

MAINE WOMEN MAGAZINE

JANUARY 2022

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

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

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

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

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

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

"Micheline has been an answer to a

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

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

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

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

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

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

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

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

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

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

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

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Cover/index photos courtesy of Stephanie Mulligan

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As we begin the new year, I encourage you all to read the poem below by Ralph Waldo Emerson.

It is a message written in the early 1800s and is true today.

Take each day as a new slate of learning and an opportunity to smile. Be kind and choose happiness and love. I am so fortunate to have met and interviewed so many Mainers this past year. It has been an honor to see so many overcome struggles and heartaches. One thing for sure that I have learned ... is to greet each day as a new beginning. It's a gift we all have. So, take this gift today and start over. Embrace your own goodness and who you are deep in your heart. Trust yourself, believe in yourself. Yes! How wonderful it is that we have today.



*Happy New Year, love and bless you all.
Mary Frances Barstow
Editor/Publisher*

I look forward to this one day...to all the opportunities that life offers.

RALPH WALDO EMERSON

— — — — —

“Write it on your heart that every day is the best day in the year. He is rich who owns the day, and no one owns the day who allows it to be invaded with fret and anxiety. Finish every day and be done with it. You have done what you could. Some blunders and absurdities, no doubt crept in. Forget them as soon as you can, tomorrow is a new day; begin it well and serenely, with too high a spirit to be cumbered with your old nonsense. This new day is too dear, with its hopes and invitations, to waste a moment on the yesterdays.”

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

MAINE WOMEN MAGAZINE

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Leslie Edwards runs a painting business on Mount Desert Island.



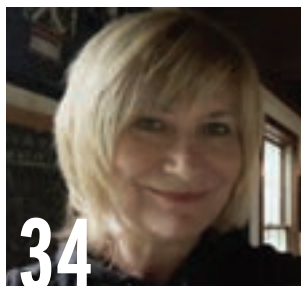
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Family-run store fills gap in outdoor adventure retail.



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By L.C. Van Savage

Hi Mary,

I had to write and tell you how much I chuckled at your note to readers. (*December 2021 publisher's note*) My siblings swore that I would only be able to serve peanut butter and jelly sandwiches. I must admit, my secret tofu lasagna that I fed my brothers doesn't compare to your turkey story though. Classic!

—Annie

I very much enjoyed the story about the diver in your December issue. And the pictures were breathtaking! Thanks.

—Linda

MAINE WOMEN MAGAZINE

| CONTRIBUTORS |

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



Lynn Fantom lives in an old house in Somesville. During a 40-year advertising career in Boston, Chicago, and New York, she became known for creating diverse cultures at the companies she led. After retiring, she graduated from Columbia School of Journalism at age 65 and now writes about women, the outdoors, fish farming, and sometimes women in fish farming. She spends winters in NYC.



Kim Millick started her career as a Wisconsin game warden before changing to forestry and working in Maine's North Woods. Her first novel, *Rookie Warden*, is based on her experiences.



Rosie Curtis is a Maine licensed architect. She hangs out with her kids, her friends and her dogs, hiking, writing, and enjoying rocks.



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



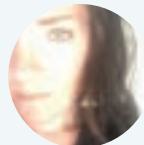
Abigail Nelson is an intern writer and editor. She is excited to be in her last year of her bachelor's degree at the University of Southern Maine. Abigail loves going on adventures with friends and family, drinking wild orange tea, riding horses through fields, and photographing and writing about it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



Candice Dale is a retired humanities high school teacher/administrator from St. Paul's School in Concord, NH, now living in South Portland, Maine during the winter months and Long Island, Maine in the summer months. She is the mother of two grown sons and the grandmother of two children, all of whom love returning to the Casco Bay area regularly.



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



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



Emily Dunuwila is a writer, bodyworker and graduate student at the University of Pennsylvania. She studies developmental psychology with a focus on mindfulness and nonverbal communication. Her writing illuminates stories of resilience, human connection and self-discovery.



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POSTCARD FROM HOLLY

BY HOLLY MARTIN

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

GENERATIONS OF SAILORS

My parents flew to French Polynesia to come sail with me for the month of October. My parents have been the inspiration for my entire trip, so it was amazing to have them join a part of my adventure. They completed their own circumnavigation over twenty years ago on a tiny Cal-25 sailboat. I spent the first twelve years of my life living aboard and sailing with my family. My siblings and I were born along the road, so to speak. I will technically complete my first circumnavigation when I reach Fiji— a mere twenty-five or so years later. My mom and dad were able to come to French Polynesia

this time around because friends of mine left their boat, *Grace*, for a few months to fly home. They generously offered *Grace* to my parents for a month. I sailed from the Tuamotu Archipelago down to the Society Islands to meet my parents. However, along the way, the wind died, and my engine stopped working; I spent the last twenty hours of my trip drifting with the current towards Moorea at

about 1.5 knots. When I was a mile from the outer reef of the anchorage, my parents motored out in their dinghy and tied alongside my boat. Using the dinghy and outboard, we propelled my boat through the reef pass and tied it up alongside *Grace*. I guess no matter how old you get or how far you go in life, you're never far away from a good old-fashioned mom and dad bailout.





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WOMEN WORK TO RESTORE A STEAM BEAUTY

Preserving and restoring history

BY ANNE GABBIANELLI

A display of unity can be seen on weekends in the Washington Junction railroad yard in Hancock, where a handful of volunteers trickle in and out sharing their time and energy on a massive restoration project on the only Maine Central Railroad steam locomotive left in Maine, the 470. Among these volunteers are a few women from varied walks of life practicing skills they never imagined.

“I love the sounds and smells mostly, and now that I can see an antique locomotive being taken apart piece by piece, and then put back together is just amazing. You don’t really understand the size of the 470 until you stand next to the six-foot wheels,” says Kerri

Davis of Clinton. The automotive technician joined in the daunting restoration task in 2015. Her interest in antique autos and tools used “back in the day” makes her a perfect fit for the restoration project.

She reflects on lessons learned and skills gained, “I learned about teamwork and family. The bond of those volunteers is incredible. I learned about obsolete practices, and I learned I love to get dirty.” She goes on, “I knew nothing about parts of a train, and now I am labeling them piece by piece, and I got to hot rivet!”

Over the past ten years, volunteers have been passionately working not only on restoring a legacy, but preserving the



trades. Some have helped with fundraising, sitting on the board of directors for NESCo and others like Kerri, have been covered in soot.

“It’s a process,” says Leverett Fernald, president of New England Steam Corporation (NESCo), as he stands assessing the 167 tons of a restoration project underway. With a chuckle he says, “We are literally going to know every nut, bolt, and rivet on this thing before we’re done.”

The 470 was built in 1924 by the American Locomotive Company in Schenectady, New York, and served a thriving and elite passenger market serving stops between Boston, Bangor, and Bar Harbor. The locomotive was retired in 1954 and left on display in Waterville for decades until NESCo purchased the weatherworn mass of steel and moved it under cover for the ongoing restoration.

The locomotive consists of a rebuilt tender car that holds the coal and water, its trucks (wheel base), the cab that is a mere shell, and the broken-down boiler that requires imagination to envision its beauty.



Top: Kendra Glueck and Hanna Brooks. Bottom: Kerri Davis puts her back into it. Hanna Brooks is at the left. Background: 1928 Bar Harbor Express pulled by the MEC 470 locomotive. Courtesy photos





The old 470 in a 1954 prize-winning photo by Sam Vaughn.

“From an engineering standpoint, moving several tons of steel using coal and water to create steam is logistically impressive. The mechanics behind the wheels and crankshaft are also aesthetically pleasing. Feeling the rocking of the train on the tracks is familiar to me and comforting.” – *Kendra Glueck*



The MEC 470 was vandalized before removal. *Photo by S. Hussar*

Hanna Brooks, who claims her dad is a train nerd, enjoys her weekends in the railroad yard away from her doctoral studies at the University of Maine. “For me, being at the yard is calming. Often the projects that we are working on are sort of solo tasks, so that even though there is a camaraderie of being at the yard with friends, you can easily slip into a quiet Zen.” Laughing and speaking over the sounds in the yard, “There is a cacophony of noises -- the hiss of gas as someone welds, the quiet squelching of painting, the abrasive whining of grinding wheels, pounding, needle scaling and riveting. But in this, my brain finds peace.”

Hanna, a Virginia native, is a PhD candidate studying earth and climate change. Her work is concentrated on ice cores collected in 2013 from Mt. Hunter, Alaska. “My research is focused on examining historical volcanic eruptions preserved in the ice cores.” Hanna says her work is quite fragile and intricate, “All of my studies are focused on hands-on use of instrumentation.”



Kerri Davis, Kendra Glueck, and Hanna Brooks.

So, when she is hammering away on the 470, this offers a new venue of learning. “Working on the train restoration is teaching me many new skills. Some of these skills, such as patience, are directly applicable to every aspect of life! Others, such as hot riveting, are novel. One skill that I am learning that will be directly transferable to my career is maintenance and repair of small instruments.”

Another woman who grew up with a train-nerd dad is Kendra Glueck. “My father took my brother and me to trolley museums and we rode trains in England, Japan, and Russia.” Kendra’s dad, Richard Glueck, founded NESCo specifically to purchase and restore the 470 and she has been hooked, “My favorite train is the steam locomotive, also called the Iron Horse.”

The Winterport native has a varied background, including anthropology and pathology, and she currently works as a forensic anthropology assistant and an executive assistant at a credit union. Yet, she has found time over the years to fit in the locomotive restoration project, keeping it in the family. “For the first eight or nine years of its inception, my father poured everything of himself into the project. Other members I have worked with see it as a passion. The volunteers are giving a part of themselves to the restoration and keeping Maine history alive. It’s quite noble.”

Kendra’s primary task has been fundraising for the restoration project, as the price tag is as large as the locomotive. To date, between in-kind donations and the volunteers some \$500,000 has been invested in the restoration of the 470. Leverett, a retired machinist from Cianbro, is now leading the restoration project also as mechanical officer for both the Downeast Scenic Railroad and NESCo. He contends, “Raising money is what is going to drive the finish date of this.”

To learn more about MEC 470’s restoration, visit: <https://www.newenglandsteam.org/> and <https://www.facebook.com/MCSL470Restore>.

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The Intuition Process

Margo Kellar and her art journey to find peace

BY ABIGAIL NELSON



There is a unique feeling that washes over the soul when completely immersed within nature. Its beauty and awe overtake the senses and leave in their wake a notion of peace, sometimes of smallness, but mostly of wonder. For some, nature is where they turn when their soul needs to breathe and rest. This is true of Portland-based artist Margo Kellar. Although creative since a child, Margo did not always pursue her talent in art. For over 30 years, Margo worked as a nurse in the neonatal intensive care unit at Maine Medical Center in Portland before retiring in 2020. It was there that Margo fulfilled a need inside herself to help people and to be a strong but also friendly and kind advocate in their weakest hour.

This job, combined with the social and political climate of our world today, began to wear on Margo's soul. The stress she was feeling continued to affect her mental and physical health to the point where she knew she needed to do something. "I thought to myself 'there is so much turmoil and chaos in the world and there is so much turmoil and chaos in my job, no one else is going to make me feel better except for me.'" Margo said. This led her to seek out how to rekindle a childlike sense of wonder, innocence, and joy. In 2017, Margo began harnessing the feelings of peace and wonder from nature and using them to create mandalas straight from the earth to inspire, but to mostly find a sense of peace within herself.



“One day I went out to the woods in the fall and the colors on the leaves were amazing. I just needed peace and quiet,” Margo recalled about her first mandala creation, “I just started gathering leaves. I don’t know what made me do it, I can’t explain it. But I would clear a space in the woods and get my hands dirty. I would find the earth.” This act of grounding moved something in Margo’s soul and lifted a burden she had been holding onto, bringing the peace she was looking for. After clearing a space about 2 feet in diameter, Margo began to place leaves and other raw materials she had gathered within the circle. Before she knew it, the mandala had almost created itself. This fiery sphere in the middle of the woods ignited a passion that Margo has fostered to this day.

Chasing that sense of peace, Margo began to regularly create mandalas on the beach, in the woods, on a stump, in a flower pot, or wherever she felt called to be. “Sometimes it just gets me and I can’t get away from it.” she said. This overwhelming urge to create is often tied to the changing of seasons or the new moon and full moons. “It’s like this innate intuitive thing. I don’t want to sound like a mystical person, because I’m not. I am very grounded and I like being able to trust my intuition.”





Margo hopes that her work will bring the same sense of peace and childlike wonder that she feels when she is in the dirt creating each piece.

Margo's work is always spontaneous, unscripted, authentic, and real. She never predesigns a pattern or goes into nature with a plan. "It is an intuitive process and I can't deviate from that. I won't deviate from that," she said. Occasionally, however, Margo will come up with a color theme and gather materials revolving around that. She takes her time, delicately placing materials in the circular pattern, taking a step back to investigate where her eye is drawn, and then goes back in for more detail. Margo is never going for perfection or permanence. Her work graces nature's floor for only a day or two before getting swept away by the tide, rained on from above, or taken in a brisk wind. And that is just how Margo wants it.

Her materials vary depending on the season. Once all the color has faded from the summer and autumn, Margo searches

for what else is available in the wild that is equally magnificent and beautiful. "I think that's what I like, is to try to make something beautiful out of something that is decaying," Margo said. However, Margo's favorite materials are flowers. Whether gifts for her or from herself, Margo uses the flowers as a memento, a way to memorialize an event or feeling. She leaves her work behind for others to enjoy. "I can't be the only one who feels like this," she said about needing space to pause amidst the chaos. She hopes that her work will bring the same sense of peace and childlike wonder that she feels when she is in the dirt creating each piece.

After completing a mandala, Margo takes a photograph and then posts to her social media. The support for her work grew and grew until she officially created a business, Margo Kellar Art, in 2019, although starting a business was never part of her original plan. As of right now, Margo sells calendars, cards, and canvas prints, all featuring her mandalas. In addition, her work was recently featured in an exhibit at Maine Medical Center from June to December. This winter she is hoping to begin to paint watercolor mandalas to add to her collection of work, as well as creating a website to further display her work.

"I did not choose the mandala," Margo said softly, "I think maybe subconsciously it's just a symbol of unity and wholeness. It brings together something beautiful and whole and then it disappears."

For more art by Margo, follow her on Instagram @margokellarart or on Facebook at Margo Kellar. •



The Wedding

BY KIM MILLICK

As mother of the groom, I felt somewhat helpless. The young bride's dreams of her wedding day have never been mentioned. Her favorite colors can only be derived from the clothes she's worn, or jewels she's donned over the few years I've known her. Her birth mother died when she was a little girl and I have little contact with the rest of her family. The engagement has stretched over three years, with a concern by all it would never end. Aging grandmothers reminded us they wouldn't be around much longer.

Just 10 weeks ago, a wise uncle counseled the couple: The groom, born in the Year of the Dragon, and the bride, being from the Year of the Lamb, had only two Auspicious Dates when they could be blessed with good luck in marriage. The wedding date was set, and the venue chosen.... My place.

