charitysummit.org)

The Junior League of Portland's Annual Gala

Friday, Feb. 8, 7-10 p.m.

Cellardoor Winery at The Point, Thompson's Point, Portland

Support the efforts of the Junior League of Portland while enjoying wine, beer and hors d'oeuvres at this 11th annual gala featuring an award ceremony and silent auction. The League is currently focused on creating positive change for local youth at risk through its more than 250 female community volunteers. Join League members, partners and supporters—some of the most connected women, and men, in Southern Maine—at the gala. *Tickets are \$75 per person and available at jlpmaine.ticketleap.com.*

Becoming an Outdoors-Woman Winter Skills Weekend

Feb. 22-24

University of Maine 4-H Camp & Learning Center at Bryant Pond, Woodstock

Join a couple dozen women and the University of Maine Cooperative Extension's knowledgeable and dedicated instructors in a weekend of ice fishing, snowshoeing, building a shelter, tracking wildlife, cooking wild game and other outdoor survival skills. Accommodations are at Lakeside Lodge. (*Registration is \$230 and ends Feb. 19; extension.umaine.edu*)



Photo courtesy of Ronald Fournier



EAST COAST NANNIES

Professional Nannies for Professional Families

WHO WE ARE

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

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

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

WHAT WE DO

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

207.331.3400 | EASTCOASTNANNIES.COM

SALLY A. MORRIS

ATTORNEY AT LAW, LLC



Guidance, Dedication & Compassion

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

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

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

Six City Center, Suite 300, Portland | 207.558.6161 x109

www.morrisemploymentlaw.com



St. Pierre's external changes are evident, but the greatest shift came before surgery, when she decided she wanted something different for her life. Now she's active (always has been, really) and feeds her body well. "It's changed pretty much every aspect of my life," she says.

RESHAPED LIFE

Erika St. Pierre's decision to make a big change—which included surgery—wasn't easy, but it's altered every aspect of her life

WRITTEN BY PATRICIA MCCARTHY | PHOTOGRAPHED BY LIZ CARON

Erika St. Pierre's turning point came at the end of a full day of lying on her couch, finding comfort only in food and then more food. She was in a relationship “that should've been over a long time ago,” was deeply depressed, and sick of being morbidly obese.

“The only thing that would bring joy was to eat. I realized it was my decision to eat and my decision to make a change,” she recalls, then 25 years old, 5-foot-4 and 265 pounds. “And I decided I was going to do something about this.”

Why that particular day?

“I think being in the darkest place I'd ever been in, being the biggest I'd ever been. I knew for my sanity, I had to change. I guess I realized that if I kept going on like that, all my life was ever going to be was that.”

St. Pierre, who lives in Oakland and works as a hair stylist and makeup artist in Portland and Waterville, enrolled in the strenuous Maine Weight and Wellness Program through Maine Medical Center, with her aim toward having surgery to restrict her intake of food.

Before they can be approved for surgery, program participants must demonstrate their ability to adopt a new lifestyle that will need to be maintained for their rest of their lives.

So starting in April 2017, newly single, St. Pierre started drastically altering the way she ate, adopting a low-carb diet with lots of lean proteins and vegetables and no bread or pasta. She planned meals and prepped food for the week ahead. It wasn't easy to transition, but she was determined, and the prep was empowering in that it made her feel in control.

Excited as she started losing weight—she dropped 50 pounds in six months—St. Pierre told some people about her ultimate plan, and what came back was “lots of horror stories about surgeries that didn't work.”

“I later understood that the restriction helps you, but if you don't do

your work, you're going to fail.”

Discouraged, “I stopped telling people. I didn't want to hear the negativity.”

She'd had far too much experience with disapproval and negative comments throughout life.

With a twinge in her otherwise matter-of-fact and confident voice, St. Pierre recalls first being told she was overweight when she was just 5.

“And from then on, weight was always a subject,” she explains, noting that her parents and two younger siblings have never struggled with their weight but her body composition is different. “My weight was always brought up quite a lot—from more of a vanity standpoint, as opposed to a health standpoint. I heard ‘you'd be so pretty if you were skinny’ more times than I could count.”

Around a lot of family chaos, shaming and her extra pounds, St. Pierre stayed active, participating on a dance team and as an equestrian jumper in her early school years and playing field hockey, ice hockey, lacrosse and rugby through high school—“all at over 200 pounds.” Sitting in a classroom “bored me to tears,” but she got all As and Bs without much effort. She had plenty of friends and didn't think of herself as “the fat girl” until she saw herself in photographs.

Because of the dynamics of her family, including her parents divorcing when she was in middle school, she says she became “the backbone” of her family—“making sure everyone was OK.” She hid the pressures from friends and found ways to hide her compulsion to eat from her family.

“I knew it was my choice to eat so much food. I hated myself for eating it, but I was not actively doing anything about it. It became a binge-eating disorder because I would eat a normal amount and then I would eat again—a lot—after everyone went to bed.”



Erika St. Pierre, who lives in Oakland and works as a hair stylist and makeup artist in Portland and Waterville, recalls first being told she was overweight when she was just 5. In April 2017, she began the strenuous Maine Weight and Wellness Program through Maine Medical Center, with her aim toward having surgery to restrict her intake of food.

This secretive eating behavior continued through college—first at Keene State studying biology and then at the University of Southern Maine, focusing on social work before she eventually decided to follow her heart and pursue the same career her mother had, in hair styling and makeup.

St. Pierre says the times she has felt best in life are when she's decided to make needed changes.

"Before my surgery, I was still over 200 pounds after dropping that weight. I was 215, but I was so happy because I was making an important change."

The day before the scheduled surgery in October 2017, she had some jitters and doubts. But a salon client who is a bariatric surgeon happened to have an appointment that day and calmed her nerves.

That surgeon, Dr. Michelle Toder of Bangor, says St. Pierre has been "phenomenally successful" because she took the time to fully educate herself and understand the required lifestyle changes.

"And she had the drive and commitment to see that through," says Toder. "She has embraced the changes. She's so smart and understands what she has to do to make this work. She's extraordinary in how she has reshaped her whole life, not just her body."

St. Pierre underwent a vertical sleeve gastrectomy, having about 80 percent of her stomach removed and reshaped. It's a less-invasive procedure than a gastric bypass, and because it's done laparoscopically with just five small incisions, her recovery was less intense. Within a week, she was in a gym, walking on a treadmill, and she was back to work within two weeks.

"I had been thinking about weight-loss surgery since high school, when I felt like the only value of being a person was how I looked. So I'm glad I waited until I was 25 when I was doing it for the right reasons," she says. "I got to a point where I liked myself enough as a person and it wasn't because of what other people thought."

St. Pierre is now at a healthy weight. And her mindset is healthier, too.

"Now I get my joy from exercise. I was so excited when I could run a mile. Each time, I would run a little farther—hey, that runner's high is a real thing! It's a euphoric feeling."

Changing her relationship with food is an ongoing challenge.

"I had to start thinking about it as fuel. I'm still working on it. At the beginning, it was very weird for me. I definitely had a food addiction. I thought about what I was going to eat from the moment I woke up till I went to bed."

Like most people with addictions, St. Pierre admits to becoming very adept at making excuses. But now, she considers herself "very good at calling myself out on the excuses."

"I feel so much better now in general, about how I look and feel. I'm just happier."

She's been in a healthy relationship since before she lost the weight with a supportive, loving man who she's known since middle school. She hasn't gone through therapy, but it's something she may consider. In the meantime, work provides a daily substitute.

"I'm a pretty open book, and at work, it's always a counseling session with clients."

St. Pierre says she has no regrets about her decision to have surgery because of the positive changes she's made leading up to it and after.

"It's changed pretty much every aspect of my life. I went a long time thinking I was never going to be able to make this change, but I proved to myself that I could do it. People want a magic answer, but you have to do that hard work. And if I can do it, anyone can do it."

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

“She’s extraordinary in how she has reshaped her whole life, not just her body.”



Nine
Stones[®]
Spa

URBAN SANCTUARY

185 Fore Street • Portland • Maine • ninestonesspa.com

No two of us are alike.

A MEMORIAL SERVICE SHOULD REFLECT THAT.



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

Dignity[®]
MEMORIAL

∞ LIFE WELL CELEBRATED[®] ∞



Erik Tiner

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

207.775.3763 • JonesRichardBarnes.com

Follow us on Facebook @JonesRichardBarnes



John Tanguay

Better together

**Robin Bates has her hands—and her heart—full,
with adopted children ages 4, 5 and 6.**

WRITTEN BY AMY PARADYSZ | PHOTOGRAPHED BY BEN MACRI



Even after she had an emergency hysterectomy just before her 30th birthday, Robin Bates knew she'd someday be a mother.

"I was laying in the hospital," Robin says, "and I said to God, 'You know this is my desire.' And God said to me, 'I have other children for you to raise.'"

She wasn't clear on what that would look like—perhaps she'd marry a man who already had children? She didn't know. A decade later she married Marc, and they talked about adoption being something to think about when they got settled financially.

"But the older we got, the less likely that seemed," Robin says. "Most agencies, if you don't apply before you turn 50, forget it."

A decade into their marriage, the Bateses moved from California to southern Maine, where Marc was hired as a bank project manager. With the financial piece coming into place, Marc visited North-Deering-Alliance church, where he saw several interracial families—mostly white parents with black children. Marc, whose parents were Jewish and Japanese, saw a community where he and his African American wife and their adopted child or children—whatever they might look like—wouldn't be out of place.

And so, when he and his wife were both 52, he popped the question.

The adoption question.

"I was kind of shocked, because he knew it was a desire of my heart," Robin says. "But we never really broached it when we were in California."

The Bateses told their prayer group they were considering adoption, and another couple advised them to become foster parents. That weekend, they attended a fostering information session, then enrolled in a six-week course.


