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JULY 2020

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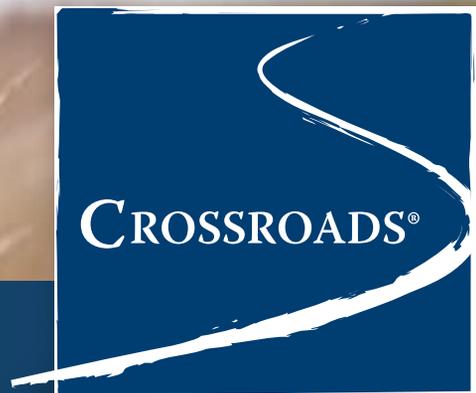
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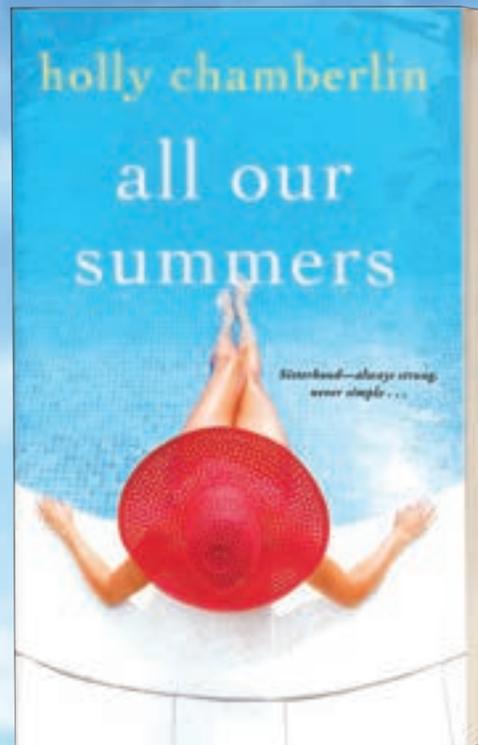
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Summer is here, with the earth and the wind smiling around us all. We feel the warmth. Even in hard times, it always brings out the joy and hope in all of us.

Every day is a beautiful day to celebrate. Let your smile be the warmth for those around you. You have the power to be the sunshine for others. This is a gift we all have.

This month *Maine Women Magazine* celebrates with pride Tri for a Cure, which helps to support the work of Maine Cancer Foundation. In Maine we are so fortunate to have Maine Cancer Foundation, which works ceaselessly to reduce the state's cancer rates and to help those with cancer and their caregivers. We all have been touched by cancer, either firsthand, through the experiences of loved ones, or both. So many people—family, friends, neighbors, co-workers, community members—have had to face the extremely difficult challenges that cancer brings.

Maine Cancer Foundation has been there for thousands of Mainers, helping with services to ease their difficulties, supporting research, funding screening and clinical trials, and meeting the varying needs of Maine's 16 counties in the fight against cancer. I encourage all of you, if possible, to make a donation, big or small, to help Tri for a Cure and Maine Cancer Foundation. For more information on the Maine Cancer Foundation or to make a donation, please go to [www.mainecancer.org](http://www.mainecancer.org) or call 207-773-2533.

Enjoy and celebrate with us the wonderful stories about these women. I thank you all in advance for making the sun shine for others.

Embrace the wonderful wind of July, share the warmth in your heart, and joy will stay with you.

*Mary Frances Barstow*  
 Editor/Publisher  
 Maine Women Magazine

*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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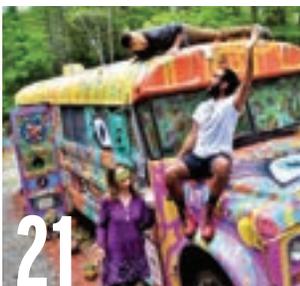
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Cover photo by Jason Paige Smith

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**Anne Murray Mozingo** is an award-winning writer who has worked at newspapers in Georgia, Massachusetts, New Hampshire, and Maine. She is now a freelance writer and reiki master living in York, Maine.



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**Christine Simmonds** grew up in Coastal Maine. She was a teacher for many years, but she was always told she had missed her calling as a writer. Now she enjoys being able to dig up local news for *The Courier-Gazette* and investigate fascinating stories for *Maine Women Magazine*. She enjoys spending time with her family and her cats and attending Cross-Fit classes.





**Shelagh Gordon Talbot** hails from Bennington, Vermont. She worked in the film and television industry, including on the award-winning kid's show *Jabberwocky*. Looking for a less hectic life, she moved to the Moosehead Lake region and became a journalist. Currently, she enjoys freelancing for the

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**Amanda Whitegiver** is a Maine native and photographer whose specialty is creating warm, playful, and genuine family and brand portraits. She lives in Southern Maine with her husband, two daughters, and their grumpy cat. Some of Amanda's favorite non-photography things are singing with the

Greater Freeport Community Chorus, reading (preferably while snacking on dark chocolate), and spending time exploring the outdoors (or the backyard) with her family. Photo by Nina Cutter Photography

Hey there! I just ran across your ad in the weekly. I absolutely love everything you're doing.

*Kylie Thibodeau-Harvey*

Editor,

Now that my favorite beauty parlor is open and I am able to finally get my hair cut, I was delighted to pick up your magazine and thumb through it while waiting for my appointment. Being disappointed that there were so many articles that I wanted to read, and not enough time to read them all, I took home the subscription card that fell out of the magazine. Now I will be able to have my own copy to read every month.