With no time to spare, invites were sent electronically. Save the date! In 2021, websites are individually created with the couple's history together and photos documenting their special moments. There's no need to move from your couch to find the bridal registry, choose the perfect gift, accept or decline the shower, the wedding as well, and select from meal options. Paper invitations followed as a reminder, bold red with gold lettering. Strikingly beautiful.

With the caterer confirmed and the tent ordered, it was just a matter of details...

The tent ordered, turned into two tents lashed together and the arbor, under which the vows would be said, was erected on a sunny warm Friday afternoon. Decorations with Double Happiness symbols hung from our doorway. Our side of the family, from hundreds of miles away, appeared at our door to begin the celebration and festive occasion with food placed and wine poured. Lighting on the tent and around the gardens were previewed and approved.

Then the rains came through the darkness of that night and into the next day. Makeshift gutters were hung where the two tents failed to stop the droplets dripping through. Decorations drooped with the weight of the water. Boxes of cutlery, centerpieces and preparations were staged under roof, while we waited for the weatherman's promise of clearing skies.

With the last sprinkle, the family, en masse, sprang into action, spreading tablecloths topped with lanterns, candles, and greenery. Coolers of drinks were prominently placed. As our Asian guests appeared, speaking Cantonese, Vietnamese and English, the bride and groom dressed in traditional Ao Dais: Rich red tunics with ornate lace and symbols covering matching trousers. But the Khan Dong wedding turban sat on her silky black hair like a crown. Her dark hair and perfect complexion competed with the red for my attention. She radiated beauty, but her happiness was just as prominent.

The groom stood under the decorated arbor looking away from her entrance until she was behind him and was ready. "The first look" is part of the Vietnamese tradition. She gently tapped him on the shoulder. He turned, reached for her hand and beamed at her. I read his lips as he said, "You've never looked more beautiful." And I saw, there was Double Happiness. •

ENJOY SOME MEANINGFUL TIME WITH THE MAN WHO WROTE "I HEARD THE BELLS ON CHRISTMAS DAY."

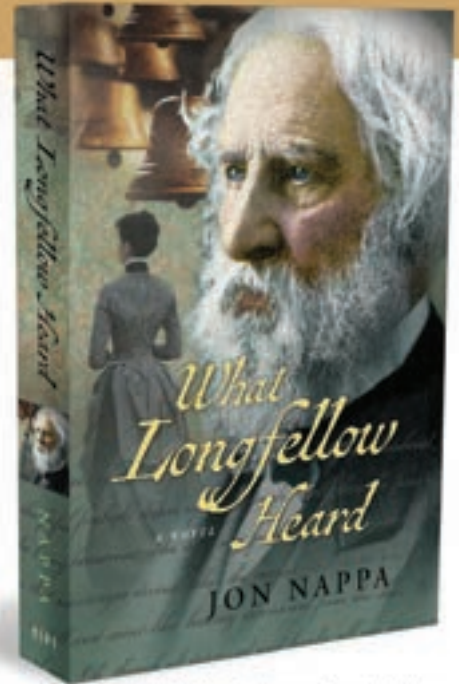
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Leslie Edwards has been a painting contractor on Mount Desert Island for 25 years. *Photo by Lynn Fantom*

How **LESLIE EDWARDS** Constructed the Life She Loves

BY LYNN FANTOM

Pull into Hammond Lumber in Bar Harbor and there among the oversized pickup trucks is another regular: a Jeep Wrangler, with 24-foot ladders hanging out the back. It's the “baby” of Leslie Edwards, a contractor who has been running her painting business on Mount Desert Island for 25 years.

The 5'2" blonde hasn't always been in the construction industry, though. A graduate of New England College with a degree in business, management, and marketing, she started

her career at a Philadelphia wholesale company, traveling back and forth to its New York City showroom and moving up the ladder to import-export director.

So, what attracted Leslie to the trades? It is a good time to ask. Staffing experts—as well as homeowners throughout Maine—know that the number of skilled trade jobs in the US is far outpacing the supply of qualified workers to fill them.

Women make up only 10.8 percent of those employed in construction, according to the Bureau of Labor Statistics.



Top: Leslie, here shown on the Inca Trail hiking to Machu Picchu in 2018, has a long bucket list of travel destinations.

Bottom: Leslie sells her crafts, including gourd birdhouses, holiday wreaths, and felted soap, on Etsy and locally.

Photos courtesy of Leslie Edwards

And when management, sales, and office positions are excluded, the fraction plunges to 3 percent.

However, if the trades were more welcoming to women, it could help solve the shortage, say 9 out of 10 tradespeople surveyed in 2021 by the homeowner service site Angi (formerly Angie's List).

Leslie's entry into this world—"I'm a woman in a man's world still"—came as she made Maine her home.

One of four children, she grew up in Princeton Junction, New Jersey, where her father was director of personnel at Princeton University and her mother a paralegal. "But the second he came home every night, he dropped the coat and jacket and was in overalls, heading out to the barn," Leslie says. The family had a two-acre vegetable garden, a two-acre corn field, tractors, 100-plus chickens, pigs, a goat, and dogs and cats. Leslie's favorite chore was to collect eggs from the chicken coop in the darkness of early morning.

Every summer, the family took vacations, camping in their pop-up trailer throughout the US. "Our favorite place was Maine," she says. "We all said we would live here someday."

When Leslie moved to the Pine Tree State in 1990, her sister was already here. Leslie began working at a Bar Harbor retail business that was pioneering fast-turnaround photography for whale-watching tours. She immediately put her business skills to use, doing everything from hiring and payroll to customer service.

But, in the winter, after the Acadia National Park tourists left, she worked for a painting contractor. Although she had tackled personal painting projects in the past, she zealously mastered new technical skills: mudding and taping, window glazing, wall-paper removal, and staining. She had an eye for stain color, and the owner of the 125-year-old family business began relying on her. Her apprenticeship work later extended to other contractors, who taught her more about sheet rocking and detail work.

Then, after three seasons, she said to herself, "I can do this." She began booking small jobs on her own in the winter, while continuing to manage the summer photography business. Most everyone has a hard time cutting the umbilical cord to a steady income with an employer, especially when things are going well.

Leslie had an entrepreneurial instinct, though, and after 11 years in the summer retail business, she said, "I'm doing all this for everyone else. I need to start working for myself."

Leslie's Paint and Design now has 80 clients, all gained through word of mouth. She works with a "painting partner," whom she met during her first apprenticeship. Their services—including interiors, exteriors, pressure washing, tile, and sheet rock—book out a year in advance.

What makes Leslie's business different is her approach. She invests the time to consult with clients. "What colors make you sad and angry? What are colors you just can't stand? What makes you happy—the sky, the grass, the sunset, the leaves changing in fall?" Leslie asks questions like these and then returns to her clients with a palette of suggestions. "From there, I can see what they like. I see it in their eyes."

But don't think Leslie is strictly the designer and business manager.

Yes, she is up at 4 a.m., drinking coffee, preparing estimates, and planning jobs based on weather schedules. But then she's out to pick up paint and work side-by-side with her partner, Todd. There is a division of labor in the rhythm they have together, but both are sandpapering and priming, mixing and painting, moving furniture, and cleaning up.

"I do it all. And when we do exterior work, we're both up on the ladders, but I go higher," she says.

That means good balance. Manual dexterity, strength, and flexibility are also job requirements for a professional painter, who must repeatedly bend, kneel, reach, and twist. Lugging around 10-gallon cans of paint is the least of it.

But Leslie loves her work. She's not alone among tradespeople: 83 percent are satisfied in their choice of work, according to Angi's skilled trades report.

Her profession has taken her fascination with design and color to the gratification of seeing a client walk into a room and smile "because I've created a world they had been dreaming of...I don't just paint. I create an environment."

Although owning her own business can be intense, it has also given her more control over her life. She indulges in craft projects, grows spectacular dahlias, spends time with family, and travels. Her hiking trips have taken her to Peru, the Amazon, Portugal, Spain, Italy, and Scotland.

Leslie is inclined to tear up at the mention of her dog, who passed recently or certain family memories. Her Facebook posts and emails are full of sunflower emoticons. "I still love the fluffy, but I am also a little bit of a brute so that I can take care of myself no matter what." And maybe the most important part of that has been in creating a business that not only enhances the lives of others but also her own. •

SO, YOU'RE THINKING ABOUT THE TRADES?

7 Empowering Tips from a Painting Contractor

Leslie Edwards describes owning your own business as "creating your world the way you've wanted it." One aspect of that is to be "drama-free." Her advice reveals a path to make that possible.

Recognize how much you already know. Even if you are launching into the trades for the first time, your experience in marketing, accounting, and other business skills is valuable. Life experience, like being able to read people, is a real asset, too.

Invest in new skills. You can learn in vocational schools or apprenticeship programs; some trades require certifications or licenses. However you acquire expertise, you are preparing to deliver quality. When you do, word of mouth can drive your business.

Don't feel corralled into taking every job. Once you're established, you can pick and choose. "When you have an instinct that there will be a problem, cut it off at the beginning and say, 'Thank you for meeting with me, but I think you probably need somebody else to do what you want.' Then part ways," Leslie advises.

Anticipate some people may try to bully you. These days consumers are competing for contractors. A homeowner recently challenged Leslie's availability by asking, "Are you booked out because there's so much work and everybody's booked out or because you're good?" She says, "He seemed to be squashing me down so I would get to his job faster."

Make connections. This may mean stretching to be more outgoing than what's naturally comfortable. "When I was building my business, someone would see me in my paint gear and start asking questions. I'd immediately connect. That's when it starts rolling," Leslie says.

Keep pushing yourself. "You have to make it happen yourself because there's no one behind you pushing you. As a sole proprietor, you need to make your world happen," Leslie says.

Stay open to learning. Leslie primarily works directly with clients, but also supports two contractors. One recently suggested she try wipe-on poly for stair banisters and she liked it. Although she tends to prefer color, she just painted a room in her home white on white. "My client taught me that!" she says enthusiastically.



Robin, Charlie, Briggs, Hannah and Tyler.

KENNEBUNK OUTFITTERS

Fills Gap in Outdoor Adventure Retail

BY ROBERT COOK

Adventure Awaits.” This is the message that greets outdoor enthusiasts and athletes before they enter Kennebunk Outfitters in lower Kennebunk village.

This is also what the store’s owners, Charlie and Robin Buckley, want their customers to experience when they enter the renovated 1840 barn and explore the inventory of outdoor apparel, footwear, and hats before embarking on the next run, cycling tour, hike, or kayaking expedition.

The couple opened their new business last spring following two years of intense planning. They researched all of the brands they wanted to sell, the advantages of their location just outside of Kennebunkport, and their overall market share. Charlie’s 25 years of investment banking experience in Manhattan was advantageous.

“We felt like the town really needed something like this, a real activity hub,” Charlie said.

Until Kennebunk Outfitters came along, their customers would either have to trek to the Kittery Trading Post to the south or Cabela’s in Scarborough and the Maine Mall in Portland to the north. By bringing sought-after, high-quality brands like

Patagonia, Smartwool, Prana, Vuori and many others closer to the Kennebunkport area, Charlie and Robin believe they have filled a niche.

“We wanted to give something to people that would make their lives better,” Robin said.

The circa-1840 barn previously housed a number of antiques businesses, and was not winterized. The couple knew that once it was renovated with a design that would incorporate its rustic beams and features along with modern décor, it would be a welcome attraction in and of itself.

Robin had been working for Hurlbutt Designs. Her expertise, along with great input received from her mentor, Louise Hurlbutt, helped the couple come up with the right design.

To open as COVID-19 waned last spring was not an easy decision, but the couple felt confident it was the right time. “People were eager to get out and experience in-person shopping again. It was invigorating for people,” Robin observed.

“We had affirmation from the local community in just a matter of weeks,” Charlie said. Many of the brands they sell were also



Top: Great outfit for fun or play.

Bottom: Quality outerwear for you and your family.

very enthusiastic to partner with the new business because of its location, he added.

They also wanted to create a store that would be experiential in nature, and have staged a few community events. The couple works with other Kennebunk-area businesses such as Aquaholics, Maine Revolution, Mainely Bikes, Coastal Maine Kayak and others that complement each other. Charlie also started a running club that began with eight people last spring and has grown to 20 runners.

“Our goal was not to take business that is already here, but to fill in what is missing,” Robin said.

As they transition from fall into winter, Charlie and Robin are busy adding apparel for cross-country and alpine skiing enthusiasts.

Opening the new store was a family affair. The Buckleys have three children: Tyler, 25, Hannah, a senior at Boston College, and Briggs, 10, in the fourth grade. The pandemic allowed the family to live under the same roof again when the world shut down in 2020. Tyler was able to work his sales job from home. Hannah continued her college studies remotely and Briggs was participating in a hybrid model.

“The kids played a huge role in starting this business,” Robin said. Their daughter helped with purchasing women’s apparel and managing social media. Tyler created the point of sale system and managed inventory. Briggs helped out on the sales floor, demonstrating his knowledge on the sneaker wall and helping customers interested in fishing. In that sense, the pandemic was a blessing, Robin said, because it brought their family closer.

Before coming to Maine, Charlie and Robin were leading a completely different life in Bedford, N.Y. Charlie spent two hours a day commuting by train to and from Manhattan and traveling internationally for work. Robin stayed home when the kids were young, then owned and operated a custom drapery business, and went on to earn her master’s degree in literacy. She taught at a premier school for children with language-based learning disabilities.

Charlie and Robin discovered the area when they visited her parents, who had relocated to Kennebunk when her father became the lead pastor at the Sea Road Church. They purchased and renovated the Welby Inn, one of the historic bed and breakfasts in Kennebunkport, where they spent summers prior to their full-time move.

Three years ago, Robin said, they decided to live in the Kennebunks full time. In many ways, the Kennebunks reminded the couple of their hometown, Warwick, N.Y., a community known for its dairy farms and apple orchards.

“It was like stepping back in time” when they moved to Maine, Robin said.

They have been married for 25 years and have been together since they became high school sweethearts, Robin said. Charlie was a senior and she was a junior when they got together. After they attended separate colleges, they later married.

When asked if she ever thought she would be doing what they are doing now, Robin replied, “I never imagined us working together. I never imagined working in retail. I still can’t believe we get to live and work in this beautiful place!”

Their decision to open an outdoor apparel store made perfect sense. Charlie and Robin are passionate runners who enjoy playing tennis, hiking, and cycling. They are currently not doing any e-commerce, but Charlie said they will ship items to customers upon request.

To learn more about Kennebunk Outfitters, please visit [@kennebunkoutfitters.com](https://www.kennebunkoutfitters.com).



FIND A
MOOSE
WITH ME!
A
COUNTDOWN
ADVENTURE

Meet Local Author
Stephanie Mulligan

How to Catch a Keeper!
by Stephanie Mulligan

McLara Books

My Maine
by Suzanne Wisby Jones
Illustrated by Sarah Farn

HOW TO TAP A Maple!
by Stephanie Mulligan

FIND A MOOSE WITH ME!
A Countdown Adventure
by Suzanne Wisby Jones & Ashley Walley

How to Catch a Keeper!
by Stephanie Mulligan

Stephanie Mulligan

Publisher Extraordinaire

BY MARY FRANCES BARSTOW

Maine has many women entrepreneurs. I was so impressed with Stephanie Mulligan. She is a woman who had a dream, who tapped into her many talents to become a publisher of children's books. She resides in Maine with her former Patriots player husband and three children. She has excelled at making her dream a reality. She persevered and didn't rely on traditional paths, and she created her own path, which has led to her success.