As they closed in on their foster parenting license, a baby was born—at just 29 weeks gestation.

"When we met him in the hospital, he was almost 2 months old and he was 6 pounds," Robin says. "He had a feeding tube, and they said that because he was born so young that he'd possibly have chronic lung issues."

The social worker asked the Bateses if they were interested. Robin, who had been waiting for this moment nearly half her life, looked to Marc for his reaction.

"Do we have our license?" he asked. And when the social worker nodded, he said, "Then we'll take him."

Robin, then 52, laughed with joy and was reminded of the Biblical story of Abraham's wife Sarah laughing at the news that she'd bear a child in her old age. Sarah's baby was named Isaac, which means "laughter," and



Marc and Robin Bates enjoy the snow at Mill Creek Park in South Portland with their three children, Itzhak, 6, Elena, 5, and Jewel, 4.

Marc and Robin were both 52 when they decided to adopt—many of their peers now have grandkids. And while they admit they don't have the same energy as 30-something parents might, "I think we're better parents than we would have been in our 20s," says Robin.

Classes & Camps



Shakespeare Teen Company

Play Me a Story

**February Vacation Camp:
Camp Middle Earth**

**April Vacation Camp:
Camp Hogwarts**

**High School Intensive:
Theater for Social Change**

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

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



Robin Bates takes a moment with Itzhak.

the Bateses called their little boy, Itzhak, the Hebrew pronunciation.

“You know that Mickey Mouse commercial where the little girl says, ‘I’ve been waiting my whole life to meet you?’ That was me,” Robin says. “I’d been waiting my whole life to meet him. It was something that I waited for so long that there was nothing negative about it, not even the sleep deprivation.”

Itzhak, whose biological parents were Hispanic and African American, looked like he could have been the Bates’ biological child. “He does look like Marc,” Robin says. “It’s just too funny.”

For two years, the Bateses doted on a baby boy they weren’t sure would ever be theirs. Other foster children came and—when their parents met the requirements for custody—went.

“There are moments that break your heart,” Robin says. “And there are moments that nearly burst your heart with joy you love them so much.”

Within a couple years—before the Bateses adopted Itzhak in March 2014—a social worker called about an 8-month-old girl named Elena. “They said she’s the most beautiful blonde,

blue-eyed little girl, and I started to giggle,” Robin says. “When I met her, she was sitting on the floor, and I said, ‘Hi Pinkalicious,’ and she just grinned.”

The Bateses were fostering Elena with hopes of possibly adopting, and they thought their family would be complete: a boy and a girl. That’s when they got a call saying that Elena’s biological mother had just given birth to another girl in need of a home. Itzhak was still in diapers, and Elena wasn’t walking yet. Robin’s first thought was that she didn’t have room in her car for a third car seat.

“No one from either extended family wanted to take them as a set because they had different fathers,” Robin says. “We looked at Elena and said, ‘How do we tell her someday in the future that she has a sister out there but we didn’t take her because we didn’t have a car big enough?’”

“So we got one,” Marc interjects.

“Two days later, we had a minivan,” Robin says. “And that’s how we ended up with three babies.”

A simple playdate these days with the kids—now ages 4, 5 and 6—involves a half-dozen trips to the bathroom, a change of clothing

WE TELL
OUR KIDS
CONSTANTLY
THAT THEY'RE
ADOPTED...BUT
WE ALSO TELL
THEM IT MEANS
WE CHOSE
YOU BECAUSE
WE LOVE YOU
SO MUCH."

Portland Cognitive and Behavioral Neurology



Alyson Maloy, MD

Restoring your quality of life.

Psychiatry Board-certified psychiatrist
Neuropsychiatry Board-certified neurologist
Behavioral Neurology 207-222-3021

pcbnppsych.com

CSM
Real Estate

**Come See
Maine!**

(207) 265-4000
www.csmrealestate.com

**Visit the Western
Mountains!**

*Find your second
home here!*

and a few bouts of tears.

"The biggest problem that both of us have is that you don't have the energy at 50 that you have at 30," Robin says. "But we're going to do it. And I think we're better parents than we would have been in our 20s."

"We have the stress of having them really young in triplicate," Marc says. "But we also get the joy in triplicate."

Friends their age have grandchildren, and friends who are a little younger have teenagers. And Robin, a black woman raising two white girls, has been asked if she's their nanny. But she lets these details run off like so much rain.

"I look at motherhood differently, because we always think about mothers giving birth," Robin says. "But we have other mothers in our lives. You have those people in your life who become your mothers. We tell our kids constantly that they're adopted, so kids can't make fun of them. But we also tell them it means we chose you because we love you so much."

Amy Paradysz is a freelance writer, editor and mother who lives in Scarborough.



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

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



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



ColdwellBankerHomes.com

Real estate agents affiliated with Coldwell Banker Residential Brokerage are independent contractor agents and are not employees of the Company. ©2018 Coldwell Banker Residential Brokerage. All Rights Reserved. Coldwell Banker Residential Brokerage fully supports the principles of the Fair Housing Act and the Equal Opportunity Act. Owned by a subsidiary of NRT LLC. Coldwell Banker and the Coldwell Banker Logo are registered service marks owned by Coldwell Banker Real Estate LLC. 1740 26795-4NE_2118



LIFE AFTER DIVORCE

Fear of the unknown hinders the blossoming change can bring

WRITTEN BY KATIE BINGHAM-SMITH | PHOTOGRAPHED BY NANCY GREINDL

Since my divorce, I've been using certain television shows as a form of therapy, and I can honestly say, paired with eating frosting out of a can, it's working.

The other night while catching up on "Splitting Up Together" (a TV show about a divorced couple with three kids), I had a spoonful of deliciousness ready to pleasure my taste buds when I came to a full stop. Not much can keep me from my chocolate, but something Martin, one of the main characters, said was profound.

In his effort to get back together with his ex-wife, he knew she was hesitant about trying to work things out. He told her that was because she kept thinking about the end result, about all the things that could go wrong, rather than enjoying the adventure of what was happening NOW. She was frozen and didn't want to move forward out of fear.

Now I'm not one for being on the receiving end of mansplaining, especially about my feelings, but that hit me. When we make a big life change, this is what we do—we think of all the ways things could go wrong. We think about all the ways we will screw up and fall on our face. We put doubt front and center, rather than choosing to let go and just see what happens. There's no guarantee that it'll all work out, but there's no guarantee that it'll be awful, either. This unknown is scary—and it often prevents us from making a change.

When my ex-husband and I decided to get a divorce over two years

ago, my thoughts centered on the things I was afraid of: being alone, parenting alone, trying to take care of a home alone. The self-doubt chewed me up and spit me out, making me feel defeated.

How will I take care of my house and land on my own? How can I let another man see my body? Will I ever figure out how to work our smart TV?

Parenting solo was scary, and being alone after spending almost every single day for almost 20 years with the same man felt as if a significant chunk of my heart and soul kept using its energy to fill up the massive crevice.

Scary thoughts were triggered in the most unexpected moments. Like when I was at the grocery store and realized for the first time I didn't need to pick up his deodorant or favorite coffee any longer.

We both wanted to go our separate ways, but even so I was catapulted into thinking I was pretty ridiculous for even imagining I was capable of navigating my way through something so foreign.

Starting something new and different, no matter its significance, has a way of digging up your self-doubt; change creates frost heaves and ditches that make it easy to feel like you aren't strong enough to maneuver the rough terrain.

But when we are able to make our way through, it's a tremendous gift—we are able to look back and think about how much we've grown and feel more open to tackle change again.



Katie Bingham-Smith horseshoes around with her three kids, Addison, 15, Anna, 13, and Jack, 12.

I slowly began to get sick of having thoughts and feelings that were taking me down because, like it or not, I was going from being a married woman to a single woman after two decades of being partnered.

As the months went by after my ex-husband moved out, my new life started to take shape, and it didn't feel as scary as I thought it would.

I went from cooking for five people, seven nights a week, to only feeding four of us four nights a week. For the first time since having children, I was spending almost half of my nights either alone on the sofa, eating out with girlfriends and drinking sparkling wine, going on dates or redecorating my home.

It took a night alone, watching a cathartic television program while indulging in Cheetos and fudge frosting, to realize I'd stopped focusing on all the ways my post-divorce life could go wrong. It was too heavy to lug around with me, and that's when I knew my new life had really begun. A life that had light in it.

My new divorced self trusted that when the struggles came, like when I found mold in our basement and my first post-divorce breakup, I'd tackle them.

Sometimes we choose a fresh start. Sometimes it chooses us. Either way, change can make us focus on all the things that feel hard. We tend to hold those things tight in our head, but that can keep us from truly blossoming with the experience and letting ourselves morph into whoever this new experience wants to turn us into.

Katie Bingham-Smith is a writer, shoe addict and mother living in Bowdoinham. She pays her kids to rub her feet and never turns down anything with caffeine.



From the moment you find out you're pregnant, every parent wants only what's best for their child.

When it comes to your pre-natal care and delivering your baby, the providers and nurses at York Hospital OB/GYN, Surgical & Midwifery and Miracles Birthing Center, promise every day to provide exceptional medical care to moms, babies and partners.

We are pleased to introduce


**Centering
miracles**

 by York Hospital OB/GYN
Surgical & Midwifery Associates

*Made possible by support from
THE CYNTHIA HARTS RAYMOND FUND
for the Care of Women & Children*

For more information call
207.351.3455
or visit yorkhospital.com

 **York Hospital**

Supporting Community We Make It Easy

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

Andrew Silsby, President & Chief Executive Officer

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



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






www.KennebecSavings.Bank



DESIGNER SPOTLIGHT

Melinda Campbell has worked almost 20 years as a kitchen, bath and closet designer. She has designed and overseen the installation of more than 500 residential and commercial projects in the greater Portland area. Growing up in Aroostook county, she brings a strong work ethic and dedication to her job, clients and projects.