*Martha Smiley*

Dear Publisher,

I started Linda Greenlaw's book entitled *Bimini Twist*. I am loving it! It was fun to read about her in your magazine.

*Judith Frost Gellis*

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## Holly Martin's Solo Voyage Around the World



Photo courtesy Holly Martin

An Update from Holly's Mom:

# Ahead: Marquesas Islands in the South Pacific

BY  
MARY  
FRANCES  
BARSTOW



For many months now, Holly Martin, 28, has been sailing alone around the world, pursuing her long-held dream to make this challenging trip. Holly's boat, the *SV Gecko*, is a Grinde built in Denmark in 1983—27 feet long and 10 feet wide—which Holly bought in Connecticut and worked on extensively before setting off from Maine.

We and many others have been following her travels, getting a better sense of what is involved in such an adventure and, of course, brushing up on our geography! Last month Holly was in the Perlas Islands in the Gulf of Panama, pausing offshore there because of the global COVID-19 crisis. The coronavirus epidemic had closed many ports and made getting food and supplies much more difficult.

With restrictions eased, she is underway again, and she is now heading for the Marquesas Islands in French Polynesia. It will take Holly an estimated 35 to 40 days of sailing to reach these beautiful volcanic islands in the middle of the Pacific

Her mom, Jaja Martin, no stranger to long sea voyages herself, reports the following:

"Holly left on her Pacific crossing on Sunday, May 31st. It was a chilly, rainy day in the Perlas Islands when she upped anchor and headed out with sails raised, a favorable wind on the beam. This morning, she made it out of the Gulf of Panama and continues her steady progress toward the Marquesas Islands, where she plans to make her first stop. I am her weatherman, and we are communicating via her Garmin inReach GPS. She's loving every minute of her passage so far. Out of sight of land and trailing a fishing line, she's making the most of each day. She's out there doing what she loves. Living the dream!" •

“Inside I had  
a voice saying,  
‘You can do this—**JUST  
BELIEVE**’”

*Marilyn McLaughlin-Murray,  
co-director of York Hospital’s  
Oncology Department*

BY ANNE M. MOZINGO

Inspiration to become a doctor came early to Marilyn McLaughlin-Murray. She was about 5 years old, in fact. “If I was a doctor, this wouldn’t happen,” Marilyn thought, as she waited for hours outside a hospital emergency room in Montego Bay, Jamaica.

Her sister had been bouncing on the bed in their one-room wooden house without plumbing or electricity. She bobbed off and onto a broken bottle, slicing her foot. The girls’ grandmother, with whom they lived, was at work. A neighbor heard cries for help, wrapped the wound to slow the flow, and rushed the girls to the hospital.

“We joined the line and spent the whole day there, with her foot bleeding, and needing attention,” Marilyn said. “I was so traumatized by the blood and the bleeding and the people standing in line.”

Marilyn has lived in two worlds throughout her one life. She never met her father. She and her three sisters lived with their mother in Montego Bay until Marilyn, the youngest, was 18 months old. Then her mother left them with strangers and migrated to England to earn more money. Eventually, the children moved into their grandmother’s house, where they were “to be seen and not heard.”

Life was hard without her mother. Yes, there were people who acted like “aunts” and “uncles,” but the fact remained, her mother was a photograph, not a person she could speak to, confide in, and call “Mom.” The sisters were barrel children, a phenomenon in the Caribbean where mothers leave their children behind to earn higher wages abroad and send dry goods and household staples in cardboard shipping barrels.

Since her opinions were not welcome at home, Marilyn discovered school was the place she could thrive. She received special attention from one teacher in particular in Jamaica, a woman who was like a surrogate mother. This teacher was a person



Marilyn McLaughlin-Murray is a tireless volunteer, oncologist, wife, and mother of three adult daughters who loves walking, playing guitar, and enjoying the light of her life, her grandson Miles. *Courtesy Photo*



Marilyn McLaughlin-Murray and her husband Matthew Murray.  
*Courtesy Photo*

who listened to and encouraged Marilyn and even arranged for Marilyn to sit for an exam to attend private school.

At age 13, Marilyn's mother came back into her life and moved her to the United States. There she lived with two of her three sisters (the third was married) and four new siblings from her mother's marriage in England. Marilyn was ambivalent about the move. Still, she was happy to be with her family, including the siblings she'd known about, but had never met. Eventually, her mother's husband joined the family in the U.S. and adopted Marilyn.

"And so, life started over. I was thrust into a new world with new people, new languages, and my being Jamaican with a thick accent and being a foreigner did not help. I was constantly teased and bullied," Marilyn said.

The family first lived in the Bronx, and then in Queens, where Marilyn was bussed to a selective, majority-white high school to access the best possible education. She thrived both academically, and in track and field. Her mother, who worked two jobs as a licensed practical nurse (LPN), succeeded at building up in Marilyn what insecurity and a lack of nurturing had torn down in Jamaica.

"She was always working, so we basically raised ourselves. But she instilled confidence in me," said Marilyn, now a tall, youthful-looking 62-year-old. "She wanted to make amends for leaving us, so she tried hard. I'm pretty sure without her guidance, from a mental standpoint, I wouldn't be the strong individual that I am."

That stamina has carried Marilyn down many roads from Montego Bay to New York City to medical school in New Jersey, to her private oncology practice in eastern Long Island. But it was not easy. After graduating from college, Marilyn started a family, and her dream to be a doctor was put on hold for several years.

Her experience volunteering as a candy striper in college led to various jobs in the medical field.