MARY: Tell me about you. You grew up in Maine?

STEPHANIE: I grew up in Otisfield. My parents discovered Maine when Dad was stationed in the Navy in Brunswick, so I'm a first-generation Mainer, and I am very proud of that. I went to Oxford Hills High School and then the University of Maine, and I have a degree in elementary education with a concentration in English.

MARY: Your husband is a Mainer as well?

STEPHANIE: We actually graduated the same year, but we did not meet. We met two years later in Boston at a charity event that I had been attending for about five years before I met Matt.

MARY: When you met, had you started your business?

STEPHANIE: No. I started McSea Books two years ago in March.

MARY: Only two years ago?

STEPHANIE: Yes, with my self-published book, *How to Catch a Keeper*. It all started in my sophomore year of high school. I'd drive down to Portland and work on a boat called the *Lucky Catch*, which I talk about in my book.

MARY: You worked for them?

STEPHANIE: Yes, for eight years. And the book is based on a day out on the *Lucky Catch*.

MARY: What was your job?

STEPHANIE: I was a tour guide. We would take people out and teach them all about lobstering and the history of Casco Bay. I had accrued enough hours of driving to go for my captain's license. I didn't do that. Instead of that, I wrote the book.

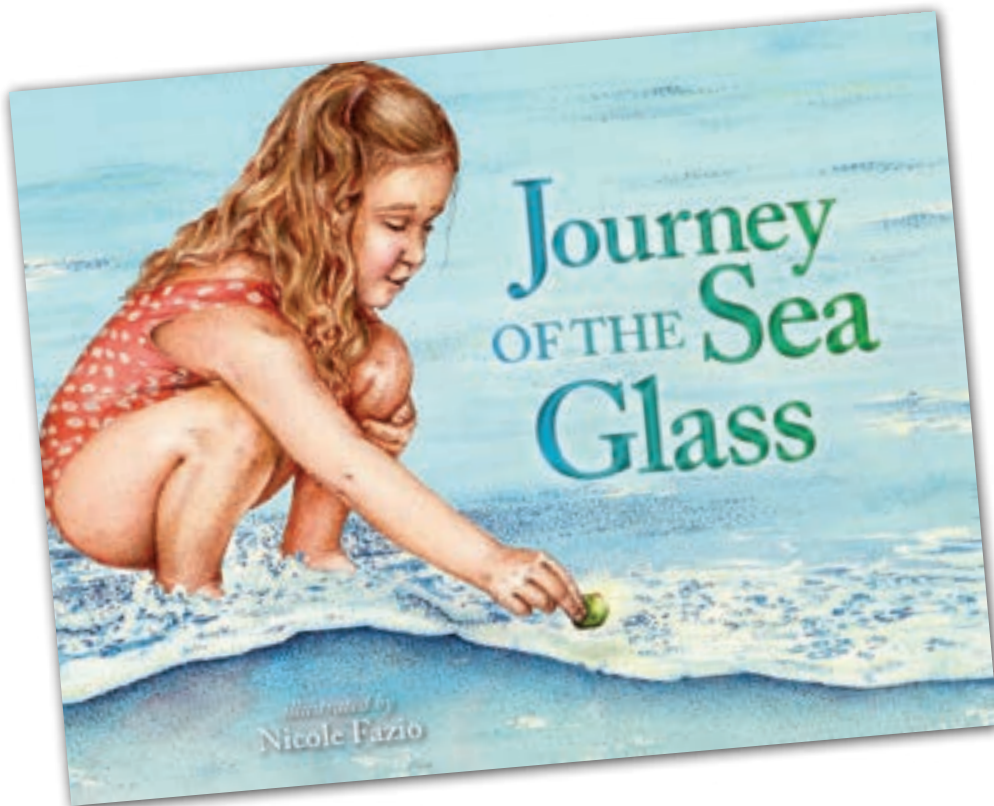
MARY: Your adventures there encouraged the book?

STEPHANIE: Well, I loved my job. I grew up in Otisfield. And so, being in Portland and meeting people from literally all over the world, I just relished it, because ever since I was a little girl I loved meeting people and I would talk to complete strangers. I would just go up and start conversations with them. I wanted to know their story. That's just how I've always been. So, working on the *Lucky Catch* and meeting people from all over the world ...

MARY: It just fit.

STEPHANIE: Also, they put me on the street ... which sounds funny ... but I would be dragging people in to get on the boat. If there was a spot that needed to be filled? I was





out there. And I guess that also has to do with marketing, in a way.

MARY: It very much has to do with that.

STEPHANIE: I loved my job.

MARY: Then you wrote a book when you stopped working there?

STEPHANIE: No, I was still working there. I wrote the book in my early twenties. I was just out of college and I remember I just came home one day and thought, "Somebody's got to write a book about this."

MARY: Then you wrote the children's book?

STEPHANIE: Yes. I came home one day and I got out a spiral notebook and it just came right out. I just wrote it all out and I thought, "That's pretty good." It was in rhyme. And then it was just there, and I'd bring it out once in a while and make some changes. But basically, it was just there. And then -- it was 2012 or 2013 -- Matt was playing for the Patriots and I submitted the

book for publication. We'd had our first child, Clara. I'm like, I'm just going to submit it to some publishers, including Down East Books and Tilbury. And it was a no, so I didn't go any further. I wasn't even upset about it. But then in 2015 I connected with a local wildlife artist here in Lincoln. She lives down the road and she said, "Well, I've always wanted to do a children's book," and she worked on illustrations for three years.

MARY: You have a lot of patience. So, you self-published this book?

STEPHANIE: Yes. I had it printed. I went with J.S. McCarthy in Augusta. And I realized that it might have a chance when I went into a bookstore in Bangor and the owner said, "Oh, this doesn't look self-published."

And then my husband and Joan, my mother-in-law, took the children one day and I drove from Lincoln all the way to Bar Harbor and I stopped at many places on the way and presented the book to about 15 establishments. And most of them took it.

MARY: Did they buy it or did they agree to display it?

STEPHANIE: It was a lot of consignment at first, but I pretty much sold out of almost all the 2,000 copies in less than six months. So that was a good sign for me.

MARY: How did you get to be your own publishing company?

STEPHANIE: I was talking with my friend Suzanne Buzby Hersey. She wanted to focus on selling her *My Maine* and her *Little Beach Books*. She said, "What do you think about taking over Little Beach Books?"

MARY: All of a sudden, you're an author helping another author to sell their books?

STEPHANIE: To publish it.

I had postcards made. We hand-picked stores and gift shops pretty much all across the country, mainly in the 19 states that have moose, because her book was about moose. We created Google docs. We'd be sharing these Google docs, putting these gift shops and everything on there. My mom helped, too. We hand-wrote all these postcards and then I would call places and just organically (it happened). Literally emailing, calling and writing.

MARY: That's amazing!

STEPHANIE: It was so crazy. But this was during the pandemic. This was when everybody was home and only the bookshop owners were in their shops.

What else was there to do? I sent out about 1,000 postcards, and it's still getting into stores. One store in Alaska, it's called The Blue Moose, are still reordering from me.

MARY: How many books do you have at this point?

STEPHANIE: We have five and then *Maine Christmas* is coming out. That will be six. Then *Just a Kid from Maine* that my husband and I wrote, that's coming out soon. And *Journey of the Sea Glass*. We have eight out right now.

MARY: Is it profitable yet? It's only been a couple of years.

STEPHANIE: I'll just say we're getting there.

MARY: Your husband was a football player? He played for the Patriots.

STEPHANIE: He played for 10 different organizations in the NFL, and one of them was the Patriots.

MARY: He doesn't play football anymore?

STEPHANIE: No. He hasn't played for four years. He played for nine years in the NFL. He's an assistant pastor and he is the strength coach for the University of Maine Black Bears football team.

MARY: You're really the quintessential entrepreneur.

STEPHANIE: Thank you.

MARY: What is your dream?

STEPHANIE: That's an interesting question because I can't even believe where we are right now. Some days, I'm still in shock. I want to continue that, but I also want to continue making quality children's literature. I'm not really sure where we're going, but I feel like we're going somewhere.

MARY: You're going down the path that is in front of you. You just don't know where it's going to lead.

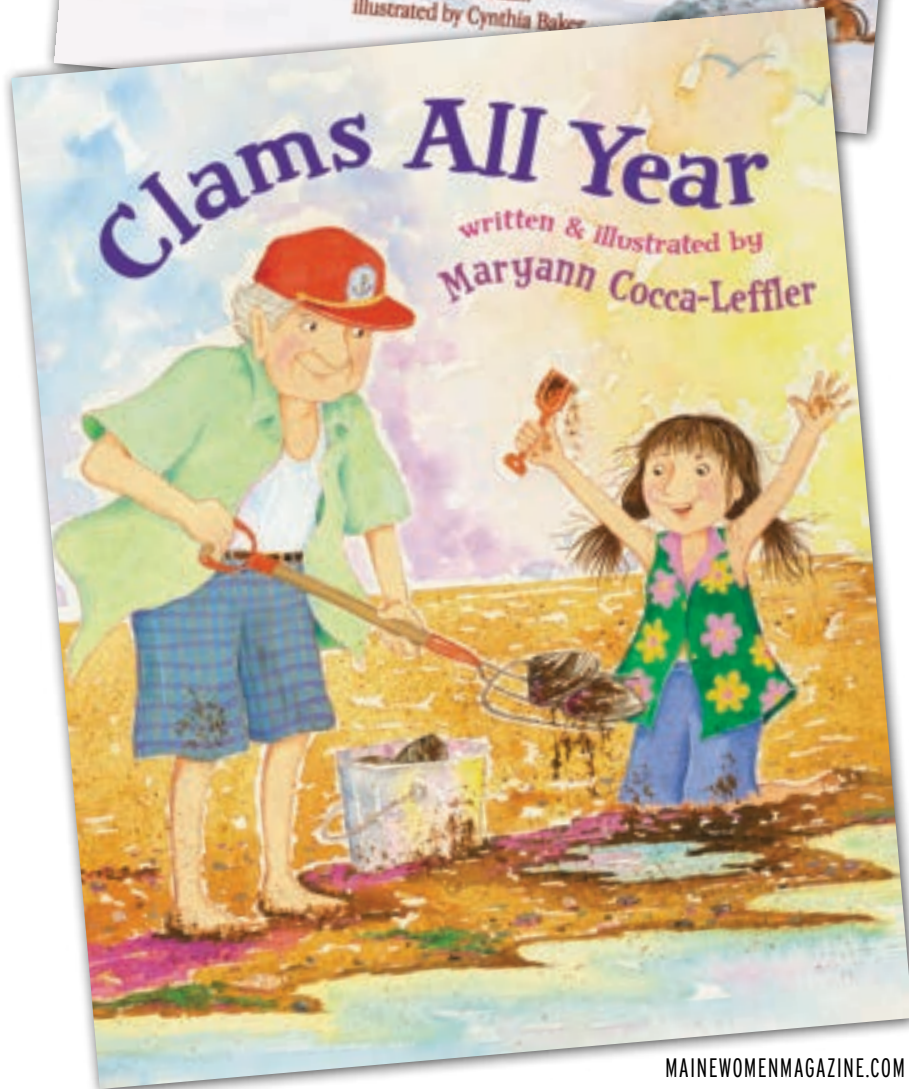
STEPHANIE: I don't. Then I'm thinking, because my friends keep telling me, "You know, Steph, you're going to be really big."

MARY: You do just children's books so far?

STEPHANIE: Picture books for now, but we have our first middle-grade novel coming out in the spring and it's called *Heart Stones*. It's by Maryann Cocca Leffler.

MARY: That's a big seller.

STEPHANIE: We're actually re-publishing her book *Clams All Year*. I think you'll love that one. She's Italian. It's about her grandfather teaching all





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the grandkids how to dig clams, like my dad taught me about digging clams.

MARY: Can you continue without going through the channels of the national distribution people?

STEPHANIE: We work with a very small, family-run distributor in Keene, New Hampshire—Pathway Book Service. They're very, very small, but I love them, and it's just, every time I call, somebody answers. I actually get to talk to somebody.

MARY: That's important.

STEPHANIE: Oh, and I wrote *How to Tap a Maple Tree* after *How to Catch a Keeper* was published. I had no intention to write another book, but everyone kept asking, and my mother-in-law started sending me photographs of my two older children doing maple syrup with my father-in-law.

In the first book, there are two kids with their dad and they are going lobstering. So I was like, "How to tap a maple?" It was right there! And my mom asked me how I wrote it so fast. I told her it's just because I was writing about the process. I'm not an expert. I was just writing about your average backyard deal with tapping trees.

And then the Governor's Office left me an email recently asking, "Can you overnight your book to the Blaine House? The governor is interested in reading your book." And then they were including the book and gift baskets for special guests.

MARY: That's quite a compliment.

STEPHANIE: And Con Fullam, he's the composer of the Maine Christmas Song? I reached out to him about a year ago and asked him, "Can I turn your song into a picture book?" Now I'm going to have that in my hands in a couple of weeks.

MARY: You have such a wonderful story, and I've enjoyed meeting you!

STEPHANIE: I know. I feel like we're old friends. •



MCSEA BOOKS

Misty Coolidge

Entrepreneur, Volunteer, Family Person, and Mrs. Maine

BY ROBERT COOK

You may know Misty Coolidge as a New Gloucester entrepreneur, a passionate volunteer, and a dedicated mother, who along with her husband is raising their three children. She is the owner of not one but two businesses, a wedding venue named Coolidge Family Farm and Maine Mixologists, a mobile bar service. In January of this year, Misty was awarded the title of Mrs. Maine 2021. In July, she had the opportunity to travel to Omaha, Nebraska, to compete for Mrs. USA 2021. It was there that she was crowned the United Service Ambassador.

The title came as a surprise to Misty. “Honestly, I didn’t have any idea. All the women were equally deserving. They are all so kind and generous with their time in their communities,” Misty recalled. When her name was announced, Misty was proud to be winning a national title, “You just feel honored to be standing with the other women, and sharing that spotlight,” she said.

Misty said she was crowned with a borrowed crown because the business owner who provides new crowns for the pageant was stricken with the COVID virus and was not able to provide new crowns in time.

After spending several hours conducting a wedding at Coolidge Family Farm Monday, Aug. 2, Misty received a wonderful surprise. “I got home around 11:30 p.m. I unpacked my van and let the dogs out at 12:30 a.m. I got the mail, and I saw the box. It was the crown from the director, and I screamed! I wore it all night. I sat in my office and wore it while I was working all morning,” Misty said.



Photo courtesy of Misty Coolidge



Misty was awarded this title because of her steadfast commitment to community service. She volunteers at the Good Shepherd Food Bank in Lewiston/Auburn to fight food insecurity, an issue that she has experienced first-hand while growing up in Fairfield. She remembers what it was like when she was a child and her family struggled to put food on the table while many of her friends often received money from their parents to go and buy whatever food they wanted.