Melinda has an Associates Degree in Business and worked in the insurance and finance field for many years. She has owned and operated several businesses including her own kitchen, bath & closet design company which has given her a unique perspective and knowledge which she enjoys passing on to her clients.

Melinda enjoys working with both building contractors and homeowners to provide the highest quality of customer service and products. With her extensive knowledge of the building industry, she can help plan your layout, material choices, and overall finished design regardless of project size, scope or budget. Whether you're building new or remodeling existing, Melinda has creative solutions to make your space functional and beautiful while enjoying the overall process.



Dedicated designers available daily to help make your dream kitchen, bathroom or countertop a reality.



Melinda and her husband live in Gorham and have three grown children. She spends her free time reading, crafting and enjoying activities with her family and friends.

If you're interested in working with Melinda, contact her at mcampbell@eldredgelumber.com
**NEW SHOWROOM COMING
SPRING 2019**

**75 W. Commercial St
Portland, ME 04101
(P) 207-358-7705 (F) 207-358-7760
www.eldredgelumber.com**

A romantic sunset scene over the ocean. The sky is filled with soft, wispy clouds in shades of orange, pink, and blue. The sun is low on the horizon, creating a warm glow. In the foreground, a couple is silhouetted against the sunset, standing on a rocky shore and embracing. The woman is wearing a white wedding dress, and the man is in a dark suit. The ocean waves are visible in the background, and the overall mood is peaceful and intimate.

Beginning *a life together*

STORIES BY SARAH HOLMAN

Weddings come in every variety—formal and elaborate, quiet and intimate, raucous and lively. They're a celebration of love between two people, marking the start of the couple's new life together. And in small ways and big, a wedding encapsulates who they are, the people who love and support them, and even the food, music and settings that make their hearts swoon all year.

Meet four couples who chose to mark their commitment to each other with a wedding—one that brought together the people they love in ceremonies that were as unique as they are.

Photo by I Am Sarah V Photography



Toni + Dylan
An Urban Love Story
PHOTOGRAPHED BY
GRETA TUCKER





Toni and Dylan Baker have known each other since high school; they were the same year at rival schools in Portland. They had mutual friends and crossed paths often at football games and parties, but it wasn't until Dylan returned to Maine after attending college in England that they connected as adults. "We immediately hit it off," Toni recalls.

Toni and Dylan dated for almost three years, but busy lives kept them in Portland without many opportunities to enjoy a couple's getaway. For Dylan's 30th birthday, they made plans to watch the sunrise at Spring Point Ledge Lighthouse in South Portland and then head to Portsmouth, New Hampshire, for their first real weekend escape together. It was March, and it was very cold when they woke before the sun and headed to the lighthouse. Toni wasn't planning to linger at the scenic spot. "We'd come a thousand times for sunrise, so I ran out to the lighthouse, ran around once, and tried to drag [Dylan] back towards shore."

But Dylan had other plans. He convinced a freezing Toni to circle the lighthouse one more time... so he could get down on one knee and propose. "I was so beyond surprised," Toni says. "It felt surreal."

As they began planning their wedding, Toni and Dylan didn't have a specific idea for the look of the event, but they knew exactly how they wanted it to feel. They envisioned their celebration reflecting their personalities and representing them as a couple: down to earth, casual,

friendly. "We stripped back all the wedding formalities that stressed us out or made us uncomfortable."

The team at Pinch Me Planning helped Toni and Dylan create an event that felt as relaxed as a backyard party, but in a newly renovated warehouse in downtown Portland. Theirs was the first wedding at The Public Works, a collaborative work/studio space and event venue in Bayside. The couple filled the setting with personal touches: Flowers from Toni's mother's garden, food trucks serving their favorite fare, and a best friend officiating. "Everything felt familiar," Toni says. "Everything spoke to us."

Now that they're married, Toni and Dylan, both 30, are making plans for what comes next. "As boring as it sounds, our favorite activities to do as a couple are home improvement projects," Toni says. "We love to put in work and enjoy the results." They're also looking forward to adding members to their household. "Family is very important to us and we would love to start one of our own." She's hoping, however, that Dylan will wrap up the master bedroom addition and fix the water pressure before then.

Whether it's a home improvement project or life's greater obstacles, Toni and Dylan know they're stronger together, supporting and complementing each other. "Life throws a lot at you," Toni says, "and having someone who loves you and who is committed to you makes the challenges easier and the rewards sweeter."



Heather and Barry Curcio first met at a robotics competition where their teenaged sons were participating on opposing teams. As they kept bumping into each other at various meets, their interactions were limited to casual hellos in passing, until Barry got up the courage to talk to Heather at an off-season event. They went on their first date a week later and both knew immediately that the relationship would last. “I knew when I met her how special she was and that I wanted to spend my life with her,” Barry says. Heather agrees, saying, “I have a hard time letting people in, but with Barry it’s different. I felt close to him right after we met.”

Three years later, at the same robotics event that brought them together, Barry proposed in front of several hundred people. “Barry is a real people person and I am not, so this was quite a surprise and shock to be in front of so many people,” Heather admits.

The couple—who have four kids, three dogs and four cats between them—married on 8-18-18 in front of very close family in Connecticut, where they live. They chose the date because of the symbolism of the infinity sign, which both Heather and Barry had tattooed on their arms. After the family celebration, they traveled to Marginal Way in Ogunquit to honor their union in a private ceremony. Heather spent many family vacations at Marginal Way, and it was her mother’s favorite spot. “She passed away in 2011. I wanted to feel close to her.”

The sunrise ceremony was important because “our connection

has always been very spiritual,” Barry says. Heather adds, “We felt strongly about having it just be the two of us. We wanted something intimate where we could recite our own vows and really feel our connection with each other.” The couple made a handfasting cord, an old custom that represents a binding union, with 12 meaningful colors. They sewed charms onto the cord, each symbolizing important things in their relationship and individual lives.

Meeting each other later in life—Heather is 46 and Barry is 54—after many experiences and relationships, helped the couple feel certain they were right for each other. When Heather met Barry, she was finally at a place in her life where she was comfortable being genuinely herself, and that’s who Barry fell in love with. “Knowing I could be 100 percent myself was such a relief,” she says. “Loving Barry has made me a better person, I am positive of that. We bring out the best in each other, and we make such a great team.” As for Barry, “I had to wait half my life to find my soul mate, but now that I have found her, I am so grateful.”

Heather and Barry have similar visions for the second half of their lives, too, and the many years they look forward to spending together. They dream of a home with lots of land and animals to care for, maybe a stream or pond on the property and a swing on the porch, and regular travel to exotic places. And, of course, an abundance of love.

Heather + Barry

Sunrise Elopement on Marginal Way

PHOTOGRAPHED BY
I AM SARAH V PHOTOGRAPHY





Kate + Katelyn
*A Beautiful Day
at the Farm*

PHOTOGRAPHED BY
KATELYN MALLET PHOTOGRAPHY





Kate Bergstrom and Katelyn Nerbonne re-met in Boston a few years after both graduating from Colgate University. Though they had shared the same sports field for three years at school—Kate playing lacrosse and Katelyn field hockey—they had never really connected. “But we instantly hit it off in Boston,” Kate says.

The women dated for over four years before becoming engaged, and they joked about which one of them would get to do the proposing. They both wanted to give the other that special, excited feeling. “I think Katelyn won a rock-paper-scissors match,” Kate admits. The couple hadn’t talked much about a timeline for the engagement, and then one day Katelyn surprised Kate with a ring on a waterfront pier overlooking the Boston skyline. “[Kate] makes me happy every day,” Katelyn says, “and I couldn’t imagine not sharing all of life’s most special, and most regular, moments with her.”

Kate, 29, and Katelyn, 30, chose William Allen Farm in Pownal for their wedding location. Katelyn’s mother has a home in Maine, so they already loved the state, and a barn just felt like the right vibe for their big day. The women fell instantly in love with the scenic property—and with the owners, Heidi and Al, who made everything easy. “We’re still obsessed with them,” Kate jokes.

The most important thing to Kate and Katelyn was to make the event personal, for them and for their guests, and to reflect who they are as a couple. “We wrote our own vows, which was easily the most

special part of the day,” Kate says. “We laugh about it now, but the tears were flowing from the second [the ceremony] started to the second it finished.”

As they moved into the historic barn for the reception, guests found name cards personalized with photos. On the back of each, there was a note explaining why it was so special for that guest to be in attendance. “That was a big hit, and we were glad because it look an unreal amount of hours!” Kate laughs.

The reception was full of these personal touches. Tables were named after significant streets in their lives, cornhole boards from a previous DIY project came out, and signature cocktails highlighting the couple’s tastes (bourbon for Kate, fruity for Katelyn) were served. “We wanted people to have an experience that left them reminiscing about shared times with us.”

Friends and family will always play a significant role in Kate and Katelyn’s life, and most of their free time is spent with the people they love. As they look to the future, the couple envisions happy kids, rewarding careers, and continued traditions like Fiesta Fridays, which involve homemade tacos and local brews. But all they truly want for themselves, Kate says, is to be happy.

“Life is so much more enriching when you’re sharing it with someone you love,” she explains. “It gives you an opportunity to experience joy, laughter, and challenges that are not just your own, but someone else’s.”



Lisa and Mark Bowdler were friends for years before Lisa found herself in need of electrical work at her new house. She called Mark, an electrical contractor, to take on the project. And the rest, as they say, is history.

A second marriage for both, the couple dated for eight years before deciding to tie the knot. Lisa calls Mark “a big teddy bear.” He adores his family, and that’s how Lisa knew he was right for her. “[It is] one of best qualities you can find in anyone.”