"One day, after I was a single mom with two children, I picked up the dream again," she said. "Perhaps it was because I had not strayed far from the medical field. Perhaps it was a burning desire to make a better life for my children than I was living at that moment."

Medical school was challenging, yes, but the hardest part, Marilyn said, was having the self-discipline to study, care for the children, remain focused, and tune out the naysayers. Challenges mounted when she lost her apartment in a fire and was injured in a car accident, but Marilyn graduated on time and completed her residency and fellowship program.

"In my life there were many angels that appeared and encouraged me . . . At points of time I had no one, but there was a voice in my head saying, 'you can do this—just believe.' Most people have that," she said. Marilyn had a private oncology practice on Long Island for more than a decade before moving to York, Maine, six years ago. She currently serves as the co-director of York Hospital's Oncology Department.

Susan Kelly-Westman, York Hospital's medical social worker for oncology, describes Marilyn as a caring and compassionate physician. "Some doctors look at the disease, and Marilyn looks at the whole person, finding out what their values are and what they are hoping to achieve. She is very good at meeting the patients where they are." Kelly-Westman describes Marilyn as light-hearted, someone who loves to laugh. She said she is level-headed and never forgets her past and the importance of giving back.

People with great needs are never far from Marilyn's mind. She is driven to improve people's lives and credits this dedication to her formative years at Marble Collegiate Church in Manhattan, where she met her husband, Matthew Murray, and where the Rev. Norman Vincent Peale preached about taking action to change people's lives for the better.

"That church basically was my grounding and made me into the person I am today. It believed a lot in positive thinking and giving back to the community, so I then spent my entire life carving myself out that way," she said. A two-decade Rotarian, Marilyn lives the motto: "Service Above Self."

She is a past president of York Rotary and is assistant governor for the Southern Maine Rotary. A member of the vestry at St. George's Episcopal Church, Marilyn leads the effort to build a program to provide mammograms and other medical services to seasonal workers from abroad.

While caring for migrant summer workers with cancer, the idea struck Marilyn to help more of these seasonal workers, who arrive each spring and toil practically non-stop until the season wanes in October. The church group aims to help these temporary residents, many from Jamaica, feel welcomed and cared for while they are working the tourist industry jobs.

"I figured they should not be invisible," she said.

Marilyn has embraced living and working on the coast of Maine. She said it offers similar trade winds to those on eastern Long Island, but not the diversity. She has been the first minority some of her patients in York have encountered. She believes the

impression she makes can help shape locals' opinions of minorities.

Marilyn won a bid last year to fill a two-year term on York's board of selectmen/women.

Her role as a selectwoman has also helped bring diversity to a governing body that has been traditionally all white. "Being on the board has helped me understand people more and not think of myself, but what would make others' lives better," she said.

She and her husband raised three daughters, Eren, Melle, and Brooke, who live in NYC. During a telephone interview, the pitch in Marilyn's voice rose when she mentioned her three-year-old grandson, Miles. "Oh, it's awesome. I would have become a grandmother first if someone told me it was this much of an absolute joy," she laughed.

Similarly, Marilyn's voice softened when she spoke of her husband of 21 years. "He is an amazing human being. I have been fortunate. We all have baggage, and I've had more than most people, but throughout it all, my husband has been so understanding about my growing up with lack. We have had parallel upbringings, and we came together and raised amazing children. We feel blessed and are trying to provide for them so they never feel lack like we had."

Another effort Marilyn is proud to support is a program that helps native students in northern Maine as they transition from reservation schools to public high school. Education is a priority for Marilyn, so it was no surprise when she met education consultant Kate Gardoqui that they would be fast friends. They met at a fundraising dinner in York, where Kate shared her concerns for native students struggling to assimilate into Calais Middle High School from close-knit schools on reservations.

"She said, 'I am the incoming president of Rotary. Let's work on this; let's get together again,' and over the years she spearheaded our club raising over \$80,000 to fund three years of the BARR (Building Assets Reducing Risk) program at Calais High School," said Kate, a senior associate at Great Schools Partnership. "She pulled together Rotary clubs from York, Calais, and across the border in Canada. She doesn't stop. She doesn't give up. She is extraordinary in that way."

The BARR program helps prevent high school freshmen from falling through the cracks, improving the likelihood of graduation. Every student has an adult mentor, a peer team, and improved communication between their parents and teachers, among other advantages.

Marilyn is thrilled to see the Rotary funds making an impact on all Calais freshmen. Before BARR, about 56 percent of the freshmen at Calais failed at least one class. After the first year, that dropped to 26 percent. Last year only six percent of the freshmen failed one class, Principal Mary Anne Spearin said. Marilyn said she wants the BARR program to offer enough encouragement so each child will feel their own spark of greatness within.

"Rotary is my life, and that means service is my life," she said last month from her Cape Neddick home. "If I retired tomorrow, I'd still be working 40 hours a week. Actually, I'd love to be working at that level and not getting paid. You give to life, but in the long run, it gives you more than you can give out. That is service." •



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# Maine Ice Cream FOR HOT SUMMER DAYS

BY R. COOK



Like many of her fellow small business owners, Jamie Way spent weeks getting ready to open her ice cream shop, Wicked Scoops in downtown Damariscotta, for the summer season. She was optimistic her customers would be able to enjoy their favorite Gifford's ice cream beginning in June.

The COVID-19 pandemic that has engulfed Maine and the rest of the country has forced businesses large and small to make significant changes to guarantee the safety of their staff and customers. Jamie has had to build an online ordering system so customers can make advance ice cream orders from their smart phones or laptops and pick them up at the take-out window.