“There is shame that comes with that,” Misty observed. “I want to inspire people, especially kids, and show them they can rise above those circumstances and live a better life if they choose.” Winning this national title will enable Misty to do a great deal of traveling across the U.S., as she has been invited to attend fashion shows and events to represent different designer brands, while using her status to be an advocate to fight hunger wherever she goes.

Top: Misty being crowned. Bottom: Misty volunteering, pre-COVID-19. Photos courtesy of Misty Coolidge

Misty plans to visit Feeding America food banks to help the fight against food insecurity. There are as many as 600 of these food banks, which include the Great Shepherd Food Bank here in Maine.

On Sept. 11, she traveled to New York City to walk on the runway at New York Fashion Week for three designers, including That's My Dress, The Parachute Goddess Project, which makes skirts out of old parachutes, and Venturini Couture. *Super Models Unlimited Magazine* in California reached out to Misty and asked if she would be interested in walking in the 21st anniversary runways show in Hollywood on Oct. 9. While in Hollywood, Misty volunteered at a local food bank. In November, she went to Las Vegas for a wedding convention show and volunteered at a food bank there as well.

She planned to choose two different states in December to visit and volunteer in. Her husband, Peter deBear, works for American Airlines at Portland International Jetport. Misty said she will be able to utilize free air travel to make her mission even more possible.

Misty explained that her journey to becoming the United States Service Ambassador began last winter when she began to research different pageants. When she found the Worldwide USA Pageant, it appealed

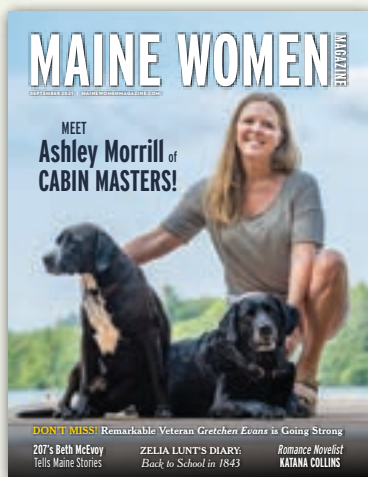
to her. It was open to women of different ages and body shapes. It also placed an emphasis on the contestants' commitment to community service to make a difference in the lives of others.

She was coached by Crystal Cavey of Illinois, who is the reigning Mrs. Galaxy and has won nine titles. Crystal helped Misty pick out the right wardrobe to wear during the pageant and hone her interview technique. "It's kind of like politics. It's all how you answer your questions. Having run for office twice, I know that to be true," Misty said.

Misty learned that contestants have to work as hard as they can to win "from the time you get on the plane to the time you fly home. . . We are judged on our overall qualities, especially the confidence and how you carry yourself as a person and your grace. You have to show that you can carry yourself well and represent this national system over the next year," Misty explained.

Misty plans to run for Mrs. Worldwide in July 2022. She will start training for that pageant in January.

When asked why she chooses to compete in pageants, given the fact that she has a husband, three young children, and two thriving businesses, Misty replied, "I love the doors that holding a title opens for you. Look where I came from and look what I am doing now." •



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The advertisement features a large photo of the 'Autowerkes Maine' building, which is a modern, white structure with a large arched glass entrance. Above the building, the text reads 'European Auto Service' and 'AUTOWERKES Maine'. Below the photo, the main headline says 'Maine's Premier European Auto Service Facility'. Underneath that, it says 'The Dealership Alternative' in red. The text continues: 'We Confidently Repair Even the Absolute Newest Cars' followed by a list of car brands: 'BMW • Mercedes • Audi • Porsche • Volvo • Mini • VW'. The address is 'US Route 1 Freeport, Maine' and the website is 'www.autowerkesmaine.com'. A large phone number '207-865-6600' is prominently displayed. At the bottom, it says 'Servicing Finer European Cars With Personal Regard'. There are logos for 'DINAN' and 'BOSCH SERVICE' at the bottom.

Grampa's Garden

Building Community Through Comfort

BY EMILY DUNUWILA



Jacqui Painchaud

“I was known to take headaches away forever,” Jacqui Painchaud remembers of her days as a physical therapist. Jacqui was a pain relief specialist, using holistic healing methods, like craniosacral therapy, to help clients resolve chronic headaches. Nearly thirty years later, she integrates her knowledge of the body into her well-loved company, Grampa’s Garden, a leading manufacturer of therapeutic products. The company’s unique products, like weighted washable blankets and weighted wearable stuffed animals, are used in hospitals, homes, and hospice facilities across the country. The Grampa’s Garden Sensory Adventure Spa in Brunswick offers a relaxing space for community members to grab tea and unwind. As the weather turns colder and the days become shorter, Grampa’s Garden products offer a comforting solution for people of all ages. With a mission to serve the therapeutic needs of the public, Jacqui and her company can help us all stay a little less stressed during this pandemic-era winter.

Though she had originally dreamed of starting a health food store, Jacqui quickly changed her mind after a friend and soon-to-be business partner gifted her a quilted therapy pack for Christmas. “You just gave me the best present!” Jacqui remembers telling her friend, “We need this kind of therapy, and I know what we’re going to do for our business now!” Having worked in the medical industry for years, Jacqui was tired of the toxic, dangerously hot hydrocollator packs that were standard tools for therapists. After a quick patent search to see what products were available, Jacqui decided to act on her business idea. Within a few months, she and

her business partner had started to manufacture and market Grampa’s Garden weighted washable therapy packs. The product has since morphed into weighted vests, lap pads, body shawls, blankets, and other unique, non-toxic solutions to treat anxiety, stress, ADD, autism and other sensory integration issues.

Jacqui remembers taking the products on the road to shows, paying close attention to the feedback of consumers. She used her fluency in the medical industry to connect with hospitals and medical sites around the country. Grampa’s Garden weighted washable blankets have become a well-loved product at children’s hospitals like St. Jude’s, Boston Children’s Hospital, and Colorado Children’s Hospital, to name a few. In addition to children, older patients living with dementia and Alzheimer’s disease find relief under the compressive warmth of the weighted products. With blankets ranging from 5lbs to 25lbs, the lighter weight blankets are used in hospice facilities. Jacqui most recently connected

with an organization supporting victims of human trafficking and abuse in Las Vegas. The group will use Grampa’s Garden products in their new healing arts center. With seventy percent of their sales in large hospitals, and products sold both nationally and locally, it’s no wonder that Jacqui and her company were named as one of Maine Biz’s Top 10 Women in Manufacturing for 2021.

Whether dealing with chronic issues or short-lived pain, people of all ages have found relief with Grampa’s Garden products. “My husband just finished 44 rounds of radiation treatment” one grateful reviewer shares, stating that the body shawl “helps him deal with the aches and pains.” Chronic pain can be very disruptive for sleep and mental health, so having non-opioid pain management strategies can impact daily life in proactive and sustainable ways.

Another reviewer calls her weighted blanket “remarkable,” saying that “it helps me sleep and seems to reduce my pain from fibromyalgia.” For children with sensory integration issues, weighted products help them to cope with hypersensitivity. One parent writes that the lap pad helps her daughter relax during therapy sessions, while another parent testifies that her daughter uses her weighted stuffed animal to “calm herself when she has sensory overload.” Other customers praise the essential oils products for helping them breathe more easily, relax and sleep through the night. Jacqui herself loves the roll-on essential oil blend, Relieva, which combines wintergreen, clove, peppermint, and lavender for aromatherapy and pain relief. “When my neck gets tight and achy, I’ll roll it on,” Jacqui says.

Crampa's Garden



Photos courtesy of Jacqui Painchaud



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While the company has a national reach, the Sensory Adventure Spa in Brunswick caters to the local community. “Our store is a small imprint of what we do,” says Jacqui, who entrusts her brother, Michael Painchaud, with managing it. Michael had a vision for a gathering place that integrated the healing arts, therapy products and comforting drinks. Visitors can curl up in a corner with a book and cup of tea, enjoy a chair massage session, or browse the many items for sale. With its proximity to Bowdoin College, the store is a popular spot for student study groups and Friday night music sessions. There are also family events, like Storytime, where parents can sip tea while their children relax with a body shawl and listen to the talents of a local storyteller. “People come into the store and want to offer what they do,” Jacqui says, highlighting the store’s openness to local talent and community-inspired events.

In addition to the company’s classic items, Grampa’s Garden has exciting new products on the market. Their mini body shawl is a calming weighted comfort for children as young as two years old. For folks with carpal tunnel or Reynaud’s phenomenon, the adjustable wrist and hand wraps offer thermal compression for either or both hands. “You can type, read a book, and be mobile with it,” Jacqui says of the new product, which can even benefit people before or after surgery. As the winter season approaches, the immune essential oil blend and aromatherapy spray are healthy essentials. These new products can be found in their November catalogue, on the website, or in the Brunswick store.

As a physical therapist turned entrepreneur, Jacqui brings her passion for healing into both her products and her client relationships. She and her team cater to the diverse and changing needs of large hospitals just as well as the local community members who come to enjoy the Brunswick shop. Her consumer-driven approach is also evident in the evolution of her products, which stand out in the competitive self-care market. With the holidays behind us and the cold weather setting in, consider Grampa’s Garden a gold mine of self-care solutions that can help make pandemic-era life a little less stressful.

Learn more about Grampa’s Garden online at www.grampasgarden.com or stop into the shop at 146 Maine St. in Brunswick. •

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The Art of Letter Writing

BY CANDICE J. DALE

My parents first began writing letters to me when I headed off to college in 1969, the same year that they had retired from a long and rich military career raising three children in three Middle Eastern countries and Italy. Their letters arrived once or twice a month and continued on through my graduate studies in England, my early marriage and childbirth years, my divorce, and later my remarriage. Their letters reflected their keen interest in my work as a federal grant writer for the city of Concord, New Hampshire, and later as a humanities teacher living in a secondary boarding school in the same New England city.

I have saved some ninety letters from each of them written to me right up until they reached their mid-eighties. Now in my own recent retirement, I have found the time reread them. Sometimes I have laughed out loud at my mother's funny stories; other times I have wept, remembering a painful moment long forgotten. They often offered thoughtful advice as I grew from a feisty young woman to a hectic working mother to a dedicated but weary school teacher. And from time to time, they expressed concern for me or my decisions, but always I felt a deep, nonjudgmental love in their words.

When they weren't talking about my life in these letters, they offered vivid descriptions of their adjustment to a quieter retirement life in a newly constructed two-bedroom stucco home within a gated community called Leisure World in southern California. After living mostly in urban apartment buildings around the world, they expressed delight with the opportunity to decorate their own home, to plant a colorful garden full of geraniums and bougainvillea, and to explore nearby restaurants and shopping malls. They were making new friends in a safe, welcoming neighborhood just up the hill from Laguna Beach and far from the bustling, dusty streets of some of their more challenging military assignments.

My mother, always more social than my father, began volunteering at a local hospital gift shop and a neighborhood thrift store. My father kept to himself at home, carving redwood animal sculptures, a talent he had first explored as a young man making furniture. He also wrote short stories and poems about his childhood days riding the San Diego trolley, a frightening moment on a ship anchored in the waters just off the shores of Iwo Jima, and a car breakdown in a small village on the outskirts of Tehran, where he had been sent to map desert territories in pre-satellite days. My mother read Agatha Christie mysteries and loved her new, unlimited access to evening television shows like *Bonanza* and *Gunsmoke*. Living overseas, we never had TV access. My father devoured the *Los Angeles Times* each morning and read contemporary fiction. He liked to share his reactions to both the news and the novels in his letters to me.

My mother wrote to me on colorful museum cards with a flowing cursive, dating the letters "Sunday afternoon" or "Thursday morning." When I reread her notes, it took me several paragraphs before I could discern what year it was. My mother, a beautiful woman with dark hair pulled tightly back into a bun, dressed elegantly and was generous and kind to others. She managed my father well: ironed his boxer shorts, explored *Good Housekeeping* recipes for new casserole ideas, and listened quietly during the Walter Cronkite evening news hour. She was the ideal 1950s housewife—educated, but not argumentative or chal-



lenging. She turned to my dad for advice on voting choices during national elections or for reactions to the changing social climate of the 1960s. They were both Republicans with strong family values. We did not talk about homosexuality or abortion rights in our home. As my sister and I grew up, she urged us to sit gracefully with our legs crossed, to respect our elders, and to “save ourselves” for our future husbands. If disagreements arose at the dinner table, my mother quickly changed the subject. She balanced the home life across the oceans by boiling our drinking water, mixing Nestle’s Quik with Carnation powdered milk (which made it barely drinkable), and figuring out how to find fresh foods in the local markets. We could only purchase a few American grocery items overseas (Cheerios, flour, sugar, coffee) from the military commissaries.

My father’s letters were, on the other hand, written on 8 ½ by 11 white paper in black ballpoint ink, usually in print rather than script. He announced the date and year on the top of first sheet and never wrote on the back side of the paper. My father was a handsome, soft-spoken man with a full head of black, later silver, hair. He listened closely to people’s stories and loved playing Frank Sinatra, Nat King Cole, and Kingston Trio records on the family phonograph. Despite his charming disposition, he was not a patient man and never seemed quite comfortable with young children, even his own grandchildren. We three children experienced his harsh temper when we acted out. As the youngest of three, I knew when to disappear or hide when I had crossed the line. I learned quickly what not to do by watching my older brother’s and sister’s mistakes. I was perhaps the child closest to my father, and I cherished him.

Some ten years after my parents’ retirement to California, they began to struggle to find meaning in their long marriage. We three children were well launched in careers miles away from them, each with a growing family of our own. When I first read these particular letters, I was filled with sadness. Even in rereading them now, I can feel my father’s anguish as he shares with me that he no longer loves my mother and wants more freedom. I can sense my mother’s vulnerability and growing devastation that my father might actually leave her alone after she had been such a dutiful, devoted wife and mother. I also see how stifled my father felt by my mother, who depended heavily upon him throughout the years for her daily routine and purpose. In my thirties then, I did not know how to navigate this new territory with my parents. While I listened and tried to be helpful, I fear that I had little patience

for their late-in-life drama and, in time, grew dismissive. I will never know why they chose me to confide in me—perhaps they thought me receptive, given my own earlier experience with divorce.

In the end, my father chose not to leave my mother. They soldiered on, living side by side in Leisure World without much affection and certainly no romance right up until the time of my father’s automobile accident sixteen years later. He failed to stop completely at a stop

sign, and a large SUV slammed into his car. At 83, he sustained multiple injuries to his chest, hips, and head and spent over a year in hospitals learning how to breathe, eat and walk again on his own. He never fully recovered, losing significant memory and mobility. He never read or wrote poetry or long letters again, and he remembered nothing at all about the accident.