They talked about getting married for a few months before shopping around for rings and ordering one in Lisa’s size. The jeweler told the couple the ring wouldn’t arrive before Christmas, which was fine, Lisa says, but “it would have been nice to tell everyone on Christmas Eve.” Their families had been celebrating the holiday together for six years; Lisa’s two kids, her siblings and their families, her parents, and Mark’s dad. After the annual Yankee Swap, Mark handed Lisa one last gift... and then retreated to the other side of the room. “It was funny; I think he was nervous with my entire family being there.” When she opened the box containing the engagement ring, “everyone cheered and cried.”

As they began planning for their wedding, Mark and Lisa had very clear goals. They wanted to celebrate with their parents and Lisa’s children. “That was all that mattered,” Lisa says. Mark’s mother has Alzheimer’s, and she had been living at the South Portland Nursing Home for five years. “There was no way we could take her out of her sur-

roundings to celebrate anywhere else,” Lisa explains. So they brought the ceremony to her. Lisa had a co-worker who was a notary and had always wanted to perform a wedding. The couple hired photographer Rhonda Farnham, who ended up running the show. “We didn’t plan on throwing the bouquet or dancing together but Rhonda orchestrated the whole thing, it was more than we expected! She was so great, it wouldn’t have been the same if it wasn’t for her.” After the ceremony, the family had lunch at Lisa and Mark’s house. A big party took place over the summer for all the friends and family who weren’t in attendance at the nursing home celebration.

Looking to the future, Lisa, 49, and Mark, 56, remain focused on the joys of family. Their favorite activity is spending time at their camp in Nobleboro, swimming, kayaking and inviting friends and relatives up to visit. “That’s what it’s all about!” Lisa says. And she doesn’t imagine things changing any time soon. “I am so looking forward to grandchildren,” she says. “Having your own children is amazing—I can’t imagine how it must feel, being a grandparent. Mark never had children of his own, so this will be extremely special for him.”

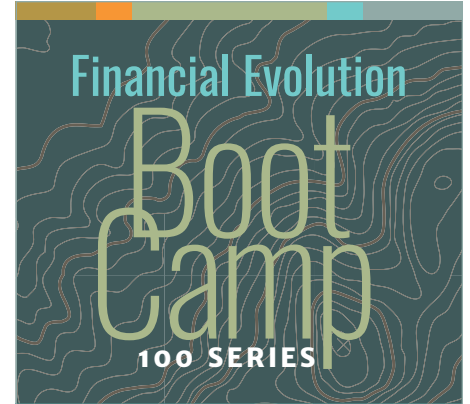
As the family grows, Lisa imagines Mark and herself spending summers at the camp and winters in San Diego, enjoying the comforts of companionship. “The best thing about sharing your life with someone is the partnership,” Lisa says. “You always have someone there to support you in every way.”

Lisa + Mark
Family First at a Second Wedding

PHOTOGRAPHED BY RHONDA FARNHAM



“THE BEST THING ABOUT SHARING YOUR LIFE WITH SOMEONE IS THE PARTNERSHIP. YOU ALWAYS HAVE SOMEONE THERE TO SUPPORT YOU IN EVERY WAY.”



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

Now enrolling
winter 2019 sessions!



currency
CAMP

evolve with your money

currencycamp.com
erin@currencycamp.com

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

It's time for
Prime
MOTOR GROUP



Wendy Lewis

Sales & Leasing Consultant
10 Year Employee
Prime Toyota Saco

"I love helping people find the perfect car."



Donut mind if “I Do”

Events with The Holy Donut

for more details or to set up a tasting
Contact Katie, our Event Coordinator
katie@theholydonut.com
(207) 761-7775



photo by Courtney Elizabeth, LLC
PHOTOGRAPHER & VISUAL STORYTELLER



FURNITURE TO FLATWARE



TABLES TO TENTS



CHAIRS TO CHINA



RELIABLE SERVICE, AFFORDABLE CHOICES

10 WASHINGTON AVE., SCARBOROUGH
207.883.4472 • 888.611.2999

WWW.APLUSPARTYRENTALME.COM



MORE THAN
100
MAINE
WEDDING
PROS

DO YOU WANT TO WIN A
\$100,000
MAINE LAND & SEA DREAM WEDDING?



WELCOME PARTY
Ri Ra Irish Pub
Portland



REHEARSAL DINNER
United States
Custom House



**CEREMONY, COCKTAIL
PARTY & RECEPTION**
Bear Mountain Inn



HONEYMOON
Dube Travel & Marigot
Bay Resort and Marina,
St. Lucia

ENTER BY
Feb. 13, 2019

For more information and to submit your entry
video, visit realmaineweddings.com

BRICK SOUTH
at THOMPSON'S POINT

/// PORTLAND, MAINE ///

MARCH 10, 2019

10:30AM-12:00PM /// VIP ///

12:00PM-4PM /// PUBLIC ///

Looking
for a vacation?
**VISIT THE
TRAVEL
PAVILION**
LIVE BOOKING
AGENTS

For more information, visit us on facebook or go to
REALMAINEWEDDINGS.COM



THE
STONE BARN

at
SEBAGO LAKE

A BRILLIANTLY RESTORED HISTORIC FARM NOW ACCEPTING BOOKINGS FOR THE 2019-20 SEASONS. STONEBARNMAINE.COM



Flaherty's Farm Event Barn

Are you looking for a unique venue for a wedding or special event? Be sure to check out the Event Barn at Flaherty's Family Farm! We are now booking 2019 & 2020 events at the barn.

Our beautiful 16 acre event property features a picture perfect field, spacious and beautifully finished barn, our Woodland Gazebo ceremony site and our 1908 Farmhouse Estate accommodating up to 18 guests.

OVER 60 WEDDINGS TO DATE WITH ALL 5 STAR REVIEWS!

1 mile from I-95 exit and 10 minutes or less to the Portland jetport, hotels, beaches, the Maine Mall and Old Orchard Beach



PC: Lauren Dobish Photography



PC: Molly & Victoria Co.



PC: Molly & Victoria Co.

For more information on wedding packages and availability, please email Flaherty's Farm at flahertysfarmeventbarn@gmail.com or visit us online at www.flahertysfamilyfarm.com



Photos by Eeva McDonald Photography

One stop, where special occasions begin

One Stop Event Rentals

Maine's Tent & Party Specialists
OneStopEventRentals.com | 207.767.5966



Maine Mixologists

is a mobile bar service for your wedding or other event. With over a decade of experience, we aim to provide superior service with hand picked staff that will serve the alcohol that you provide for an open bar event. Our service includes \$2M in liquor liability insurance, all our equipment and chill tubs, bar decor, Bar Menu, and assistance with putting your service together including drink selection and calculating how much alcohol you'll need to supply. We will also the ice delivery service and offer a selection of Bars that we rent on our website mainemixologist.com.

Contact us today for more information!

CHEERS!



Coolidge Family Farm

is your one stop wedding venue to celebrate your **LOVE** with family and friends. With 15+ years of experience in the wedding industry our passion for weddings speaks for itself. We want to provide as much as we can to our couples to help make the planning process as easy as possible! The venue includes the Colonial style farmhouse that sleeps 10 people, a 40x50 wedding barn complete with barn board tables and a vintage mix of chairs, a back deck overlooking the grounds complete with a fire pit, wood, horseshoe pit, and a reclaimed hay conveyor bar, a ceremony sanctuary in the woods with a white birch arbor and wedding benches, parking across the street, and Day of Coordination. Additional services include a neighboring Gambrel style home that sleeps 8, Maine Mixologists bar service, Notary Service, and lots of wedding rental props to make your day unique.

More information and photos can be found on our Facebook page and website coolidgefamilyfarm.com.

Contact us today for a tour!

DAY'S
JEWELERS

WWW.DAYSJEWELERS.COM

The Forevermark
Tribute™ Collection

FOR ALL
THAT YOU ARE

A diamond for each
of your qualities



FOREVERMARK

A DIAMOND IS FOREVER

DE BEERS GROUP





WEDDINGS & EVENTS

CORPORATE &
PROMOTIONAL VIDEOS



978.407.3744

JulietteSutherland89@gmail.com

www.juliettefilmsweddings.com
www.juliettesutherland.com

étain

UNCOMMON UNDERTHINGS
& EVERYDAY LINGERIE
FOR ALL



BRA FITTING • BINDER FITTING • PRIVATE PARTIES
646 CONGRESS ST, PORTLAND
207.370.7278 | ETAINUNDERTHINGS.COM



BLUE FERN DESIGNS



Bespoke Florals
Portland 207.415.8169
blueferndesigns@gmail.com

WE CUSTOMIZE
FAVORS USING OILS
AND VINEGARS
DESIGNED FOR
THE BRIDE
AND GROOM.



Maine-ly
Drizzle!  Gourmet
Olive Oil
Vinegar

ALSO AVAILABLE: All Neutral Pasta, Sauce, Local Farm Cheese, Organic Chocolate, Spices, Wind & Unique Gifts including Custom Baskets.

KENNEBUNKPORT
2 Ocean Ave (Located Upstairs)
207.204.0025
Open All Year (call for hours)

Ranked #1 on TripAdvisor
among 13 attractions
in Kennebunkport.
MAINE-LYDRIZZLE.COM

OGUNQUIT
100 Perkins Cove Rd
207.216.9643
Open May - October

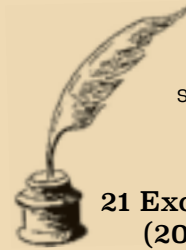
the Paper Patch

Designing custom
wedding invitations
for over 40 years.

Visit us to create your
own personal **wedding
stationery trousseau.**

No appointment required.

Featuring custom
invitations and
announcements,
and personalized
stationery by Crane's,
and William Arthur.



21 Exchange Street
(207) 774-3125

PEAK

EVENT SERVICES

Redefine Event Essentials.

From tent to tabletop, we have
all your event necessities.