"Like everybody else, we are adjusting for the upcoming season," she said.

Regardless of when Wicked Scoops opens for its third season under Way's ownership, she knows her patrons will appreciate the pure made-in-Maine ice cream on those hot summer days and cool summer nights. "Ice cream is a comforting, inexpensive treat that everyone can enjoy. It brings people a lot of happiness and comfort for very little money."

Jamie expects her customers will either enjoy ice cream in their air-conditioned cars or along the harbor in Damariscotta Park, affectionately called "The BPL" (back parking lot) by the locals.

"I'm really confident it will be a really good summer," Jamie said.

Going with Gifford's ice cream will continue to be a big draw for anyone who is familiar with the Skowhegan's company's unique product that harnesses Oakhurst Dairy cream, Downeast blueberries, and many other organic Maine ingredients. They don't use any powdered mixtures.

One thing that Jamie likes about serving Gifford's ice cream is that no one has to make the ice cream each day. Gifford's delivers their 33 flavors every few days, "which allows us to be home all night with our families."

Some of the most popular flavors at Wicked Scoops include chocolate, vanilla, strawberry, campfire s'mores, sea-salt caramel truffle, and Maine wild blue-



Jamie Way

berry. Wicked Scoops' frappes are also big sellers, and there are lots of toppings for those who want to add extras like jimmies, gummy bears, and Ghirardelli hot fudge sauce. The fifth generation Gifford's family has made their delicious ice cream since the late 1800s. Today they use the same equipment to make their product that they used in the 1940s, Jamie noted.

Jamie is also proud that Wicked Scoops is a very green business that utilizes compostable paper goods and spoons to help the environment. "Protecting our world is a very

important part of our company.”

Opening Wicked Scoops this summer is especially important for the health and well-being of their community, Jamie believes. “The best thing we can do is have Damariscotta open for business. We don’t want to let our community down by being shuttered, even if we have to dig into our own pockets.”

In addition to opening Wicked Scoops, Jamie and her husband, Pennington, who owns Sea Smoke in the same Main Street building block, made a donation to the Central Lincoln County YMCA to help families in need. They signed on as business partners and in exchange for their donation, Jamie said they have a banner hanging in the YMCA’s gym. The donation was made before the COVID-19 pandemic escalated in Maine, but the couple decided to maintain it to support their community.

Mainers helping Mainers is one of the things that Jamie loves about living in Damariscotta and being able to raise the couple’s 8-year-old son, Pennington Jr., here where his dad’s family has deep roots. Her husband’s family first settled in Christmas Cove around 1900.

“This little community has welcomed us with open arms. It’s been so wonderful to be a part of everything that’s going on,” Jamie said.

Her son loves being a Mainer and has embraced everything that Maine offers. “He loves fishing and skiing, mountain biking and hiking,” Jamie said. Her family has called Damariscotta home since they moved here in 2017.

Her husband grew up in South Bristol and the couple actually met in Santa Fe, New Mexico, in 2007. “I was there for work and my husband was there for family needs” to care for his aging parents. They were wed in 2008 but remained in the Southwest for another nine years.

Jamie grew up in Pennsylvania before her travels took her out West. When she was in high school, Jamie recalls that her uncle gave her a per-

sonality test to help her identify her strengths and a future career path. Jamie said her uncle worked as a human resources psychologist and did those tests for corporations when they hired new employees.

Her test results indicated she would be great working with people with special needs or retail. She recalls that she dismissed both of those results but ended up working in retail when she attended college in Colorado. She later worked in three art galleries before she managed the Shiprocks Santa Fe Gallery for 11 years as gallery director.

“That job was very hard to leave and it was keeping us in New Mexico,” Jamie said. But the couple wanted to raise their son somewhere else where they could also start small businesses. Her husband wanted to move back to Maine for some time and they finally made the move in 2017.

Very soon after they arrived, her husband found the space needed in the Chase Block building on 95 Main St to open Sea Smoke, a high-end boutique store that sells various pipes and instruments to enjoy cannabis and use medical marijuana products. On the front side of their building, Jamie saw where the former Bear and the Bea ice cream shop was located.

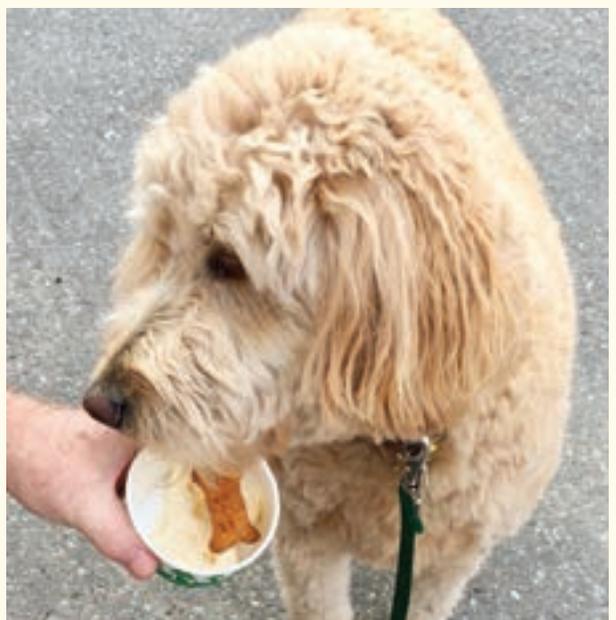
Right away, Jamie realized her love of people and serving a product that generates so much happiness is what she wanted to do and Wicked Scoops was born.