When it became clear that my mother could not care for my father alone, we three children moved them north to a small assisted living complex near my older brother and his family. Within the first year after their move, my mother died unexpectedly. I never had a chance to thank her for all the wisdom and love she had given to me or to apologize for my insensitivities when she needed me the most. In time, my father moved to a nursing home—immobile, forgetful, and alone, unable to read or write much of anything. I have only one scribbled short note from him during this time period. By the end of his life, he came to call my mother an “angel” whenever I visited him; we never spoke of their earlier struggles. He died alone one afternoon when none of us was there to comfort him. For the past fifteen or so years, I have struggled with the sadness of my parents’ deaths; and yet, when I reread all their letters, I realize how much they each still live within me and how fortunate I have been for the love and full life they gave me. •



Photos courtesy of Jody Levy



Jody Levy

Healing Springs Eternal **at Hopespring Holistic Health Institute**

BY ROBERT COOK

It all began with a recurring dream. While Jody Levy was raising her two children and working in the corporate world, she kept seeing three things: a barn, a pond and a wellness center.

Her vision of helping people achieve complete physical, emotional and spiritual healing stayed with her – even when she experienced what could have been a debilitating condition that was potentially life threatening. Toward the tail end of 2020, a fully recovered Jody realized her dream – the Hopespring Holistic Health Institute in the small York County town of Alfred.

“It’s about inner transformation. Helping people to get to a place where they can really thrive on every level: physical, emotional and spiritual,” said Jody, who is now 60 and fully engaged in her new enterprise that just marked its one-year anniversary in December.

As people look to fulfill New Year’s resolutions in 2022 that revolve around living more complete lives, Jody wants them to know that Hopespring is ready to serve them.

Jody is originally from Bucks County, just outside of Philadelphia. During her 30 years in the corporate world, she

often mentored and counseled fellow employees.

“During that time, I had a strong yearning to support people,” Jody recalled. “At the time I did a lot of mentoring.”

Everything changed when Jody was diagnosed with Hereditary Angiodema – a very rare condition where the body starts to swell and cannot stop. “It was a very scary thing to happen at the time,” she said.

Jody was drawn to energy medicine to aid in her recovery. She received some training and used it to heal herself completely from this autoimmune condition. Her experience has inspired her to help people find their way to health and well-being using natural and holistic approaches.

When one visits Hopespring, it is clear that Jody found the very place she dreamed about. It is an oasis of healing tranquility that is conducive to achieve holistic healing of the whole person, mind, body and spirit.

“I set out to look for a property with a barn and pond on it and sure enough it found me,” Jody said. “The secret sauce for healing at Hopespring is the land and the water. It’s nature’s free medicine.”



Jody has also surrounded herself with a highly capable staff that consists of a medical director, mental health director, an integrative holistic nutritionist, holistic counselors, massage therapists, an acupuncturist, as well as a somatic ecotherapist who uses the natural beauty of Hopespring's 9-acre parcel to support healing outdoors. Her staff offers a complete suite of integrative medicine, holistic counseling, and mind-body practices.

She also wants her retreat center to serve people of all ages and backgrounds. In 2022, Jody wants to focus on supporting those groups of people who may be experiencing the greatest stress, such as veterans who suffer from post-traumatic stress disorder or teachers and healthcare workers who have had to endure the Covid-19 pandemic.

Hopespring will also offer deep-dive, inner transformational retreats that consist of three- to five days experiences that will include follow up support. She also plans to create a research arm, so they can document the power of their holistic treatment approaches, and show what works best for different conditions.

Each Friday, Jody offers a Zoom class at 10 a.m. that is complimentary, where she offers simple practices to help people to relieve their stress and anxiety. "When we restore the balance of the energy in our body, we feel better," Jody said. "It's never too late to change your life."

Part of her mission also involves education and awareness so that more people who normally do not seek out a holistic approach to supporting their health and well-being, will give it a try – especially if they have not been able to gain relief and comfort from traditional medicine.

"I work with people all the time where I help them understand that when you are going and going, with high levels of stress and don't refill your tank, your immune system suffers," Jody explains. "The good news is that we all have the inner capacity to heal."

"Once we understand the root cause of the issue, we can heal and find our way back to health and well-being," Jody believes.

First and foremost, Jody wants people to view Hopespring as a retreat center regardless if they come for a massage or





participate in a multiple day workshop on site. She encourages everyone who comes to Hopespring to make time to enjoy its wooded, tranquil setting or take time to quiet their mind at the pond. “It’s powerful medicine,” says Jody.

Jody, a holistic counselor and her integrative medicine staff offer the opportunity to meet together with someone for a comprehensive assessment in order to learn as much as they can about them, their lifestyle and their condition. They will then recommend a treatment plan to address all levels of their being, physically, emotionally, mentally and spiritually.

“The real value in what we provide is helping to support the whole person, since the mind and body are totally interconnected,” Jody said.

Helping people understand the root cause of their physical ailments is a very important part of the process, Jody said. For example, back pain is often not just physical. There is almost always an emotional component to it. Food is also a very important cause for inflammation in people’s bodies and is often a contributor to pain. Some of the conditions and issues they support include: anxiety and depression, autoimmune conditions, chronic pain, weight-related issues, women’s health, sleep-relat-

ed issues, cancer support, self-discovery and relationship issues.

“We also offer programs designed for those on a journey of inner transformation who are seeking to move beyond limitation and step into their most authentic self,” Jody said.

Jody said there is no cookie cutter approach. Individualized attention is paid to each person. “We welcome each person with an open-heart and offer care and compassion as we support them.”

“We journey with a person. We partner with them,” she said. “We teach people to be empowered so they can manage their well-being themselves.”

Jody leads many of the workshops and also supports people with holistic counseling and a range of mind-body practices. She earned a Master’s degree in social work at 56 and is a licensed holistic counselor. Jody also serves as the executive director.

While she wears many hats and works hard, Jody also maintains an important work/life balance. “I try to walk the talk.”

For Jody, Hopespring “is a calling. I feel like this is what I am supposed to do to fulfill my life purpose.”

To learn more about Hopespring Holistic Health Institute in Alfred, please visit <https://www.hopespringholistic.com>. •

DECLUTTERING to Facilitate a Real Estate Sale

BY KATE HODGSON



BEFORE



AFTER

When my mother listed her condo for sale, her real estate agent encouraged her to remove half of her stuff. My mother kept way more than she should have—it overflowed from the closets—so this request seemed quite reasonable. But in the weeks leading up to the condo's debut on the market, my mother would call me to say, "My agent says I need to get rid of xyz." I was perhaps unsympathetic when I would reply, "Do it, do whatever she recommends." "But I have to live here!" True! But while we surround ourselves with stuff, how much of it do we really need on a daily basis?

There are several problems with clutter.

First, it distracts the eye. Too much stuff means a buyer won't look at the house, they're too busy looking at all the things they see in it. The small item you have on a shelf may spark joy when you look at it, but it doesn't carry symbolic significance to others. For them it's a curiosity or worse, a distraction. You may love to show off your collection of antique dolls, or baseball memorabilia, but it's your house you want to sell, not the memorabilia.

Second, it creates stress. More often than not, people come into a cluttered room and think, "There's so much work to be done here." This is particularly true for women. A study done by UC Davis showed that women were far more likely to comment or apologize for the messiness of their house. In fact, the men in the study never remarked on their clutter. When women are in cluttered areas, their cortisol levels, a physiological measure of stress, are much more elevated than men's.

If a buyer believes there's "so much work" they're more likely to want a discount on the sale price, or worse, they'll walk away. You have to help a buyer see the space, not the contents.

Finally, too much clutter sends a subliminal message that there is no room to put anything, and that there is not enough storage.

After several years in real estate, I came to the startling conclusion that about 85% of people can't look beyond

Photos courtesy of Kate Hodgson

what is physically there. They can't envision a space with a wall removed, or different window treatments, or a room without the stuff in it. If they feel there isn't enough storage because things are not put "away," then that's a problem.

At the same time, you don't want to strip the house of its personality. It's a matter of paring down to the essentials: what will make the spaces inviting and easy on the eye? You want to complement the house, not compete with it for the buyers' attention.

The importance of de-cluttering is much like the importance of punctuation. A comma or a period gives a reader a place to breathe. It's the same with de-cluttering. You want to allow for a pause to give people time to process their surroundings.

How do you make this happen? Think about where things "belong." Come up with a containment system. And remember, it's an ongoing process.

When you were young, how often did you hear, "put it back where it belongs" or "put it away"? Everything that comes into a home needs a place that you can consider "away." It's also such a satisfying achievement to put everything away where it belongs.

It's important to have a catch-all box or drawer, a place where you can put things that wind up loose around the house.

Keep in mind, a tidy stack of storage boxes is easier on the eye than a pile of stuff. A space that appears to have order is easier to look at than one where the contents seem random. Group similar items together or organize them into frequency of use.

If you have several handfuls of items you like to place on shelves, pare it down to three. Keep the others in a box and rotate them. Chances are you'll appreciate them more when they're not always on display but it's their turn.

Decluttering is a process, and you need to choose a system that works for you. If you're the type of person who plans, consider how often you use something, where it can be stored based on frequency of use. If something is used once a day but takes three more seconds



Photos courtesy of Kate Hodgson

to tuck out of sight, consider that three seconds well spent.

If you're more spontaneous, declutter in spurts. Tackle one space, or a section of one space, at a time. Don't let the entirety of the job overwhelm you.

Keep in mind, most people are imperfect at this process. But with a little more thought and effort, you can get close, or close enough. It can facilitate a sale or give you peace of mind. Remember, relieving clutter also means relieving stress. A little effort can unburden your life and your home. •

When you were young, how often did you hear, "put it back where it belongs" or "put it away"?

DR. KELLIE ROBERGE

Helpful Alternative Healer

STORY BY ROBERT COOK // PHOTOS BY MICHAEL D. WILSON

From the time she was a child, Kellie Roberge has always had an interest in caring for people and helping them lead better lives that are not hindered by chronic pain and suffering.

When she was growing up in Biddeford Pool, Kellie remembers that medical treatment was an undercurrent in her life. “My mom was a nurse at Southern Maine Medical Center for 40 years and retired as being charge nurse,” she said. “My love for the human body and caring for people stems from her.”

That love has taken Kellie from being a young child who helped care for her grandfather at home to becoming a Nurse, nutritionist, a Chiropractor, a Naturopathic, a Reiki master and Acupuncturist along with being licensed in Cranial Sacral Therapy.

Her extensive education, training and life experiences have led her to co-found Tricann originally located in North Berwick, which offers its patients CBD, medical marijuana and special customized combination therapies/blends that include the use of herbs, supplements, terpenes, roots and minerals in conjunction with the wonderful healing properties that cannabis and hemp can offer.

Since opening Tricann, now located in neighboring Berwick, Kellie has specialized in not just providing patients with recommendations to ease their various illnesses and chronic conditions, but also helping them identify the source of the illnesses and conditions to provide a stronger treatment recommendation, as she says “individualized care.”

“If you want to help people, you can’t walk around with blinders on,” Kellie said. “It’s not just finding the drug to treat the symp-



oms. It’s finding the problem and fixing the problem.”

What Kellie has discovered is that by creating custom blends using all plants, supplements, minerals, roots, terpenes and cannabinoids she can make a real difference in helping someone who may suffer from many conditions like and not limited to rheumatoid arthritis, MS, stress/anxiety, diabetes, pain, insomnia, digestive, neurological disorders, etc.

Many times Kellie said she will see people who come here from as far away as New Jersey who are their wits end after taking so many prescribed medications without gaining the relief they seek.

To best help them, Kellie asks to view their medical history, lab tests, blood work and share as much information with her as possible to help her pinpoint causation and create the best custom blend.

“Sometimes I hit the nail right on the head the first day,” she said. Other times it takes multiple attempts to find something that works for them. “My analysis is free, my samples are free and my time is free,” Kellie said.

“Who I am is I won’t stop unless I find something,” Kellie explained. “I want everyone to have a better quality of life.”

Kellie said she recently treated a patient who suffers from Tardive Dyskinesia, a condition affecting the nervous system, often caused by long-term use of some psychiatric drugs. This condition causes repetitive, involuntary movements, such as grimacing and eye blinking. It affects people in a manner that social events are no longer something enjoyable.

Having never had a patient that had TD, Dr. Kellie asked, “Will you be my guinea pig?”





Kellie immediately created a custom blend for this patient based upon her knowledge of the condition, the knowledge of the medications that the patient was currently taking or had taken, what worked and what did not work. After two days of taking the custom blend, the patient reported that her involuntary movements saw a 50 percent reduction. “She explained to me how ecstatic she was and that public social events were now a part of her future, her esteem/confidence was back, her want to visit with family had returned, basically she got her life back,” Kellie said.

Kellie said that when Tricann was newly opened at their first location in 2016, she once treated a teen who suffered from irritable bowel syndrome. Kellie described her as a young girl who suffered from chronic social anxiety because her condition was so bad she couldn’t even leave her house. Within a short time after taking Tricann’s custom proprietary GI blend, she too had her life back. “She has friends. She hangs out and it changed the girl’s life,” Kellie said.



“I thrive on helping people. If they are willing to let me try to help, I will do the best that I can to offer them care management recommendations and/or provide them with custom blends to aide in their reduction of symptoms.” Kellie said.

Her journey of co-founding Tricann with her business partner Aaron has been a long and fruitful one that has been filled with a desire to learn, heal and educate.

Kellie attended the University of Maine in Orono to study pre-veterinarian medicine, which turned into obtaining a nursing degree with a minor in nutrition. Kellie did not use her nursing degree right after college. Instead she returned to Biddeford Pool and worked for an agency that cares for mentally-challenged people in the Biddeford-Saco area.

“They just love to be loved and I loved to love them,” Kellie recalled.

At some point, Kellie decided she wanted to leave Maine for a while and followed her then-boyfriend to Marietta, Ga., where he attended Life college. Soon after, they found the perfect and serene Sherman College of Chiropractic in South Carolina, which is on top of a mountain overlooking the Blue Ridge Mountains and moved there. He to finish his chiropractic career and her to get her Nurse Practitioners degree at the University of South Carolina.

Having to await fall classes to start at USC, Kellie attended philosophy classes every morning to gain more of an understanding of chiropractic. Soon, she began

to see how all of the body's components are interconnected and it fascinated her, so she decided that a chiropractic degree would better fulfil her needs of helping people find and treat their conditions and symptoms.

Kellie later married and graduated from school, while awaiting her husband's graduation, she thought it would be best to get her feet wet into the world of being an entrepreneur. At the age of 27, she opened her first business, Kel's Café, which she was the chef serving made from scratch organic vegetarian food, coffee, espressos, lattes, smoothies, soup, sandwiches, dinners. With her knowledge of the body and nutrition, Kellie made sure that all of her food was fresh, nothing was ever from a box, from a can, fried or frozen. She eventually had a full breakfast, lunch and dinner menu and often worked from 6 a.m. to midnight, seven days a week. When her husband graduated, Kellie shut down the café and started chiropractic wellness with him and others.

After being diagnosed with cancer, she found her way back to the New England area and focused on her own healing, while working in Massachusetts.

This is where she and Aaron started looking into cannabis as medicine. They started consulting and creating custom blends for patients to help with their conditions. The results that they saw, were incredible. When Maine legalized medical marijuana, coming back home was the only option. The dream of owning a medical marijuana and CBD dispensary became a reality and provided a place where she could share the knowledge and experience that was gained throughout the years.

Kellie believes she is part healer, part scientist, part researcher and part innovator. Her curiosity and drive to help patients find the right treatment is insatiable. "It's very individualized care is what I do."