Photographer: Lauren Dobish Photography

833-888-PEAK
www.peakeventservices.com

CURATED WEDDING AND EVENT RENTALS

Bring a new level of sophistication to your dream wedding, birthday party, or celebration with our handcrafted furniture, premium china, crystal glassware, and flatware. See the entire collection at www.detailseventstaging.com



C.A. Smith Photography



C.A. Smith Photography



Nadra Photography



Fidelio Photography

STAY CONNECTED



DETAILS.

EVENT STAGING

127 OCEAN AVENUE
KENNEBUNKPORT ME
(207) 482-0564

Dinner, drinks, and music
in the heart of the Kennebunks,
with or without
150 of your closest friends.

VINTAGE COCKTAILS
LIVE MUSIC
OUTDOOR PATIO



Old Vines Wine Bar
Lower Village, Kennebunk, Maine

(207) 967 2310 info@oldvineswinebar.com
www.oldvineswinebar.com





ITALIAN HERITAGE CENTER

EST. 1953

WE SPECIALIZE IN

AMAZING COMPLETE WEDDING PACKAGES

ROOMS ACCOMMODATE GROUPS FROM 50-500

CORPORATE • SOCIAL • WEDDING • BEREAVEMENT RECEPTIONS

40 Westland Avenue, Portland • 207.772.2500 • www.italianheritagecenter.com

Email your inquiries to: manager@italianheritagecenter.com



**\$10 OFF
EVERY \$50**
worth of services
for new clients

*Expires 2/28/19. Cannot be combined
with other promotions. Must present
coupon at time of service.*

142 High St., Suite 423, Portland
207.536.7178

www.getnailedbeautylounge.com

By appointment only

Flawless

Garment care for your entire wedding party ensures that everyone is photo-ready for the big event.

Our services include:

- Pre-wedding steaming & pressing
- On-site care at the venue of your choice
- Museum-quality cleaning & preservation

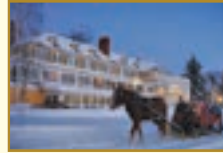
Contact Angela Emery for a consultation.
(207) 210-5127 / prattabbottwedding.com

Image by Kivalo Photography / Gowns prepared by Pratt Abbott



Pratt Abbott
Wedding

Make your special day a weekend celebration...



IN THE HEART of Maine's most beautiful mountain village, our resort offers a wide variety of choices for your ceremony, reception, photography, rehearsal dinner, and all the festivities surrounding your destination wedding. Tammy James and our caring, professional staff will attend to every detail and will joyfully welcome the most important people in your lives.

Call us today and find out just how affordable it can be to turn your reception into a weekend celebration.

"Among the 25 best places in the U.S. to host an unforgettable family gathering" - *Travel & Leisure Magazine*

The Bethel Inn Resort 1913 MAINE

ON THE COMMON BETHEL, MAINE

www.bethelinn.com | (207) 824-2175 | tjames@bethelinn.com

A more beautiful you starts here in 2019!

Botox • Facial & Lip Fillers

Age & Sun Spot Removal

Tattoo Removal • Laser Hair Removal

Mole Removal • Ultrasonic Facials

Facial Vein & Rosacea Treatments

Coolsculpting • Microblading

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



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



5 things

5 THINGS TO LEARN IN 2019

WRITTEN BY SHANNON BRYAN

Learn a new skill in the new year! Whether you'd like to learn how to shake your tail feathers or how to create something neat, it seems there's a class for just about anything you can imagine. (For a wealth of classes around the state, check out maineadulted.org.) Here are few possibilities that piqued our interest.

Learn to throw clay | 1

Throw some clay this year! Portland Pottery has adult classes where you can learn all about clay, wheel-throwing techniques, hand building and the process of glazing and firing. And you'll get to take home finished pieces you can be proud of—because you made 'em. Sessions run for eight weeks and cost \$265. Cost includes a three-hour weekly class, 50 pounds of clay, studio glaze and slips, firing, open studio time and discount workshops.

A four-week half session is \$165 (portlandpottery.com).

2 | Learn to metalsmith

Make something wonderful and wearable during the Beginner Metalsmithing Bracelet One-Day Workshop on Feb. 3 at Artascope Studios in Yarmouth (artascope.com). You'll make your own bracelet from start to finish and learn basic metalsmithing skills, such as cutting, shaping and soldering. Cost is \$79 plus a \$25 materials kit. Artascope has a range of classes for the creatively minded. Or check out classes at Open Bench Project (obportland.org), a maker space in Portland. There's a four-week Smithy Class: Make Your Own Forever Flower, in which you'll make your own flower out of never-wilting steel. Classes begin Jan. 3. Cost is \$219. (Also check out the Intro to Woodworking class on Jan. 7.)



Photo courtesy of Artascope



3 | Learn to ski

January is Learn to Ski and Snowboard Month (skiandsnowboardmonth.org) and many ski resorts offer discounts for beginner lessons and rentals. And once you get the hang of things, you can ski or snowboard all winter long at Maine's mountains. Lost Valley in Auburn has a \$65 two-hour intro lesson that includes a lift ticket and rentals (lostvalleyski.com). Sunday River's three-hour lesson, \$59 midweek, \$89 weekend, includes rentals and a beginner lift ticket for Sundance Surface Lift and South Ridge Express (sundayriver.com).

If cross-country is more your speed (all the snowy fun, fewer chairlifts) there are lessons offered around the state. Check out the Outdoor Discovery School at L.L.Bean in Freeport, Pineland Farms in New Gloucester and Bethel Village Trails at Bethel Inn Resort.



Photo courtesy of Sunday River

4 | Learn to dance

Sometimes it feels good to dance with wild abandon (and by all means do so every chance you get). If you'd like to learn something a little more structured—with legit steps and/or choreography—consider taking a beginner dance class. Casco Bay Movers offers adult beginner jazz, tap, hip hop and ballet classes (cascobaymovers.com). Portland Swing Project has beginner Lindy hop, 6-count swing and Charleston classes on Tuesday nights at Mechanics Hall Ballroom, and Thursday Night Stomp at Maine Ballroom (portlandswingproject.com). Or check out Bachata, belly dance and ballet basics at Bright Star World Dance, also in Portland (brightstarworlddance.com).

5 | Learn improv

Hone your stand-out sense of humor and learn the power of the “yes...and” with an Improv 101 class this winter at Fresnel Theater in Portland (thefresneltheater.org). During the seven-week session, you'll learn the five tenets of improv (think “Whose Line is it Anyway”) and how they apply to performance and real-world situations! Taught by Matthew Russell, Fresnel Theater's creative director, there are two sessions to choose from: Saturdays 2–4 p.m. and Tuesdays 6:30–8:30 p.m. Both sessions begin the week of January 26. Cost is \$200.



Photo courtesy of Bright Star World Dance

THE WORLD BEGINS AT THE KITCHEN TABLE

Latré Sibi arrived in Maine from Gabon over a year ago, leaving the life she knew to start again in state where she didn't know anyone. Today, she's filling her home with new friendships and a table handcrafted by furniture maker Chris H. Becksvoort, who himself emigrated from Germany when he was 6.

WRITTEN BY MEG WEBSTER
PHOTOGRAPHED BY HEIDI KIRN





Latré Sibi stands in her kitchen next to the table delivered by Furniture Friends. Sibi arrived from Gabon over a year ago as is navigating her new life in Maine. In her short time here, she's become well woven into Portland's vibrant social fabric. "I don't have a choice but to succeed," she says.

The world begins at a kitchen table. No matter what, we must eat to live.

—*“Perhaps the World Ends Here”*
a poem by Joy Harjo, 1951

Latré Sibi peers around the corner, hands perched on hips, as volunteers maneuver the 40-inch cherrywood round table through the doorway and down the narrow hallway to meet her. The volunteers are with Furniture Friends, a nonprofit organization that collects and donates furniture. The room is sparse. Her living room windows cast a cool light throughout the space, further exaggerating its vacancy.

Sibi arrived from Gabon over a year ago and for the first time today fills her modest home with furniture. Jenn McAdoo, executive director of Furniture Friends, stands beside her and excitedly points to the engraving on the underside of the table: Chris H. Becksvoort, New Gloucester ME April 2018. With her characteristic soft tone, McAdoo explains that Becksvoort is a local furniture maker, “a true craftsman,” she says. Becksvoort has been making furniture since he was just 12 years old. He uses native, sustainably harvested wood and only the finest hardware available. He designs, constructs, sands and finishes each piece himself.

“The handmade pieces really stand out for me,” McAdoo says. Over the past four years, three local woodworkers have crafted pieces for Furniture Friends, “and for people they’ll never meet,” McAdoo continues. “They’re sharing their craft, investing significant time and talent to create something beautiful and functional for the sheer joy of giving it away.”

Furniture Friends’ clients all share the fact that they’re economically disadvantaged. They represent individuals who are homeless, those living with physical and developmental disabilities, individuals struggling with substance use disorder, veterans, newly arriving immigrants and survivors of intimate partner violence. Furniture Friends works with over 130 social service providers. In 2017, they served 551 households, nearly 1,400 clients and about half of whom were children, a 30 percent increase from 2016. Over 200 volunteers donated over 3,400 hours of service and 600 individuals donated furniture. And their waitlist is ever growing.

Sibi ponders who her first dinner guests will be. She didn’t know anyone when she first ar-



The 40-inch cherrywood round table was made by Chris H. Becksvoort, a local furniture maker in New Gloucester. Becksvoort has been making furniture since he was just 12 years old, and he designs, constructs, sands and finishes each piece himself. This table came to Latré Sibi through the nonprofit Furniture Friends. “My table is perfect,” Sibi says. “I think I will keep it all my life here.”

rived. When leaving Gabon, she had little time to plan. She offered abrupt goodbyes to family and friends, left her career as an accountant and boarded a plane to Maine. She spent her first nights at Oxford Street Shelter. She remembers fearfully lying awake burrowed beneath blankets, peering out only occasionally to check her surroundings. “There were two older women there who took care of me though,” she recalls. They were homeless themselves and she never learned their stories as her English was too broken, but she trusted them, she tells me, “they watched out for me.”