This summer, Jamie plans to bring back her employees, who are either Lincoln High School students or Lincoln High alumni, to wait on her customers and offer the most pleasant and welcoming experience that she can. Ultimately, when Wicked Scoops serves up its Gifford’s ice cream that produces joy for parents, kids, and dogs as it has for the past three years, it will be so worth it.

“To put a smile on people’s faces with our product is what we plan to do.” •



“This little community has welcomed us with open arms. It’s been so wonderful to be a part of everything that’s going on.”





# Like *Trees* in the *Sea*

*Jaclyn Robidoux: Why seaweed is good for the planet, coastal economies, and you*

BY LYNN FANTOM

On any given day, Jaclyn Robidoux might be hauling lines in a boat on Casco Bay, counseling seventh graders, collaborating with a documentary filmmaker, or poring over a scientific journal. The single thread linking these diverse days is both intriguing and still somewhat obscure: seaweed.

It's no surprise that "Jax" or "Jack," as she's known to her friends, dubs herself a "Jack of all trades." She needs to be. As a member of Maine Sea Grant's marine extension team, the 26-year-old has a big mandate. Her job is to connect various communities around seaweed, the common name for marine algae. She joins a flotilla of Maine women who have been pioneering this sustainable crop—one that is good for personal health, the economy of coastal communities, and the environment.

Jaclyn's supervisor, Beth Bisson, sees ways that Maine can meet a growing need: "Seaweed is a huge industry elsewhere in the world. In the U.S., we consume a lot of it in nori rolls and all kinds of other products, but we don't produce as much as we could. And so, it's an opportunity for the country, but also really for Maine." Beth Bisson is associate director of the University of Maine's Sea Grant program, which she calls the "wet and salty counterpart" of the USDA-funded agricultural extension network.



Jaclyn Robidoux  
of Maine Sea Grant.  
*Photo by Joey Conroy*



TOP: Carrageen, an edible shoreline seaweed. *Photo by Jonas Drotner Mouritsen*  
LEFT: Kelp is the variety of seaweed most commonly farmed in Maine.  
*Photo by Joey Conroy*

Succeeding in any extension role takes versatility, initiative, hard work, and expert knowledge of the subject matter—in this case, seaweed. The goal is to build two-way communication between researchers and growers, as well as loop in other groups, including related nonprofits.

Jaclyn can boast such solid science creds (though she never would). “Science was always one of those subjects that just clicked for me,” she says. She is now wrapping up her master’s degree in marine biology at the University of New Hampshire with a capstone project to develop a nursery and cultivation system for Maine-native nori. Her aspiration is to help diversify seaweed farming in Maine, which has largely been concentrated on kelp.

Known to occasionally reference “the scientist in me,” the Massachusetts native seems as comfortable discussing her research on a TED Talk-like stage as she is weed whacking an electric fence line on Metinic Island to keep wild sheep out of a tern colony, both activities she has readily done. She approaches all such challenges with energy, enthusiasm, and an organized manner.

And initiative? Well, that started early. When Jaclyn camped with her family on Herman Island every summer, she and her brothers would drag their parents out of bed at five o’clock to scout for moon snails and sea stars at low tide. This little girl loved Maine. She soon started picking up brochures of “Maine Homes for Sale” and laying them out strategically for her parents to see. Although they never acted on those hints, Jaclyn says she always knew she would live in Maine.

Today, she does—with a roommate and two cats on Portland’s East End, an up-and-coming neighborhood that the *Boston Globe* has called “one of Portland’s coolest spots.” Included among the area’s bakeries, bookstores, and restaurants are, says the *Globe*, “quirky delights, such as Heritage Seaweed, a fascinating shop with ocean-based specialty goods.”

This spring, Jaclyn partnered with its proprietor to support Seaweed Week, a state-wide food festival to celebrate Maine’s kelp harvest. But, in the shadow of COVID-19, she shifted gears and devised a marketing program—replete with kelp prep instructions, hand-stamped eco-friendly delivery bags, and an on-line platform—to help seaweed farmers with direct-to-consumer sales. Among the buyers was another woman who believes kelp farming is good for Maine: Governor Janet Mills.

“Jaclyn has done a wonderful job, in particular working with the culinary industry and all of her partners during Seaweed Week,” says Beth Bisson.

“The reality is that people are unfamiliar with seaweeds,” Jaclyn adds. “So, you can tell them all day, ‘Oh, this is great for the environment. This is great for you.’ But they need to know what to do with it.”

She herself eats a little seaweed every day. “Marine algae are a much better source of iron than foods such as spinach and egg yolks,” says Ole G. Mouritsen, author of *Seaweeds: Edible, Available, and Sustainable*. Rich in both minerals and vitamins, the macroalgae are high in fiber and low in calories.



Sarah Redmond farms Frenchman Bay.  
*Photo courtesy of Springtide Seaweed*

When fresh seaweed is in season in the spring, Jaclyn substitutes it for spinach or kale—in stir fries, soups, scrambled eggs, baked dishes like lasagna, even cocktails! “Kelp adds a subtle savory flavor in dishes and, eaten raw, has a crisp ocean taste,” she says.

Because of its seasonality, products have been developed to preserve it, by pickling, freezing, or drying it into sheets or sprinkles. “My favorite is sprinkled on avocado toast,” Jaclyn says.