Tricann currently employs 14 people. Within the last year, Tricann doubled its space, now having 1,200 square feet for retail, 1,200 square feet for the ethanol extraction lab and commercial kitchen, 800 square feet for the safe room where products are stored and protected.

Having more than 5,000 patients who travel from far and wide to get premium medical cannabis and CBD products, as well as, her custom THC/CBD blends, Kellie feels as though Tricann's message is being heard. Federal law prohibits shipping of any products containing THC, but Kellie she can ship CBD products. She would like to see the law amended to make it easier for patients who live far away to get their treatments without having to trek across several states.

While Tricann does not currently want to expand by adding adult rec marijuana, Kel's CBD Café may find a new home inside the open space next to their newly renovated space. The CBD café would have wi-fi and encourage people to come, hang out, enjoy some coffee and be able to purchase their favorite CBD products.

The best advice she can offer anyone who is dealing with a difficult chronic condition is don't lose hope and be willing to go "outside the box" to get the treatment they need. "Don't be afraid to try something different."

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Emma Hartley: The Two Separate Worlds That Make Her Whole

BY MARY FRANCES BARSTOW

Coming from parents who also enjoyed writing, Emma Hartley always knew she wanted to be a writer herself. Putting pen to paper was just one of the myriad ways she explored her creativity. Dividing her time between teaching art to children and writing romance novels, she feeds the different parts of her creativity.

MARY BARSTOW: Where are you from, Emma?

EMMA HARTLEY: I'm originally from a little town called Rome, New York. I've been in Maine for 18 years.

MARY: So, tell me your story.

EMMA: Well, I always knew that I wanted to be a writer. I'm also an artist, a musician and a teacher. As a child, I would write the beginnings to novels. And as a little kid, it's really hard to see those things through. But character development was always something that captivated me, and I would get these crazy grand ideas for a plot in a book and let my imagination carry me away. That never really left me as a college student. I couldn't decide between art and English. So, I did a double major and have had those two loves intertwined throughout my career. All of my characters in the books that I've written have been artists and art is an important part of their stories as well.

MARY: Is this newest book the most popular one?

EMMA: Well, it's hard to say. As an emerging author, I think even with four books under my belt, it's still a very tough market to break into. I would say that so far, this one has been getting very positive reviews. The advance readers have enjoyed it and so I'm hopeful.

MARY: Which is your favorite?

EMMA: I think it's *The Beauty of Fragile Things*. The story feels very real to me and it's very compelling. I was able to identify with both protagonists in the story on a

personal level, just because we all experienced loss and grief and growth, and those are really the major themes.

MARY: Did you find a publisher?

EMMA: I'm working with Satin Romance, and they're wonderful. They gave me a chance. I think they saw something in my writing early on and have worked with me on three of the four books. Their work with authors is very personal. Being with a small publisher allows me that comfort of knowing that the book is in good hands through the editorial process, and they're equal partners in the marketing along with me, which is great.

MARY: That's wonderful. Do you have an agent, or do you just work directly with the publisher?

EMMA: I don't have an agent. When I published my first book, I sent that out to publishers as a cold call. Satin Romance was among the first publishers that I sent to, and they snapped it up.

MARY: What brought you to Maine?

EMMA: My husband's work. He's an attorney. When he interviewed at his first job here, he came to Portland, knew that I would love it and thought if he got that job that I would never want to leave.

MARY: You're a teacher as well?

EMMA: I have been teaching for twenty years. I teach art. I feel like writing fulfills that part of me that needs quiet introspection, and teaching fills that part of me that needs social engagement.

MARY: Are all your books fiction?

EMMA: They fall into the romance category. As a reader, I have never really gone down the romance rabbit hole, so to speak. And yet as an author, I couldn't imagine killing off my characters, so the happy ending is a prerequisite of the romance genre.

MARY: Stephen King is not going to be in your genre.

EMMA: Probably not. I need a happy ending, please.

MARY: Do you teach in the public school system?

EMMA: I do. Emma Hartley is my pen name, and my desire is to keep my writing life separate from my teaching life

and my parenting life. My husband and my superintendent have encouraged me to keep it on the separate side.

MARY: So, you have children, and you have a life and you're a teacher in the public school system. Were your parents writers?

EMMA: My father, who passed away eight years ago, was an extremely talented writer. And I had a glimpse of that as a child, but when he passed away, I found his journal and his notebooks and did the deep dive. And I will tell you, he was incredibly gifted, and he came from a time where that was not nurtured. He was also a great musician and those were his two outlets, and my mom has also written quite extensively over the years. She's a 'journaler' and her work is beautiful.



Photo courtesy of Emma Hartley



Photo courtesy of Emma Hartley

MARY: Tell me about finding your father's writing.

EMMA: That was incredibly emotional. He had been sick for quite a long time, so his death was not a surprise, although it did come suddenly. Coming across his notebooks made me realize that all the conversations we would have had been had. And that sense of finality was heart-breaking, because he and I were very, very close. He was the person that I talked to about everything. So, coming across those notebooks opened up a new avenue of conversation. and it really allowed me to see our relationship in a new way. And so, I do think I got to see him as the man he was, not just as the father he was.

MARY: Do you have siblings?

EMMA: I have a sister. And strangely, she was less compelled by it, because she's not a writer . . . that's not her way of expressing herself. His photography that he did back in the sixties and seventies

was extremely compelling and absolutely beautiful. My sister really gravitated to that. She took all of his photos and made us all a beautiful photo album.

MARY: Are you going to publish dad's journals?

EMMA: At some point, I think.

MARY: You found a writer, you should.

EMMA: I really believe that. And I think that his work should be seen. And I've been trying to think about the format.

MARY: Did your parents stay in New York, or did they move to Maine?

EMMA: My parents did stay in New York, and when my father died, after a few years, my mom came up here.

MARY: You use a pen name. Do your students know you're a writer? Can we use your photo in the magazine?

EMMA: I think everybody kind of giggles about (my author photo) because yes, it looks like me, but it also doesn't look like me. The highlights are a little bit brighter and kind of washed out a little bit, so I think that the people that know me well might look at that and say, "Oh, I think that's her." But as far as the students? They're very in the moment, so I think I've managed to keep those two worlds pretty separate, which is good.

MARY: So, you write romance novels, and you are still married to your husband?

EMMA: I am, yes.

MARY: I have to ask that today because you never know.

EMMA: That's so funny. When I asked my husband this morning, I said, "What am I?" I was trying to prepare myself for the interview. And so, "What are my inspirations?" He said, "Well, me, of course."

MARY: That's right. How does he react to all these romance novels?

EMMA: It's hysterical, because he reads history. He doesn't even read historical fiction. He reads history. So, whenever he proofread one of these books he came back with, "I think you're a really great writer and I love your stories, but they're definitely not my thing."

MARY: Is he from New York?

EMMA: No, he's from Nebraska, but when he came to Maine, he fell in love with it. And when he came back for that first interview, he knew instantly that I would never want to leave.

MARY: Maine is addicting. That's the best way I can describe it.

EMMA: That's the truth.

MARY: Thank you. and I want you to write that story about your dad. We'll put it in the magazine.

EMMA: I absolutely will. Thank you! •

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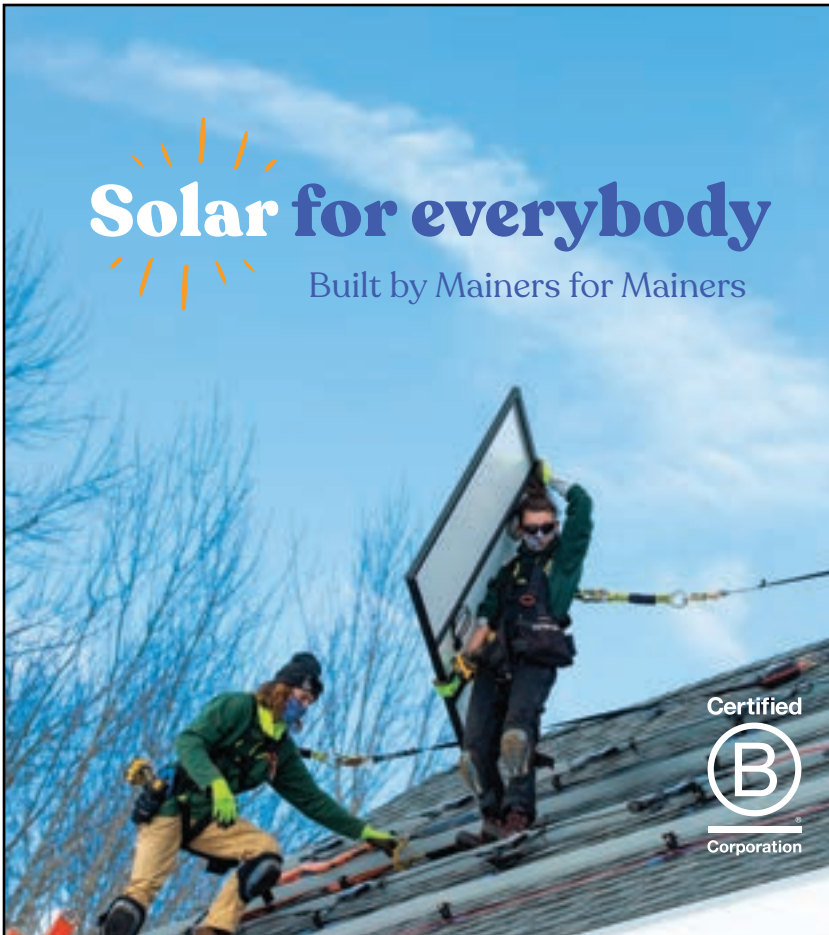
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Wabi Sabi

BY ROSIE CURTIS

“Wabi Sabi is a beauty of things imperfect, impermanent and incomplete.
It is a beauty of things modest and humble.
It is a beauty of things unconventional.”

—*Wabi Sabi for Artists, Designers, Poets and Philosophers* by Leonard Koren

This Japanese aesthetic, sometimes referred to as ‘the Zen of Things’, developed in the fifteenth and sixteenth centuries as a reaction against the elitist pastime that the tea ceremony had become. Rather than elegant foreign tea utensils, the Wabi Sabi aesthetic used locally produced undecorated tools. A new type of tearoom emerged with a thatched roof and based on a farmer’s rough mud hut. It was compressed down to a mere thirty-nine square feet, the size of two tatami mats.

The emperor wasn’t appreciative of the aesthetic and Sen No Rikyu, who developed the style, was ordered to commit ritual suicide at the age of seventy. But the ethos still embodies values that have relevance today. Things are understood to be devolving towards or evolving from nothingness. “Greatness” exists in the inconspicuous and overlooked details. Beauty can be coaxed out of ugliness. In order to see this ineffable beauty of imperfection, one must be present, accept the inevitable and appreciate the natural order. To truly see, one must get rid of all that is unnecessary, then focus on the intrinsic and ignore the material hierarchies.

True beauty lies in the irregular, the intimate, the unpretentious and that which is simple. Wabi Sabi is the opposite of the Western ideal of beauty. It is homeopathic. The closer things get to nonexistence, the more exquisite they become. You have to slow down and pay attention, or you cannot perceive it. Beauty is a dynamic event that can happen at any moment. It is an altered state of consciousness, achieved through an

economy of means. Paring down to the essence is required, but not at the expense of poetry. This state of grace guides the work into a meaningful whole, interesting and cohesive, but never overwrought or strained.

This is a helpful philosophy to contemplate in these times. Rather than our consciousness being bounded by a rectilinear precise box, it can be contained within a handmade bowl open at the top to receive what comes. Rather than aiming for purity, we can appreciate the richness of corrosion and decay. Instead of striving to eliminate ambiguity, we can be comfortable with contradiction, knowing that everything is impermanent and in a process of becoming or unbecoming.

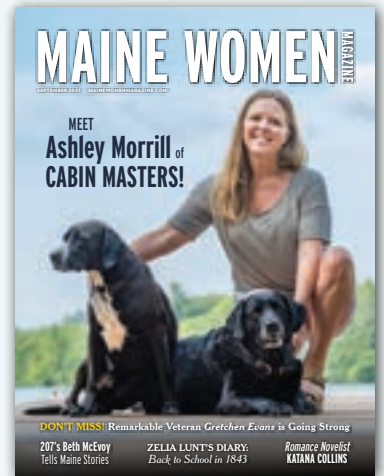
These are big ideas to hold right now perfectly in our imperfectly fashioned bowl. Are we becoming or unbecoming, rising or falling, transparent and extroverted or earthy and introverted? What will the rising energy of this summer bring, and then the decay of winter to follow? Maybe a Wabi Sabi world makes sense: being present in the moment appreciating the chips and dings in both ourselves and our surroundings.

Maybe this is where true beauty lies, rather than in museums and art galleries, slick architecture and glossy photos. It is about the tangible ether of space, the sense of relief that comes from sitting down in a well-worn chair, the dirt of a fireplace. This is an aesthetic of presence and of daily intimacies, a prayer to the joy of ordinariness. The garden is still beautiful in winter. Look for the beauty. It is everywhere. •





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HEALING AT THE SOURCE

Tackling Gut Health Once and for All

BY SARAH HOLMAN

Ah, January. The month of resolutions, commitments, and fresh starts. And then comes February, the month when, on average, 80% of resolutions fail. There is increasing support for ditching all-or-nothing New Year's goals in favor of more sustainable lifestyle shifts. Considering a whopping 95% of all resolutions are health-related, it's clear many of us want nothing more than to feel better in 2022.

Kylie Fagnano from Strata Nutrition believes feeling well starts in the gut. "About 70% of the immune system is found in the gut," she says. "The health and proper function of the gut plays a huge role in the overall ability for the body to maintain its wellness." How well your gut operates can be influenced by—and influences—food (what you eat and don't eat), chronic stress, hormonal imbalances, medications, antibiotics, environmental toxins, even mold exposure. "Taking care of the gut means taking care of the entire body as a whole," Kylie says.

For most of us, the thought of revamping our entire system is, at best, overwhelming. At worst, it seems totally unmanageable, which is why so many people tolerate chronic discomfort. Kylie walked us through the journey to gut health with suggestions for DIY work and professional resources. If you're looking for a step-by-step guide to feeling your best this year, you've come to the right place.

STEP 1: IDENTIFY THE PROBLEM

Physical signs of gut distress fall all over the map. This is no surprise, given how many systems the gut interacts with. Kylie says any of these symptoms could signal a problem:

Bloating, abdominal pain, heartburn, constipation, diarrhea, cramping, nausea, headaches/migraines, joint pain, eczema/psoriasis/acne, autoimmune diseases, brain fog, anxiety, exhaustion... pretty much any ailment!

STEP 2: WHERE DO I START?

There are so many variables that can contribute to gut distress, including diet and lifestyle. Often we've lived with discomfort for so long, it's hard to know what is "normal" and what isn't.

Kylie suggests these immediate steps to begin diagnosing and relieving gut discomfort:

- **Keep a two-week food journal** to closely track what you eat and any symptoms you have. She often asks her clients to take pictures of ingredient labels in case there's a connection between a specific ingredient and a symptom.

You may start to see causes and effects right away, especially if you're looking carefully. Sometimes problematic ingredients like soy, wheat, or dairy are lurking in products you wouldn't think contain them, until you check the label.