Sibi’s invite list is as eclectic as it is inclusive. In her short time here, she’s become well woven into Portland’s vibrant social fabric. Those on her list include fellow salsa and kizomba dancers, the older women she sings with in her church choir, her many friends from Portland Adult Education and the women she’s met through the local non-profit In Her Presence. IHP was founded by and for newly arriving immigrant women to help them orient, get their footing and find their voices. “When a woman moves to a new place, she has to start everything over. It can feel like swimming without direction,” co-founder Claudette Ndayininhaze explains. “IHP creates a platform where these women can recreate a new sense of life, confidence and leadership.” Sibi was just awarded their “Woman of the Year.”

“Perhaps I’ll make La Suculente!” Sibi exclaims. In addition to work as an accountant, Sibi also ran

a successful restaurant in Gabon. La Suculente was her creation and the most popular item on the menu—roasted pork cutlet, mixed vegetables and a lemon, orange, ginger sauce with freshly ground fleur de lorie, chilli peppers and berbere spice. “I cook each vegetable separate. Then I roast everything together. It was....well, succulent!” she says, bringing her fingers to her lips to kiss the air. “And for dessert, we’ll have Sibi’s special flan.”

Sibi feels the absence of her family daily. Their celebration of Gabonese Independence Day would last three days or more. Each province featured a slightly different menu. Her family roasted banana leaf pockets over open fire. The fillings might include poisson salée (salted fish) with palm oil, bitter greens and nyembwe (palm nut sauce), served alongside other smoked meats, parfum rice or sweet plantain bananas. They’d offer wine and thanks to their ancestors and celebrate through traditional song, dance, and drumming.

Just one week prior in New Gloucester, Chris Becksvoort leans onto the table that now stands in Becksvoort’s home. His woodshop is humble in size, but replete with woodworking tools skillfully organized. It smells of woodchips and pine. “We always ate together as a family,” he says, recounting spaghetti Wednesdays and Sunday morning woodstove pancakes. “Eating together creates a special bonding that’s important, I feel.” He and his wife, now a retired librarian, raised two children here in Maine. They ate at a 48-

inch round table not too dissimilar from the one he now gives to Sibi. "Shakers, with their 20-foot tables, they all ate together too, as whole communities," he shares.

Though Becksvoort himself is not Shaker, there's much he admires about their simple living, work ethic and pacifist ideologies. He has repaired and built Shaker furniture for years and continues to be the primary repairman for the Sabbathday Lake Shaker Village. Function always supersedes ornateness and embellishment in Shaker design, he says. Charles Dickens called the furniture "severe" for its simplicity and sharp edges, but it's precisely this that gives it a modern appeal. The incredible diligence, attentiveness, and expertise commonly attributed to Shaker work is prevalent throughout Chris' work as well.

Becksvoort spreads an old European map across the table and points to the Becksvoort farm, just two kilometers from the Dutch border where he can trace his own roots to 1604. His family emigrated from Germany when he was just 6. His father ran a woodworking and remodeling business just outside Washington D.C. "It was work work work, do whatever it takes." Though Becksvoort can now reflect on the joy he feels joining two pieces of wood or conjuring a new design, this is not how he felt as a 12-year-old immigrant boy. "All that's going on, the politics, it's just dragging me down. We can't go back in time. We have to keep moving forward."

Many of the clients Furniture Friends serve are newly arriving immigrants. It's not uncommon they arrive with only a suitcase and their traveling clothes, particularly those who are seeking asylum. Fleeing war-torn countries, religious persecution or other austere and immediate threats, there's often little time to prepare. Bags may contain just a handful of clothes and a few photographs.

"My table is perfect," Sibi says. "I think I will keep it all my life here." Sibi enjoys living in Portland. The cobblestone streets remind her of Rennes, France, where she'd sometimes visit on holiday. She finds Maine people to be kind, gracious and welcoming. Sibi continues her adult education courses, her many hobbies and volunteers to help others beginning new lives here. "I don't have a choice but to succeed."

Meg Webster works at UNE's School of Social Work, where she coordinates media and recruitment projects. As a freelance media artist, she's produced a variety of multicultural advocacy shorts, exhibited in galleries and periodically writes multicultural narrative pieces for Maine publications.



**Play Safe.
Worry-Free.**

Invisible Fence Brand
Keeping pets happy, healthy & safe @ home™

Invisible Fence of Southern Maine
800-585-2803 | southernmaine.invisiblefence.com
©2018 Invisible Fence of Southern Maine. Invisible Fence® is a registered trademark of Invisible Fence, Inc. All rights reserved.

Womanizer PRO 40
Revolutionary pleasure air technology.



nomia
a sexuality boutique

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

Rechargeable, quiet, waterproof

Are You Concerned About Your Parents or Loved One Living Alone?

Advantage Home Care is the perfect solution for aging adults who aren't ready to leave their homes.



Highly qualified and trained caregivers can help you and your loved ones with a variety of daily activities such as:

- Caring Companionship
- Meal Planning & Preparation
- Incidental Transportation
- Light Housekeeping & Laundry
- Medication Reminders
- Alzheimer's and Dementia Care
- Assistance with Bathing, Dressing and Incontinence Care



Advantage Home Care

550 Forest Ave., Suite 206
Portland, ME 04101
(207) 699-2570
www.advantagehomecaremaine.com

Call us today for a free assessment! 207-699-2570

ARE ROTHY'S WORTH THE SOCIAL MEDIA HYPE?

WRITTEN BY AMY POWER

PHOTOGRAPHED BY AMANDA WHITEGIVER

Social media is a powerful platform. In fact, plenty of us are addicted to checking our feeds (I know I'm guilty). I feel like I don't have the time to keep up with everyone I would like to as regularly as I would like to, so I love that social media still keeps us all connected despite the barriers of time and distance. Fortunately or unfortunately (depending on your perspective) social media marketers have also honed in on our compulsion to check in and check out each notification that buzzes through our devices. I'm pretty conflicted on how I feel about targeted advertising, but love it or hate it, it's effective. Companies like Third Love and Rothy's have doubled down on their social media marketing efforts, and as a result we see them every time we log in to Facebook or Instagram. Hands down, the most frequent question Amanda and I get at East Coast Inspired is, "Are Rothy's worth it?"

It's a great question. There's no doubt this new company, which makes washable shoes from recycled plastic, produces a super cute and stylish product. We absolutely love the full spectrum of playful color options and the sassy silhouettes. Rothy's are touted to be one of the most comfortable shoes on the market with a seamless knit exterior, ultra lightweight profile and flexible outsole

The stretch of Rothy's shoes allows for a comfortable fit across a broad spectrum of sizes, and they're quite comfortable when compared to a traditional ballet flat or loafer. (And they look great with this green Favlux jumpsuit.)



GET THE LOOK

Loafer by Rothys's (rothys.com, \$165)
 Favlon Long Sleeve Jumpsuit (available at [Blush Bridal, South Portland](#), \$40)



GET THE LOOK

Pointed Flat by Rothys's (rothys.com, \$125)
 G1K Cocktail Dress (available at [Blush Bridal, South Portland](#), \$168)



that moves with your feet. They are also made from recycled water bottles, are completely recyclable themselves AND they're machine washable! The more we learn, the more excited we get. But they also come with a price tag of \$125–\$165. Which brings us back to our initial question: Are they worth all the hype or is it just effective marketing?

Rothys's are available in four shapes: a rounded flat, pointed flat, loafer and sneaker. We opted for the loafer for a wear-to-work look. We paired them with a green Favlux jumpsuit, available at Blush Bridal in their new spacious, bright and airy South Portland location.

There's also a lot of buzz about using Rothys's for a formal footwear alternative. We were really excited to try out this trend, and opted for the pointed flat as our wedding-guest alternative to heels. We were amazed by the selection of dresses available for all occasions and budgets at Blush, but we ultimately settled on this G1K cocktail dress to complement our pink Rothys's. Pairing burgundy and blush makes my heart swoon.

I entered this experiment knowing the body of the shoe was made from a knit material, but I was unprepared for the degree of stretch that this manufacturing method produced. The shoe felt akin to a heavy duty ace bandage. What I love about this is it allows for a comfortable fit across a broad spectrum of sizes. I ended up sizing up a half-size due to the narrow vamp (or front part) of the shoe, but the knit upper still hugged my heels and prevented slipping despite the added length from sizing up. Amanda found she only needed to size up in the point, not the loafer. It's also important to note the knit exterior produced a very breathable shoe. I was worried about odor,

ventilation and sweat as these are made from recycled plastic. Plastic shoes don't breathe. However, these did. Magic.

Another fun feature Rothys's incorporates is accessorizing your insoles. Each shoe comes with an insole that coordinates with your purchase, but for \$10 you can buy additional insoles in a rainbow of colors and options. This is a fun way to add pep to your step and ensure the cushion in your footbed stays plush. I have worn mine for a full eight on-my-feet hours and found them to be quite comfortable when compared to a traditional ballet flat or loafer. However, when compared to brands with more focus on blending structured support and classic shoe materials, such as Cole Haan, they do not offer quite the same degree of support and comfort over an extended period of time. That said, my feet are still quite happy.

So are they worth it? As with all things in life, that depends on your lifestyle, needs and priorities. If you require Dansko-type support, then probably not. If otherwise you are committed to sustainability, slowing down the fashion industry and still looking cute, then yeah. I'd say go for it. We love the colors, we love the silhouettes, we love the playful versatility of simply crafted items, and we love the commitment to recycling and reusing resources.

Amy Power and Amanda Whitegiver are co-founders of *East Coast Inspired*, a fashion and lifestyle blog. Amy is a mother of two (and the model featured in this column's photos) who spends her days dreaming of the ultimate craft room and intending to go for a run. Amanda is a lifestyle family photographer who adores dark chocolate and singing with her two daughters.