Saco-based Atlantic Sea Farms has developed delicious, award-winning products with seaweed, like a mild kimchi, sea-beet kraut, and kelp smoothie cubes,

Crispbread with a mixture of seaweeds.  
*Photo by Jonas Drotner Mouritsen*





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that “normalize kelp.” This year the women-led company also did a deal with farm-to-counter salad specialist Sweetgreen. With a network of 24 seaweed farmers from Portland to Eastport, Atlantic Sea Farms was able to meet the volume requirements of a large chain.

The company’s chief executive Briana Warner, whose background is in economic development, says her overriding mission is to help diversify Maine’s coastal economy in the face of climate change. Since most of the network’s farmers come from traditional fisheries, her guarantee to buy every blade they produce gives them an additional income stream. That alternative will be welcome if warming waters in the Gulf of Maine drive lobsters and sea scallops farther offshore or north, as scientists predict.

Like Jaclyn, Litchfield-native Sarah Redmond also worked for Maine Sea Grant, then founded her own company, Springtide Seaweed, a certified-organic farm that grows four varieties of edible seaweed. A leader in seaweed aquaculture since 2010, her initiatives—developing nursery systems and setting crop standards—have also included educating the general public about the environmental benefits of seaweed.

These benefits are considerable. As seaweed grows, it vacuums up harmful nitrogen and phosphorus discharged by farms and factories. More importantly, it consumes carbon dioxide. That’s key because the ocean absorbs about 30 percent of the carbon dioxide released into the atmosphere. “Think trees in the sea,” Jaclyn says.

More recently, researchers have discovered another environmental benefit: seaweed in agricultural feed reduces bovine burping. The Environmental Protection Agency estimates that animals like cows and sheep produce about one-third of agricultural methane emissions. And that’s important because



Briana Warner with Atlantic Sea Farms’ kimchi.  
*Photo courtesy of Daily Harvest*

methane warms the Earth even faster than carbon dioxide.

A love of the outdoors, prompted by those early camping trips in Maine, propelled all three of the Robidoux children into careers in marine or environmental fields, Jaclyn says.

Sitting today in her knotty-pine-paneled living room, her long, blonde hair escaping from an unsuccessful clip, she turns her attention to the special role women are playing in the marine sector of seaweed. “Because it’s relatively new for the U.S., some of those old barriers that may have existed in other marine industries are not there yet. Not to say that it’s easy. But since it’s new and a little different, a woman can go and independently start her own oyster or kelp farm. There’s a lot of room for growth.”

That momentum has already been building. According to the Maine Department of Marine Resources, last year’s harvest of farm-raised marine algae in Maine was almost 20 times the volume five years ago.

The future is promising for this new industry, thanks to these many enterprising women. Their dedication to seaweed is not new, however. During the first half of the 20th century, a female scientist Kathleen Drew-Baker made discoveries about the life cycle of edible seaweed that led to a breakthrough in commercial cultivation. So important was her research to nori production that the Japanese celebrate her as the “Mother of the Sea.” •



## HAPPY HIPPIE LANE MAINE: TIME TO RELAX

BY R. COOK

*“I’m goin’ up the country, baby don’t you want to go?  
I’m goin’ up the country, baby don’t you want to go?  
I’m goin’ to some place, I’ve never been before.”*

– Canned Heat

As Maine families and couples ponder how they can enjoy Maine on their terms this summer amidst this pandemic, a couple on Westport Island is ready to offer them a fun, relaxing, and surreal escape to another time and a totally different frame of mind. When guests arrive at Cary and Joe “Huggie” Huggins’ home, the sign at the foot of their narrow, gravel driveway says it all: “Welcome to Happy Hippy Lane Maine. You have arrived!”

One of the first things visitors see is the impressive school bus that is adorned with peace symbols and psychedelic flowers and is awash in all things ’60s and the Grateful Dead, Joe’s favorite band. This is the lodging centerpiece on the couple’s 3-acre site. Inside is a queen bed on one end and bunk beds for the kids on the other end. There are places to sit and relax and plenty of hippie-style art and décor through-

out that would impress ’60s icons Jerry Garcia, Ken Kesey, and his Merry Pranksters and anyone who actually went to Woodstock in 1969.

Three tiny houses for other guests are decorated to evoke the era of Haight-Ashbury, Summer of Love, and Flower Power. A teepee on a raised wood platform is a short walk away and makes a place where kids and adults can just hang out. In the evening, the Happy Hippy Lane Maine lights up with plenty of solar powered lights around the property.

The main house is a spacious, rustic cabin where guests check in, enjoy breakfast, and play board games with their hosts. The main house has two bathrooms and showers for guests to use. A few additional guest rooms are located on the lower level.

The outside grounds feature a large firepit where guests are encouraged to gather and many tables



Photos courtesy Cary Huggins



where they can eat whatever food they wish. If they prefer, they can also use two propane gas grills, found at the Groovy Gourmet building. There are also hammocks to just kick back and relax in and plenty of Hula-Hoops around.

The Happy Hippie Lane Maine complex also reflects Cary and Joe's values. The couple have been married for 30 years and have three sons: Dylan, 28, Connor, 25, and Kiernan, 20. Joe, 64, has worked most of his life as a trucker who makes frequent cross-country trips. Cary, 57, is originally from Hanover, Maine, near Bethel, and she met Joe when she attended Smith College. After the couple married, they lived all over the country, including Texas and Florida, to accommodate Joe's trucking jobs. Cary recalls that Joe's work travels were sometimes a family affair.