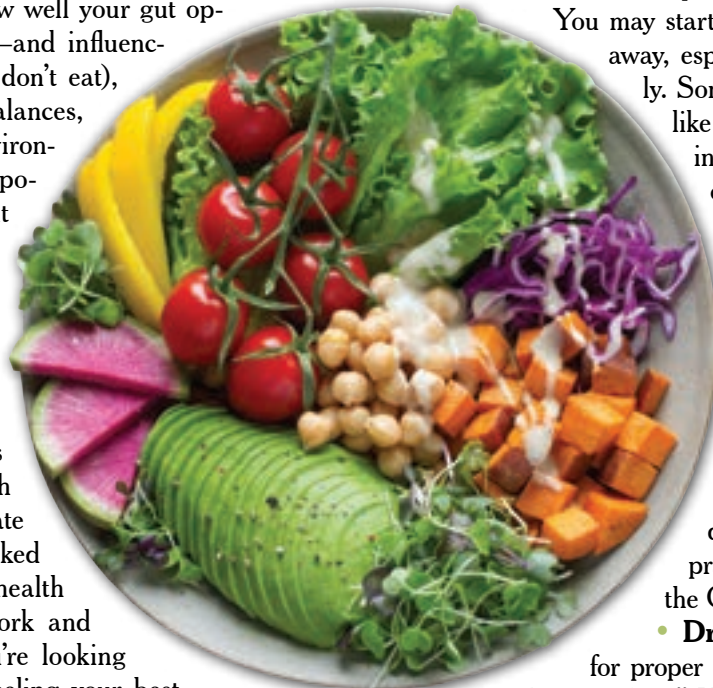
- **Breathe deeply.** Kylie says, "There is a direct connection between the brain and the gut via the vagus nerve. When you are stressed it sends the wrong signals to the gut for digestion." She suggests 3-5 deep breaths as you sit down to any meal. This simple practice can shift energy toward the GI system for better digestion.

- **Drink up.** Hydration is essential for proper gut function. Kylie calls it "low-hanging fruit." Keep a water bottle in your purse, on your desk, and in the kitchen and sip frequently.

Your pee should be clear or very pale yellow, which generally requires about 91 ounces (11-12 cups) of water daily for women.

- **One thing at a time.** This is one of the hardest parts of diagnosing gut problems. There are so many potential culprits, and it's tempting to change everything at once. It's fine to cut out a bunch of foods, but make sure you add them back in one at a time so you can have a clear sense of which ingredient is causing problems.

- **Start with gluten and dairy.** Many people find eliminating these reduces inflammation and gut upset fairly quickly.



© Anna Pelzer | unsplash.com



- **Try a digestive enzyme or digestive bitters.** Kylie refers to this option as a “bandaid” until you find the root cause of your discomfort. But, she says, “Adding one of these in with meals can aid digestion and provide a lot of relief.”

- **Consider past antibiotic and PPI medications usage.** If you’ve taken either of these prescriptions in the time leading up to your symptoms, you may be looking at deeper, longer-term healing for the gut. “Both of these can disrupt the sensitive microbiome in the gut,” Kylie says.

- **Follow a plan.** If you need more guidance, Kylie offers a free step-by-step gut health workbook, available on stratanutrition.com. This guide will tell you what to cut out, when to reintroduce, and how to start healing.

STEP 3: I’VE TRIED A FEW THINGS BUT NOTHING HAS WORKED

If you’ve already tried an elimination diet and/or a variety of probiotics and supplements with no remarkable results, ask yourself these questions:

- **Did you stick to your elimination diet 100%?**

If not, it may be worth retrying making absolutely NO exceptions until you can really determine if the thing you’ve removed is actually problematic.

- **Did you try eliminating your suspected food(s) for long enough?**

“1-2 weeks isn’t going to cut it!” Kylie says. “You need a solid 4-8 weeks to really see a difference.” In some instances, you may even need months.

- **What are you currently eating?**

What you are putting into your gut is just as important as what you are not putting in, Kylie says. Are you consuming a variety of proteins and colorful fruits and vegetables, or are you eating the same meals every week? “The body requires a wide array of amino acids and nutrients, which requires eating a variety of different plants and protein sources every day,” Kylie explains.

Unsure how to mix things up? If you’re comfortable eating the same things, Kylie suggests switching up the components of the meal, not the meal itself. That way, you’re keeping the same basic structure but adding variety. For example, if you always have chicken on your salad, next week choose shrimp. If you always have almonds as a snack, next week grab some walnuts.

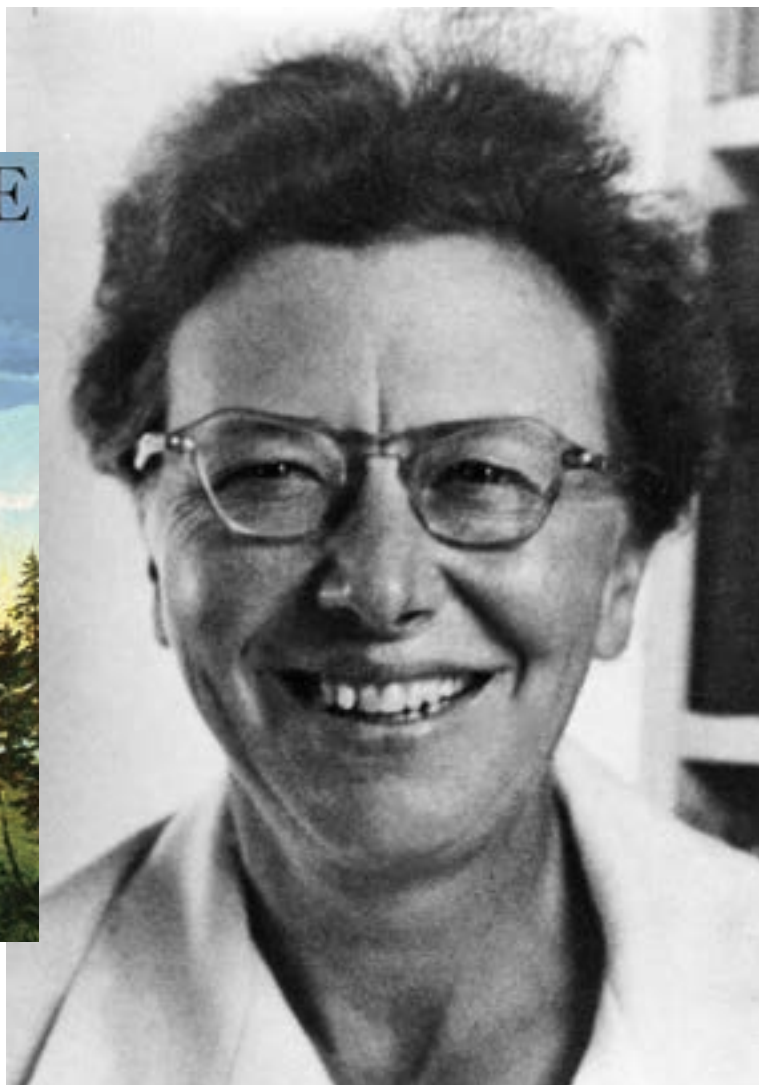
STEP 4: I’VE TRIED EVERYTHING, WHAT NOW?

For those who have struggled with sticking to an elimination diet or have suffered from gut discomfort for a long time, it’s common to feel desperate and frustrated. Kylie says, “Your gut did not get where it is right now overnight, and any intervention you choose for healing is going to take some time.”

If you’re feeling discouraged, Kylie says, you’re not alone. It may be time to seek professional help from someone who can tailor a plan for your personal needs. “You need some testing, you need to understand your starting point, you need support, a community, and specific guidance,” Kylie says. At Strata Nutrition, Kylie offers a 10-week group program called The Gut Tribe, which combines both individual and group sessions. She also offers private consultation, plus a lot of free information and tools on her website. Her goal is to teach people how to take care of their gut health on their own, forever.

Any way you tackle it, healing an unhealthy gut is a serious undertaking, and it requires commitment. But the results can be truly life-changing. Science has linked a well-functioning gut to a long list of benefits, including a strong immune system, heart health, brain health, improved mood, better sleep, and effective digestion. Some studies even see a link between gut health and the prevention of some cancers and autoimmune diseases.

Whether you want to take on the gut challenge alone, with a crew of friends, or under the guidance of a health professional, there’s no better time than the new year to make changes that will last a lifetime. •



Ruth Moore

SECOND GROWTH

By Ruth Moore

\$17.95
softcover,
fiction

*Published by
Maine's
Islandport Press.*

“It is doubtful,” wrote *The New York Times*, “if any American writer has ever done a better job of communicating a people, their talk, their thoughts, their geography, and their way of life,” in review of the works of Ruth Moore. Moore is perhaps the most influential regional novelist of Maine, and her works are being revived and brought into the spotlight once again by Islandport Press.

“Ruth Moore is a Maine native with roots sunk deep in the granite and a writer whose innate sense of people and place combined with a finely-honed writing brilliance to give voice to a time and place and produce twentieth-century novels that tell universal stories with a unique soul,” said Dean L. Lunt, Editor-in-Chief of Islandport Press. Since acquiring the rights to Moore’s body of literary work, has already revived four of her novels; *The Weir*, *Candlemas Bay*, *Spoonhandle*, and now, *Second Growth*.

Out of print for nearly fifty years, *Second Growth* is an elusive, yet particularly thrilling work from Moore. Following multiple residents of a fictional Maine town called

Hillville, *Second Growth* explores the depth of violence, sorrow, and surprise that can occur when a human being feels backed into a corner. After an illegitimate child is born and abandoned, the local doctor does what he can to salvage the situation, setting off a series of events that touches everyone in the town, from wild-child Beck Overholt to eighty-two-year-old Clemintina Wilkinson, over the course of six months.

“A completely objective account of a way of life that is critically in need of rehabilitation, but where an unyielding will to survive still confers an impressive dignity on many. Ruth Moore’s examination of the untidy conflicts of social collapse is characterized by perceptiveness, generosity, and humor,” wrote James Gray in praise of the book when it was first published in 1962. Ruth Moore has been compared to Faulkner in her ability to sink her work, and subsequently, her readers, deeply and deftly into the culture of her imperfect, yet still beautiful, homeland. *Second Growth* combines the excitement of a twisting and turning plot with the truthful, tempered, and atmospheric quality that pervades all of Moore’s novels.

Ruth Moore wasn’t just an exceptional author, she was an exceptional Maine woman, perhaps one of the most influential women on Maine culture and literature to have lived in the past 100 years. While she passed away over thirty years ago, her work remains as a beautiful and complex record of a very specific way of life lived, and a reminder of the hardships, values, and blessings that come with that way of life. Maine has changed a lot over the past fifty years, but the values presented by Moore in her work—honesty, the appreciation of the land and sea around us, the need for a quiet but strong sense of community understanding—are timeless, and still embody so much of what Maine means to the people that live here. •

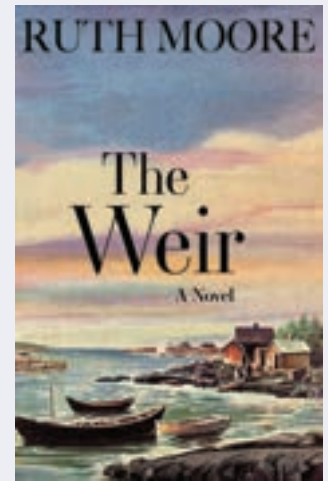
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THE WEIR

By Ruth Moore

\$17.95, softcover, fiction

The Weir, written in 1943, takes place in a small island fishing village during the years before World War II, set against a backdrop of hard work and struggle. Ruth Moore, one of the great regional novelists of the twentieth century, brilliantly and authentically captures not only the characteristics of coastal Maine and its people but using them to write a story of universal human drama featuring two primary families who feud, gossip, and struggle while being battered by the relentless tides of change sweeping over their community and their entire way of life.



SPOONHANDLE

By Ruth Moore

\$17.95, softcover, fiction

Set during the Great Depression in a small Maine fishing community, *Spoonhandle* explores the drama of small-town living. The book follows the lives of the Stilwell family and their neighbors as they navigate the changes forced upon their little island by wealthier “summer people” looking to buy property. Moore beautifully weaves together all the hallmarks of a great story: romance, tragedy, and family conflict. Although a work of fiction, *Spoonhandle* tells the real story of the economic and cultural divides that faced small towns all over America in the late 19th and early 20th centuries.



CANDLEMAS BAY

By Ruth Moore

\$17.95, softcover, fiction

Moore’s fourth novel, *Candlemas Bay*, focuses on the daily struggles of the Ellis clan, a family that has successfully fished local waters for two hundred years. The current generations—from Grampie Jebron to widowed daughter-in-law Jen to grandson Jebby—however, are struggling with change and hard times. As in her other novels, Ruth Moore uses detailed, day-to-day lives to build characters of depth and tell a universal story of courage, heartbreak, and love that, despite the hardships, is ultimately warm and moving.





FOR THE LOVE OF GARDENS

Let Me Count the Ways



Clockwise from top: Gardening for beauty is like painting a picture with living plants. | Many grow a garden for the food, organically raised and fresh to the table like this sweet corn. | The beauty and fragrance of an English rose is just one of the benefits of growing a garden.

STORY AND PHOTOS BY LYNETTE L. WALTHER

Our garden is under a cover of snow now, snug in its natural mulch of fallen leaves, sleeping. The weed seeds wait there — scheming. And slumbering flowering bulbs are poised to spring forth, dreaming perhaps of glory to come. We cherish these days of quiet, a respite from the work our gardens demand. Yet we miss them, even the work they require, and we reflect on why that is so. We may vow to do more this coming growing season, or less perhaps. And now is the time we take the time to count the ways we love our gardens and realize the ways they love us back.

From the National Garden Bureau and Janet Kieft, we have this list of 10 reasons why gardens and gardening are so important to our lives:

1. GARDEN FOR FOOD

For some it took a pandemic with bare shelves and limited choices to demonstrate the weakness in our food supply and the powerful resource that is a home garden. In recent years we have read reports of food-borne illnesses and contamination. Over time there have been growing concerns over pesticide use in our food supply and many people wish to avoid the additives and preservatives found in processed foods. This led to increased interest in organic gardening and the availability of organic produce. Many discovered what an easy solution it was to grow their own vegetables. During WWII, 20 million homeowners had Victory Gardens that produced close to 40 percent of the fresh vegetables consumed in the United States. The numbers of new gardeners in 2020 and 2021 swelled to 16-to-20 million. People found that their gardens provided fresh, safe and readily handy foods with great flavor and nutrition.

2. GARDEN FOR EXERCISE

Anyone who has ever established and then cared for a garden understands the physical demands that gardening success requires. Working in a garden provides both cardio and aerobic exercise. An hour of moderate gardening has been shown to burn up to 300 calories for women, almost 400 calories for men. Gardening's ability to reduce osteoporosis for older people, especially women, is well documented. Mowing the grass is like taking a vigorous walk, we stretch, we bend, we kneel, and we lift when we garden, much like anyone does in an exercise class. For those with physical limitations, special gardens and adaptive gardening tools provide important physical exercise. Forget the boredom of a regular exercise regimen when you garden as the process evolves as the season progresses.