RECLAIMING THE JOY OF WINTER

WRITTEN BY LEAH HURLEY

I've always been nourished by winter and welcomed it as a contrast to the frenetic energy of summer. There's nothing quite like the stark beauty of a landscape in stillness or looking out at a familiar scene transformed overnight into something out of a storybook. The way the world seems to stop, if even just for a moment, and the look of the woods in winter are pure bliss. In that deep, deep quiet, the faintest movement or noise stands out with such contrast, and the boldness of any dash of color in a berry or woodpecker or the blue sky is a beauty to be heralded.

Where summer is the season of bounty and delicious abundance, winter to me is about relishing in the small miracles that can so often go unnoticed. Indoors, winter is time to slow down, to dive inward, to process the progress of the year and make plans for the next, to tackle projects cast aside in the long days of summer and try out new recipes with friends and family.

“There is a jolt of joy that enters my system during a Maine winter that is unlike anything else I’ve ever experienced.”

This love of winter, and perhaps romanticizing the entire package of it, was a big piece of what drew me back to Maine five years ago. After years in New York City, my approach to winter had been a kind of lean-in mentality: cozy up and relish in the chance to slow down and just be. But even though I

grew up in Maine, I didn't remember the way the darkness and cold can eat away at your spirit. I forgot what it felt like to be in total darkness at 4 p.m., or to try to walk to the store or to work and find the sidewalk an impassable sheet of ice. Winter in Maine was a completely different animal, one that can sink its claws in deep.

By my first January in Portland I was feeling the cabin fever coming on strong.

I felt run down and the things I loved about winter started to become oppressive and burdensome. A wise friend counseled me on the need our bodies have to be outside in the elements, regardless of the season, and



Leah Hurley grew up in Maine, but after years away, it took a while to get reacquainted with Maine winters. Now she celebrates the stillness, the afternoon sledding, and how winter brings out the child in her more than any other season. *Courtesy photos*

I made a commitment to myself that by hook or by crook I would do something outside at least once a day. Some days this just took the form of bundling up for the mile or so walk to my co-working space in the morning and then home again. Other days it meant taking my workout outside or meeting a friend for a long walk.

It was a simple change but quickly, things started to shift. I began to notice the incredible warmth of the sun on my face on those bitter cold days. I learned that, to my runner's delight, beaches stay clear of snow and ice at low tide almost all winter long. But most importantly, I felt my head start to clear, my energy levels increase, and found myself excitedly thinking of new places to explore or things to do outside in winter mode, some that were only possible to explore in this way in the winter.

As I started to make outdoor time a more intentional part of my winter experience, I started, not surprisingly, to connect with people who were doing the same thing. I found myself going for sunrise walks at Willard Beach, carpooling to 6 a.m. hot yoga classes to remind my body what warmth felt like, buying my first pair of microspikes and venturing out into the mountains for winter hikes with friends.

As a natural introvert in a new city, it was not always easy to find people I wanted to adventure out with in the cold, so I did a lot of things on my own, too. In that time I found such a renewed love for the gentle resilience of the season, the

feelings of strength and possibility that come with a solo winter hike or a ferry ride out to explore off season one of the islands in Casco Bay. It was not easy (or fun) all the time, but I was learning to truly enjoy my own company, and I was reminded that we are part of something much bigger than us and to appreciate the joy in the simple pleasure of warm hands or a cup of hot coffee.

And then there was the winter I met my partner, a man who lives for the season and in July starts counting down the days to snowmaking. He helps me take this love to another level, letting myself go more and more into the joyful, vibrant side of winter—sledding and yelping like a little kid, skating hand in hand on a frozen pond, or pushing through that stomach drop at the top of a big hill on cross country skis. I am even known to alpine ski after a hiatus of 20-plus years; it isn't pretty, but it sure is fun.

This new way of experiencing winter brings out the child in me more than any other season. There is a jolt of joy that enters my system during a Maine winter that is unlike anything else I've ever experienced, and I am so grateful to call Maine home.

Leah Hurley is an entrepreneur with a focus on messaging, communication strategy and social innovation through her agency Craft (crafttomorrow.com). She grew up in Belfast, lives in Portland and loves Maine in all four seasons.

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?

Gain Confidence Around Your Money in 2019!

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

FREE Initial Phone Consultation

allison@allisonbishop.com
207.805.8400

For more information:
allisonbishop.com

RENEW YOUR BOOK GROUP

No time? Bored with the same-old, same-old? Revise that in 2019.

WRITTEN BY AMY CANFIELD

It's so easy for life to get in the way of book groups. One member can change her work schedule, have a baby or maybe just doesn't read the selected book month after month (after month...) and faster than you can say Jane Austen the whole thing falls apart.

Familiarity can also be the bane of any good book group. The same-old, same-old wine and snacks and chatting about who went where with whom for the holidays before actually getting down to the business of the book can make it easy for some members to put the group on the back burner in favor of anything more riveting.

But this easy, fun and cheap girls night out is worth saving. If yours could use a makeover for 2019, here are a few ideas.



FOR THE TIME-CHALLENGED

- **Read a magazine article.** Here's some motivation to actually finish that New Yorker article you started a few weeks (or months) ago. It's a reason to find out more about global warming, the crisis in East Sudan or the new wave of women in Congress.
- **Select a short story collection.** Each group member reads a different story by the author and shares her opinion and impressions of it. The discussion will evolve as similarities, themes and style emerge.
- **Ditch the gathering and do it online.** It's as easy as starting a group Facebook page. Set a date and time for everyone to log in and discuss the book, or give members a period of days to post their thoughts and reply to others.
- **Or, gasp, don't meet monthly.** How about quarterly to kick off (or end) every season? You could even go so far as to throw one big book group bash once a year, especially when you take on a classic like "Moby Dick" or "Anna Karenina," for example.

FOR THE BURNOUTS

- **Bring your own book.** Each member reads a book of their choosing and brings it the group with her review. Book members can then swap books.
- **Meet at a restaurant or coffee shop.** Try a different one each for each meeting.
- **Have a walking book group.** Discuss as you step, then gather up for the snacks after.
- **Give your group a theme.** Inspiring women biographies, career books, spirituality, travel, outdoor adventure. Stick with one theme or switch it up each month.
- **Read your way around the world.** Each selection for your group can be a book by a foreign author. (The Reading Books from Every Country Facebook page is a good place to start for translated books you've never heard of.)
- **Go to a reading/signing.** Attend as a group, buy the book, and discuss it at your next meeting. You'll have new insight after hearing the author.
- **Skype with the author.** More and more authors are doing this. Check out the author's or publisher's website to see if yours makes virtual visits.

Amy Canfield is an editor of Maine Women Magazine and a rabid reader.

Butler Hill BEADS

Bead Supplies • Findings • Classes

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

the Flaherty group

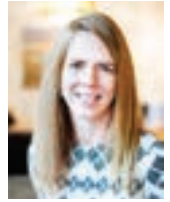
for the freedom
for the amenities for
the next chapter
for the space
FOR THE LOCATION
for a while for the
garden for the décor
for the investment
for the future
FOR ALL THE REASONS FOR BUYING OR SELLING A
HOME, WE'RE HERE
for you.

207.221.8585 theflahertygroup.com



OVERWHELMED BY MONEY MATTERS?

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



READY FOR A CHANGE?

Visit moneyinme.com to schedule a call and gain new financial clarity.

207.229.2658
moneyinme.com

WHAT CAN MONEY IN ME DO FOR YOU?

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



DON'T MISS OUT ON A SINGLE ISSUE!

Have MWM delivered to every month
for a year for just \$35!

For more info or to subscribe,
visit mainewomenmagazine.com



EMOTIONAL First Aid!



TouchPoint
EFT Tapping
KarenStClairEFT.com
207-878-8315



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




Serviceing Finer European Cars With Personal Regard



Photo by Liz Johnson

COZY AND CALM DECOR

*It's all about warm lighting
and rich colors*

WRITTEN BY SARAH HOLMAN

Coming off the busy holiday season, January is a month for recuperation and renewal, a time when I want my home's interior to support a calm, introspective state (during those precious moments that aren't dictated by the season-blind chaos of life, that is).

Interior designer and decorator Liz Johnson of Liz Johnson ReDesign in Kennebunkport has some tips on how to modify home decorating to embrace the cold season without spending a fortune.

"The changing of décor from one season to the next is really all about lighting, color and texture," Johnson says. "The idea is to incorporate feelings of warmth. Even in a space with light upholstery and furnishings, you can create a cozy feeling by adding accessories in richer colors and textures, and a few candles scattered around."

Johnson suggests keeping seasonal items in well-marked bins that won't disappear into the storage abyss and are easy to swap when warmer weather returns.



Photo by Sarah Holman

TRY HER EASY TECHNIQUES FOR COZYING UP YOUR HOME

WEIGHT YOUR WINDOWS

Exchange breezy summer panels for heavier velvet or rich brocade. When drawn, winter-weight curtains close in a room, creating a feeling of coziness and shelter against the elements. The heavier fabric also provides extra insulation against cold, drafty glass. Don't want to lose precious sunshine? Add a sheer curtain behind the thicker panel. The heavier drape frames the window while the sheer lets in light and provides daytime privacy.

TOSS YOUR THROW PILLOWS

Replace lighter fabrics with faux fur, velvet, felt and wool. Stash your lightweight throw blankets, too, and look for thick plaid patterns, knitted textures, plush sheepskin and extra-soft fleeces that coordinate with existing décor and keep you warm while the snow flies.