"Our kids ended up working for Dad and going cross-country," Cary said. The family's life on the road was just the beginning of an amazing journey that would lead them to Happy Hippie Lane Maine.

Cary recalls how the couple moved to Maine in 2004 so they could have a better place to raise their sons. They lived in Biddeford, and their sons attended the School Around Us in nearby Arundel. In 2005, they found their current home on Westport Island. Joe continued to do his trucking jobs and Cary became a registered nurse who worked one summer at nearby Camp Chewonki. She later worked as a school nurse in Wiscasset for a few years.

In 2009, Cary and Joe decided to make a

radical departure from their lives when they received an invitation to live and work for a non-profit group in Orland. The farm was operated by two nuns who also maintained seven shelters to help homeless people from all walks of life. Cary said the couple totally immersed themselves in this community and did everything from teaching English classes to immigrants to working on building projects. She also taught children from countries like Haiti and Guatemala how to mountain bike, ski, and snowboard. "There were nights where we had to cook for 20 people," Cary said.

Their sons were able to attend Gould Academy in Bethel, and Cary remembers it as a very positive experience that taught her boys a great deal about helping others. The family lived and worked at Home, Inc. from 2009 to 2015 before they decided to move back to Westport Island.

Joe has always enjoyed refurbishing and recycling objects into works of art. He is also a big fan of tie-dyeing. Somehow all of these experiences led them to create a unique lodging experience that included an old school bus that Joe bought online. He and his sons transformed the former hunting camper into a far-out, psychedelic hippie bus.

Cary remembers that they didn't have too many guests their first summer season, but as word spread about the cool mini-hippie commune-like experience, they started attracting scores of guests from all over the country and the world. For families who want to feel like they are camping

in a groovy place without actually camping, the Happy Hippie Lane Maine has a great deal to offer. Cary said guests can have their own space to relax or seek out other guests and make new friendships. During the day, her guests can explore any number of nearby Maine places like Popham Beach, Reid State Park, or nearby preserves that offer hiking trails.

They can go kayaking, visit a local Alpaca farm, and even enjoy fresh lobster provided by the nearby North End Lobster Co-op in Wiscasset for special lobster bakes. "People are doing their own thing, but they come together at the campfire." Since Maine lobsters are such a big draw, Cary tries to offer her guests unique experiences. "I've had several guests on a lobster boat when I can accommodate them," she said. Finding ways for her guests to experience a sense of community by immersing themselves in the sights and sounds of her unconventional lodging is important to her.

After their boys went off to college and entered the workforce, Cary and Joe joined the Work Away program, where they often host people from overseas and travel to various countries to help people. In the last four years, Cary and Joe have traveled to China, Thailand, Indonesia, Morocco, and India where they teach English as a second language and perform other tasks. Each time they are hosted by a family, which really adds to their experience abroad. "The best part is you are really immersed in the culture and you're living with a family," Cary said.

This summer, Cary knows she will have to take extra steps to guarantee her guests'



safety from the threat posed by the COVID-19 pandemic. But she believes Happy Hippie Lane Maine has enough space that will allow them to social distance and enjoy activities in peace and comfort.

Cary said she has had many guests of all ages stay for a weekend or a whole week. She would prefer people to stay longer than a few days because that way they will really experience the relaxation and feeling of letting go that they really need now.

She also hopes to see her share of Maine families come to her place this summer. Here families with young children can decompress on their own terms while their kids play outdoor games. "If you want a place to hang out on the porch while the kids are playing tetherball or painting rocks, this is it."

With such positive vibes all around, Happy Hippie Lane Maine could provide many people with some cool respite this summer. Love and peace. •

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# More Than She Imagined



Spring Point (South Portland/SMCC) - where the event starts.  
*Photo by Jim Newton*  
Inset: Tri for a Cure Founder and Race Director Julie Marchese.  
*Photo by Jason Paige Smith*

# The Wonderful Work of **Tri for a Cure**

BY LIZ GOTTHELF





This relay team called themselves "No One Fights Alone." Photo by Jim Newton

**T**ri for a Cure Founder and Race Director Julie Marchese recalls the feeling she had she finished her first triathlon, a race in the Danskin Triathlon series. "When I crossed the finish line, I never felt so much respect for myself for completing a task that seemed so undoable, and I wanted other women to feel what I had felt," said Marchese.

She pitched the idea of creating an all-woman triathlon to the board at Maine Cancer Foundation, and she was told she and co-organizer Abby Bliss would have to net \$35,000. The triathlon sold out in six weeks and netted \$175,000. "It was just more than any of us could

have imagined," said Julie. That was 2008. The triathlon, with running, swimming, and bicycling segments, has remained popular and is now the largest spring triathlon in the state. Last year, the Tri raised more than \$2 million, and more than 1,305 women gathered in South Portland to participate at the event, which was put on with the help of more than 500 volunteers.

There a special sort of energy in the event that's hard to put into words. But for anyone who has been to Tri for a Cure and seen the women—many of them survivors or who have had a loved one who had cancer—line up to plunge into the ocean or pass the finish line at Southern



Maine Community College, it's an unforgettable experience.

Julie, who is the co-owner of sheJAMS, a women's triathlon club and co-owner of CycleBar Portland fitness studio, said she tells those who are training for the Tri that when in the race, if they are losing momentum, to look to the woman beside them and ask them why they are in the triathlon. "Everyone has a story," she said.