Top: Create a lifetime memory when you share your garden with a child. *Bottom:* Gardening for exercise puts the gardener through a series of moves, bending, stretching, lifting and digging – like for the late-summer crop of garlic.



Some successful gardeners choose to make money from their success like this farmers' market vendor selling cut flowers.

3. GARDEN FOR BEAUTY

Color and interest, anticipation too, are all part of growing a garden. Having plants, shrubs, and trees in our home environment not only makes it pleasurable, but they all combine to provide a healthier place to live. There's nothing like a cheerful pot of blooming color positioned near the front door to make it more inviting, more approachable. A few pots or a tiny plot of fresh herbs serves the kitchen and makes daily meals special. Trees and shrubs provide color and shade, but even more than that they add shelter for birds and wildlife. Your garden can expand your living area like another room to be enjoyed whether you are inside or outside the house.

4. GARDEN TO LEARN

Not every garden experience ends in success. But in those "failures," are the seeds of illumination and an opportunity to learn. "...but tho' an old man, I am but a young gardener," said Thomas Jefferson who took every opportunity to learn more about his love of gardening. For many of us, the more we learn about

plants and how to grow them, the more we yearn to know. Whether it is dealing with insect pests or plant diseases, it provides us with the opportunity to find the cause and understand how to keep plants healthy. Moving to a new location or starting a new garden provides the opportunity to discover new plants and growing conditions. There are many other ways to increase gardening knowledge such as Master Gardener programs, vo-tech courses, local garden club programs and even formal degree programs at a college or university.

5. GARDEN TO MAKE MONEY

You don't have to turn to growing and selling plants or produce or cut flowers to earn money from gardening — though both are acceptable choices. Gardening expertise could lead to a garden center job or establishing a garden-based business such as landscaping care. For homeowners, your gardening is actively adding to your wealth by improving the value of your property. It is estimated that attractive landscaping can increase a home's value by as much as 15 per-

cent. That same appealing landscaping also creates what real estate folks call "curb appeal," could make the difference between a potential buyer simply driving by or stopping to take a closer look.

6. GARDEN TO MEET PEOPLE

There is nothing quite like sharing the benefits of your garden with others. Whether it's with someone who lives down the street or halfway around the world, gardeners love to talk about plants. A big crop of tomatoes just begs to be shared. Fragrant flowers are delightful surprises for others, or an extra plant can be an unexpected gift — all to be shared with friends and family and neighbors. And by joining other gardeners through garden clubs, plant organizations and social media we experience another way to share information, ask questions and get involved.

7. GARDEN TO BE CREATIVE

Planning a garden is like painting a picture. We work with varying sizes, shapes and colors, textures and light and dark. Gardening is a kinetic outlet for creative and artistic expression. Your garden's design reflects your own sense of style whether it is a charming cottage garden or a peaceful Japanese garden. Not only that, a garden can also serve as a backdrop for art and sculpture. There's always something new coming along for the garden — whether it is new container-suitable vegetable or berry crops or ornamentals. Start with seeds and or go with plants available, it's easy to experiment with new plants or change a garden's color scheme every year.

8. GARDEN TO WIN

Be it a perfect rose bud, a champion tomato or a massive pumpkin, gardening to compete is just one of the many benefits our gardens afford us. And what better way to show off your growing "chops" than in county fair competitions or garden shows? And don't forget the rewards of posting your champion vegetable on your favorite social media group!

9. GARDEN FOR EMOTIONAL NEEDS AND SPIRITUAL CONNECTION

The therapy of a garden is well understood. Gardens and gardening is about well-being and anticipation of what's to come. Tranquil retreats or private escapes from the demands of everyday life are just one of the roles our gardens perform. The beauty and fragrance of flowers lifts spirits. The calming therapy of pulling weeds can be a great release for stress and excess energy. The sense of achievement that comes with gathering a bouquet of colorful flowers or tasty vegetables is hard to match. Even the responses of neighbors and visitors who often express their appreciation of those efforts can be a reward. Gardens can also provide a spiritual connection to life with memory gardens and trees and shrubs planted in honor of someone else. And when you start with a tiny seed, nurture it and watch it grow into a beautiful flower or delicious food for your table, you become an integral part of nature. A well-tended garden improves your own living space, the environment, and our planet too.

10. GARDEN FOR LASTING MEMORIES

Who influenced your love of gardening? For me it was my paternal grandmother and hardly a day in the garden goes by without my thinking of her and putting her sage advice into action. That child you take under your wing to show them the ropes of gardening will gain a lifetime of memories to use and cherish. Something as simple as helping them cut a bouquet of flowers they select from your garden or helping them to start a tiny plot with sunflowers or green beans will start them on a fulfilling journey that only a garden can provide. Sharing your gardening with your own or neighborhood children or your grandchildren is a fun activity that they will remember. A memory garden provides a beautiful way to remember a special person or time of life. •

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SHRIMP SCAMPI FETTUCCHINE

BY MARY FRANCES BARSTOW

Prep time: 10 minutes | Cook time: 20 minutes | Serves: 4

INGREDIENTS

- 4 tablespoons of butter
- 4 tablespoons extra virgin olive oil
- 1 cup green onions finely chopped
- 2 cloves garlic minced
- 1/2 tsp paprika
- Kosher salt and freshly ground pepper
- 1/2 cup white wine
- 1 lemon
- 1/2 cup fresh parsley
- Shake of parmesan cheese, if desired.
- 1 pound of deveined, tail off, cooked shrimp thawed
- 1 12 oz. package fettuccine cooked to package directions. Drain and set aside.

DIRECTIONS

- In a large skillet pan, put on medium heat, add two tablespoons of butter and two tablespoons of extra virgin olive oil. Add green onions and garlic, and paprika and cook on medium heat for three to four minutes. Add cooked shrimp to skillet and shake salt and pepper on shrimp.
- Add 1/2 cup of white wine and juice from one lemon into skillet and 1/2 cup of parsley and bring to boil. Add two more tablespoons of butter and two tablespoon of extra virgin olive oil. Toss fettuccine into the sauce and mix and cook on medium heat for three minutes. •

ABOUT MAINE

Events around Maine this month

BY ABIGAIL NELSON

As we celebrated the new year's arrival, another annual event crept in through our doors. That's right: winter. For some this is exciting, as winter's frigid temperature brings with it snow for new trails to blaze and frozen landscapes for fishing and skating. Meanwhile others are content to stay within the warmth of their homes with a holiday movie or a good book. Whatever side you fall on, here are some events to get you out and about to enjoy the winter spirit this new year!

RINGING IN THE NEW YEAR

SATURDAY, JANUARY 1, 10 AM

Richard Boyd Art Gallery, Portland
FREE

What better way to celebrate the new year than admiring beautiful art. Starting at 10 a.m., browse through unique paintings, bronze sculptures, and works of clay by talented artists such as Deena Ball, Heather Newton Brown, Patricia Chandler, Charles Ellithorpe, DVM, Richard Boyd, and more. *Ringing in the New Year* will be featured every Friday, Saturday, and Sunday from January 1 through January 30.

CINDERELLA

SATURDAY, JANUARY 1, 1 PM

Collins Center for the Arts, Orono
Adults: \$25, Seniors (65+): \$20,
Students: \$10

The Collins Center for the Arts is hosting the MET: Live in HD's performance of *Cinderella*, Saturday, January 1. This all new English rendition of Massenet's *Cendrillon's* classic rags to riches princess story is brought to you live via high definition satellite streaming from the Metropolitan Opera in New York City. Don't miss out on this talented cast including mezzo-soprano Isabel Leonard as Cinderella, mezzo-soprano Emily D'Angelo as Prince Charming, soprano Jessica Pratt as her Fairy Godmother, and mezzo-soprano Stephanie Blythe and bass-baritone Laurent Naouri as her feuding guardians.

FIRST FRIDAY ART WALK

FRIDAY, JANUARY 7, 5-8 PM

Portland
FREE

For the first Friday of each month, the Portland visual art community opens its door to welcome in people of all ages to enjoy a variety of art created by artists both locally and abroad. Starting at 5 p.m., people are able to casually stroll through different art galleries, art studios, museums, and alternative art venues scattered throughout the streets of Portland. This free event, supported by Creative Portland, is an endeavour to strengthen the arts community by providing easy-access to the visual arts in Portland and thus strengthening the community.

CASTLEBAY'S WINTER IN NEW ENGLAND

FRIDAY, JANUARY 7, 7:30 PM

Camden Opera House
\$10 in person, Free livestream

Stay in a festive winter spirit by soaking in the music and stories of Julie Lane and Fred Gosbee as they return to perform their *Winter in New England*. Enjoy the contemporary and colonial music of guitar, Celtic harp, fiddle and woodwind, along with stories and poems of a theme we know all too

well: New England winters. Join them in person with a mask at the Camden Opera House, or within the comfort of your own home via the Facebook livestream.

THE BURLEIGH BAR CART: WINTER COCKTAIL CLASSES

SATURDAY, JANUARY 22 &
SUNDAY, JANUARY 23

3-4 PM

Kennebunkport Inn
\$25 per person

Warm up this winter by learning some new tips and tricks on how to make your favorite wintry drinks. The Burleigh Bar Cart, hosted at the Kennebunkport Inn bar, over the months of January and February, is offering cocktail classes for only \$25 per person. This price includes sample drinks and light snacks. Classes for January include: Jan. 8 & 9, Whiskey & Rye, a Relationship on the Rocks; Jan. 15 & 16, Spiked Coffee & Cocoa; Jan. 22 & 23, But First, Tequila; and Jan. 29 & 30, Hey There HOPS Stuff – Brews & Beers.

COUNTY SNOW FEST

FRIDAY, JANUARY 28 -
SUNDAY, JANUARY 30

Presque Isle
FREE

Head up to the County for three days packed with family fun. There is something for everyone this wintry weekend. Activities include ice skating, a casino night, winter stories for kids, a vintage snowmobile parade, live music, fireworks, snow tubing and more. For you outdoor sports enthusiasts, take advantage of over 2,300 miles of groomed snowmobile trails. You are not going to want to miss everything this weekend has to offer. For more information, check out Presque Isle's website : <http://presqueislemaine.gov/city-calendar-of-events-presque-isle-maine/> •

QUESTIONABLE ADVICE

BY L.C. VAN SAVAGE

Every year, my good friend, let's call her "Alice," makes a resolution to lose weight. She declares it loudly, to our whole group of friends, and starts making plans, complete with the latest "fad diet" and membership to a local gym. I'm all for New Year's resolutions and self-improvement, but the problem I have is that she always wants someone to come along on her "weight loss journey," only to abandon all thoughts of it by March, April at the latest. She also expects everyone in our whole friend group to eat like her when we get together during the times that she has decided to be "weight conscience." We dread every year when Alice declares that it is time for her to "lose some weight" and starts looking up all things "keto." The sad part is, Alice isn't even really overweight, so it makes some of our friends feel bad about themselves.

—Diet Disaster

Do you not see what Alice is doing? It's like when some skeletal woman at a cocktail party turns away in mock horror from an offered platter of bacon wrapped scallops smothered in Velveeta saying loudly "OH NO, I COULD NEVER—I HAVE TO WATCH MY WEIGHT SO CAREFULLY—LOOK! I HAVE THESE TERRIBLE LOVE HANDLES!"—and she pokes piteously at her hollowed-out body parts. This is everyone's cue to chuckle comfortingly and say "oh no dear, you are sooo thin, oh how I wish I looked like you!" Then it's Lady Bones's cue is to look down at her scrawny body coyly and say "who ME? Oh, but I'm SO FAT!" All designed, just as Alice hopes, to make all the folks with a little too much *avoir du pois* to feel bad about themselves. Boring, right? Oh and one other thing—Alice thinks that by jabbering about losing weight and going on and on with all these weight losing "plans," asking everyone to join in her crusade, will make it all happen. It does not. Talking is not doing. It's the way some people buy cookbooks, put them on a shelf forever unread, and brag about how they are now great cooks. Alice is not your friend. Alice is a fraud. Alice is annoying. Lose Alice.

Over the holidays each year, my mother-in-law buys me something completely unnecessary or something she knows I just won't like. Then she goes on and on every time she comes over to our home if she doesn't see it out on display or see me using it. I swear she knows and does it just to see what I will do each year. Last year it was one of those air fryers, and she knows that I don't cook. The year before, it was a big statue of St. Anthony, patron saint of lost things, because I had to tell her that I have lost her gifts in years past, when I really just give them away or sell them! How do I get her to stop buying me gifts I don't want without starting a big problem?

—Desperate Daughter-in-law

You are being so set up and I know you know it. Mommy-Dearest-in-law is really working hard at attempting to make you look like an ingrate so she can look beloved, generous and giving. You're being had, my dear, so it's now time for you do to the hadding and here's what you do. You fix her a nice goldfish-sized bowl of bourbon, place it in front of her with a nice chunk of Brie and some very expensive crackers, sit on a stool definitely below her gaze so you look humble and helpless, and say to her that you love her (it's OK to lie; she started it after all) and that you finally in life have all the stuff you'll ever need and so would she consider gathering all the money she's so willingly spent on you over the years with all those "wonderful and thoughtful gifts" and send it off to a children's charity somewhere—a charity that cares for hungry and hurt and helpless children. Suggest to her that they'll probably even install a plaque on one of their walls with her name on it proclaiming her endless and selfless gifts of cash for the cause. Tell Mummzie, with your eyes cast down modestly, that you can no longer accept any more generosity from her and that wouldn't she feel so good sending bunches of money to such a noble cause? That everyone would know about? Be sure to tell her that you've already told all her friends, and more importantly her enemies, about "her" glorious plan. See? You learned well from your MIL—you too can now do the setting up, and even better!



pesto chango!

A new take on a traditional favorite.

Add a healthy kick to your next pasta night with this nutty, garlicky **Chickpea Pesto**, made from hommus, walnuts and Parmesan cheese. It's also a great alternative to traditional pizza sauce or veggie dip!

Here's what you need:

- 2 Tbsp. Cedar's® Garlic Hommus
- 2 Tbsp. Hannaford Grated Parmesan Cheese
- 2 Tbsp. Hannaford Extra Virgin Olive Oil
- 1/8 tsp. McCormick® Garlic Powder
- 1/2 cup Hannaford Chopped Walnuts
- 2 tsp. Lemon juice
- 2 cups Basil leaves
- McCormick® Pure Ground Black Pepper, to taste

Roll up your sleeves:

1. Add all ingredients to a food processor or blender, and mix to desired consistency.
2. Spread over pasta or quinoa, serve as a dip, or use as a sauce for homemade pizza.

Dietitian's Tip:

Try mixed with 4 to 5 Tbsp. of Hannaford Neufchâtel Cheese to make a dip! Serve with veggies and whole grain crackers.

Source: Recipe adapted from cedarsfoods.com

Nutritional Information (amount per 1/4 cup serving):

Calories 194; Total Fat 18 g; Saturated Fat 2 g; Sodium 71 mg; Total Carbohydrate 8 g; Dietary Fiber 2 g; Protein 5 g; Sugar 2 g



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