MAKE IT SHINE

Overhead lighting can feel too harsh for quiet winter spaces, but using dimmer switches and changing out bluish "daylight" bulbs for warmer "soft light" varieties will tone down brightness and make the textures and colors of winter décor feel richer and warmer. For an even easier shine-up, find pillar candles in colors that complement your seasonal décor and place them in wide glass holders or large mason jars. Group varying heights and embellish with strands of tiny battery-powered twinkle lights to create a bright centerpiece in any room.



MY OWN FAVORITE DECORATING TIP FOR THE NEW YEAR

CREATE SPACE TO SLOW DOWN

At my house, this means repurposing a drop-leaf table that sits in front of a large living room window. During the summer the leaves stay down and out of the way, and the table is used as a sideboard, occasionally called into action to display a vase of cut garden flowers or to hold appetizers during a party. But when winter arrives the leaves come up, chairs are dragged over, a lamp is repositioned, and it becomes the puzzle table.

Sometimes a puzzle is worked on in long, committed sessions during snow days or dreary weekends. Other times we pause to maneuver one piece into place as we pass by on our way to some other task. Guests tend to congregate around the table, enjoying the satisfaction of connecting pieces between sips of wine, touchdowns and conversations. The puzzle table is a place to gather, to pause and to think. It's a place to be enjoyed alone or with others. Puzzles, like snowstorms, don't allow us to rush.

Whatever your slow down spot looks like, it's time to grab a snuggly blanket, light a candle, pull the drapes and enjoy the quiet season while you can. Summer will be back before we know it.



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



MAINE SPIRITS

FINE WINE & SPIRITS • CRAFT BEER
AGENCY LIQUOR STORE



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

Come visit our Craft Beer Runway!

Over 700 Craft Beer Choices
More than 100 Hard Ciders

The Wine Capital of Naples, Maine

DISCOUNT BEVERAGE STORE

OVER 1,800 CHOICES!



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

Cold Wine
Also Available!

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

639 Roosevelt Trail, Naples, ME
Located at the Naples Shopping Center before the Causeway



(207) 693-3988

www.UmbrellaFactorySupermarket.com



COFFEE LIQUEUR TASTING GROUNDS

WRITTEN & PHOTOGRAPHED BY JESSIE LACEY

Coffee is the ultimate pick-me-up. Thomas Jefferson threw some shade at England (tea drinkers!), calling coffee “the favorite drink of the civilized world.” Eventually, some geniuses combined the flavors of coffee with alcohol to create a bunch of coffee liqueurs, three of which I “review” here. (Spoiler alert: they are all awesome.) The great thing about these liqueurs is their versatility. Add milk, cream, ice cream, whipped cream, whiskey, hot cocoa or vodka in any combination and you will have yourself a delicious cocktail. I’ve supplied a few recipes below, but these liqueurs are something you can have so much fun with. Add an espresso or hot cocoa rimmer, and top it off with whipped cream and a cherry!

ALLEN'S COFFEE FLAVORED BRANDY

Made from the natural flavors extracted from selected imported coffee beans, it sounds real fancy. It's made in Massachusetts, but Mainers have looked past that glaring flaw and made Allen's a Maine mainstay. Some call it the "Machias Manhattan" or the "Millinocket Martini."

In the late '60s, Allen's was sold and distributed mostly in Down East Maine. There it became a staple of fishermen, who added a warming splash to their coffee.

ALLEN'S SOMBRERO

Combine equal parts Allen's Coffee Flavored Brandy and milk over ice.

GRIND ESPRESSO SHOT

Made with Arabica coffee beans, espresso, coffee extract and blended with Caribbean rum, Grind Espresso Shot is the "coffee-est" of the three. Grind is made in Connecticut, which is still New England. Not only does their bottle have three simple recipes on it, but their website (grindesspressospirit.com) has a bunch more that I will be sure to add to my brunch menus. What a great way to start the day.

GRIND ESPRESSO SPRITZ

Pour 1.5 ounces of Grind over ice, top off with club soda and add an orange slice.

GRIFFIN'S WHARF 1773 COFFEE LIQUEUR

Saving the best for last, we have Griffin's Wharf 1773 Coffee Liqueur. Fast becoming a local favorite, it is produced by Stroudwater Distillery and Coffee By Design. Griffin's Wharf starts with a blend of beans from Central and South America roasted at a high temperature to produce a full-bodied brew with a deep flavor and smoky qualities. I recently read a study that said dark roast coffee was healthy or something. In the spirit of the American Revolution, drink this while dumping a crap-ton (imperial measurements only!) of tea into the ocean. Check out the recipes they post on instagram (@griffinswharf).

COFFEE CRISP

Shake 3 ounces of Vespertino Tequila Crema and 1 ounce of Griffin's Wharf, strain, pour over ice and garnish with coffee beans.

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

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



Express yourself!

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

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

 Expressions Realized, LLC

Laura Doherty — Certified Interior Decorator

207.558.5953 | expressionsrealized@gmail.com
expressionsrealized.com



MAGIC BEAN SOUP

WRITTEN & PHOTOGRAPHED BY CANDACE KARU

Last spring a friend gave me heirloom beans from Monticello to plant in my garden. While I love fresh green beans, I'd never grown beans for drying before, so I threw a few into the ground against a 10-foot trellis in the backyard. By August, the vines had burst to the very top of the trellis, reaching to the sky like they were in a fairy tale and had a giant to beguile.

In September the pods started turning a brownish yellow and they were ready to harvest. They came out of their shells like little jewels, purple and black and shiny. As I picked and shelled them, I put them in a big, flat wooden bowl to dry. When they were dried I put them in a glass jar and set them on my kitchen shelf to admire their simple beauty.

Then came the winter and all I wanted to make was soup. Of course I had to try my pretty little magic beans. For color and

variety, I mixed them with navy beans, cannellini and black-eyed peas. (Related: In the South there's a tradition that if you eat black-eyed peas on New Years Day, your year will be filled with prosperity. This soup is my get-rich-quick scheme.)

Bean soup has always been a go-to in my family. I make it more like a stew with lots of beans, veggies and sometimes even sausage. It's so easy to make a big batch and have it in the freezer for a quick, satisfying meal after an afternoon of skiing, sledding, snowshoeing or shoveling, all those winter "S" words.

I like to top my bean soup—and lots of other dishes—with a classic Italian gremolata. Nothing could be simpler than parsley, garlic and lemon zest mixed together, but it really adds flavor and depth to many recipes.

Now get ready to make your next favorite soup. And be careful, there might be giants!

Magic Bean Soup with Baby Kale

INGREDIENTS

- 1 pound of your favorite dried bean, or a mixture
- 2–3 tablespoons olive oil
- 1 large yellow onion, chopped (or 2 shallots)
- 6 garlic cloves, minced
- 5 cups chicken or vegetable broth (homemade if you have it), plus 1 quart of water (for richer broth, use 4 more cups of broth instead of water)
- 2 teaspoons salt (keep tasting, you may need more, beans like salt)
- 1/2 teaspoon black pepper or red pepper flakes for more heat
- 1 teaspoon fresh rosemary, finely chopped
- 1 teaspoon fresh thyme, finely chopped
- 1 pound sausage, browned (I like kielbasa, but any kind of sausage will do. A few strips of crisp bacon, crumbled in at the end, is also tasty.)
- 8 ounces baby kale or spinach

INSTRUCTIONS

Cover beans with cold water by 2 inches and soak overnight.

Drain beans, then add to stockpot and cover with water by 2 inches. Bring to a boil and simmer, covered, for about an hour or until beans are still firm. Drain.

Cook onions in oil in an 8-quart pot on medium low heat, stirring occasionally, until softened. Add garlic and cook about 1 minute. Add beans, broth, water, salt, pepper, rosemary and thyme and simmer, uncovered, until beans are just tender, about an hour (heirloom beans like mine might take a little longer to become tender).

While soup is cooking, brown sausage in a skillet then drain on paper towel.

Stir in kale and sausage and simmer, uncovered, stirring occasionally, until heated through, about 5 minutes. Adjust salt and pepper.

Serve in deep bowls and top with gremolata, if using. A hunk of crusty baguette, pita or naan is a great way to get every drop of this delicious soup.



Gremolata

INGREDIENTS

- Medium lemon
- 1/4 cup parsley, chopped fine
- 1–2 cloves fresh garlic

INSTRUCTIONS

Zest the rind of one lemon with a microplane or fine grater. Finely chop cleaned fresh parsley (be sure to dry with paper towels before chopping). Microplane or mince garlic. Mix together and refrigerate.

Candace Karu makes her living writing about food, fitness and travel. She lives near the ocean in an old farmhouse with two ill-behaved dogs and two hard-working barn cats. Follow her on Instagram: @candacekaru or at candacekaru.com.

MAGIC BEAN SOUP PRO TIPS

- I save the rinds from my good Parmigiano-Reggiano cheese in my freezer and add one to the soup as it simmers. It gives it a lovely nutty flavor. Be sure to fish the rind out of the soup before serving.
- Don't hesitate to add more veggies—carrots, celery, squash, you name it—to this soup.
- If possible, make this soup 24–48 hours ahead of time. Its flavors get more robust and mellow with time.

VERSE & VIEW

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



Photo by Cate Wnek

I am drowning
The woman that I am
She will come back as a bird
perching herself on your windowsill
& you will think,
As you sip your morning coffee,

What a beautiful creature

Written by Sophia Dalleo, South Berwick

Discover a new home at Cheverus.



Forming leaders of competence, conscience and compassion since 1917.



Cheverus is an inclusive Jesuit Catholic college prep high school with a history of academic excellence. Now accepting applications: cheverus.org.



MUSONGATI, BURUNDI |

THE FUTURE IS THEIRS

Working with the International Women's Coffee Alliance in Burundi is just one way that Coffee By Design empowers the next generation of leaders in coffee. We partner with farms and communities, working together for a better today – and tomorrow.

COFFEE BY DESIGN

COME VISIT US AT ONE OF OUR COFFEEHOUSES



Learn more or order online at COFFEEBYDESIGN.COM