For Julie, who is also a breast cancer survivor, she thinks of her mother, Pat Jordan, on race day. Jordan also had breast cancer and then several years later, in 2015, died of lung cancer. Jordan is the reason she started the Tri.

Since its inception, Tri for a Cure has raised more than \$16 million for Maine Cancer Foundation. "Every penny we raise stays in the state of Maine," said Maine Cancer Executive Director Cheryl Tucker. Maine Cancer Foundation was established in 1976 with the goal of dedicating 100 percent of its efforts to help Mainers. While the organization has from the onset been dedicated to serving Mainers, the projects it funds have shifted over the years, said Tucker.

For many years, the organization solely funded cancer research projects in the state. With cancer rates in Maine higher than the national average, the organization researched how it could better help Mainers and fight the spread of cancer in the state. Cancer is the leading cause of death in Maine, killing more than 3,000 people a year.

"The good news is that nearly 50 percent of all cancers can be prevented through



Maine Cancer Foundation staff are all smiles after the 2019 event. *Courtesy MCF Staff*

healthy lifestyle choices, and one third of cancer deaths can be avoided with early detection," said Kelly Martin. "Maine Cancer Foundation is funding programs across the state to encourage these lifesaving choices and opportunities."

In 2015, Maine Cancer Foundation launched Challenge 2020, a plan to reduce cancer in Maine by 20 percent in five years. The organization works on programs tailored to meet the needs in all 16 counties in the state, identifying key areas of focus, as well as geographical and financial roadblocks, by talking with clinicians, patients, and others. Meeting through Zoom videoconferencing was normal to the staff at Maine Cancer Foundation even before the COVID-19 pandemic, and they've used it as a tool to connect with people and build

relationships in all areas of the state from their Falmouth office.

"We don't want to assume we know what people need," said Tucker.

As part of this work, Maine Cancer Foundation has invested more than \$3 million to reduce and prevent tobacco use, increase HPV vaccinations, and support sun safety measures with initiatives that include the installation of sunscreen dispensers at beaches, ski areas, ferry lines, and other public spaces.

Maine Cancer Foundation has also funded more than \$2.1 million to promote cancer screening, to decrease late-stage cancer diagnoses, and to help to find cancer when it is most treatable and beatable. One million of the funds earmarked for cancer screening was used to increase colorectal screening in multiple counties, and Maine for the past two years has been among the top states for colorectal screening, said Tucker.

Another \$4 million has been used for other programs including those that increase participation in clinical trials and expand transportation to care. These include volunteer ride programs, providing gift cards for gas, covering air travel costs, and providing lodging. It also includes patient navigators, who assist patients throughout their cancer journey by coordinating medical appointments, education, and transportation. "Maine is a large state, and in some areas getting to care can be difficult," said Tucker.



The Hope Wall at the 2019 event. *Courtesy MCF Staff*

As an independent organization, Maine Cancer can be what Tucker refers to as “nimble and responsive” to changing needs in Maine communities. Recently, the organization reallocated \$100,000 to respond to the impact of the COVID-19 pandemic on cancer patients, funding immediate needs of food insecurity, transportation, and financial challenges.

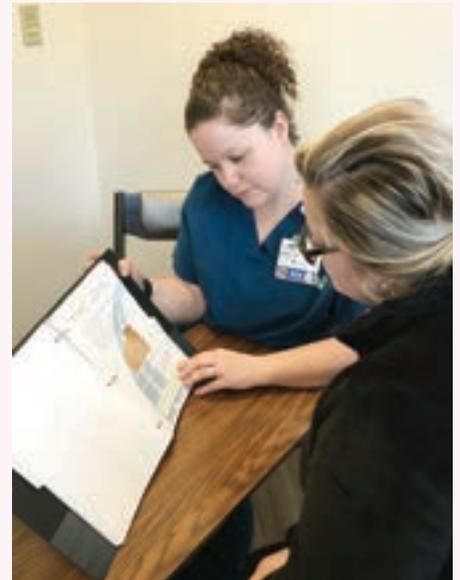


From left are Maine Cancer Foundation Program Director Aysha Sheikh and Sarah’s House volunteer Cathy Sjogren. *Courtesy MCF Staff*

Much of this couldn’t be done without the annual Tri for a Cure, which is the organization’s biggest fundraiser. Women join the Tri by registering for a lottery that’s drawn on Feb. 1, and each year, nearly 20 percent of the participants are guaranteed entry into the event the next year by meeting a specific level of fundraising. Business sponsors offset the cost of the event, so that all money raised by participants goes to the Maine Cancer Foundation.

This year, with the COVID-19 pandemic, the race has been changed to a virtual event. Participants can do the three legs of the triathlon—running, bicycling, and swimming—wherever they wish, and at any time between Aug. 1 and Aug. 30. Those who may be participating in a triathlon for the first time could opt to swim laps in their backyard pool, run on a treadmill, or do the three legs on separate days. The typical \$500 fundraising minimum has been waived this year.

The event’s motto, “Cancer tries. We TRI harder,” still rings true this year. In early June there were more than 1,100 participants signed up, with registration open until Aug. 15.



Patient Navigator Kaitlyn Umphrey at Cary Medical Center in Caribou with a patient. *Courtesy MCF Staff*

Marchese typically can’t participate in the event because of her duties as Race Director, but this year, she will complete the triathlon on her 60th birthday in August.

For more information on the Maine Cancer Foundation or to make a donation, go to [www.maine-cancer.org](http://www.maine-cancer.org) or call 207-773-2533. •

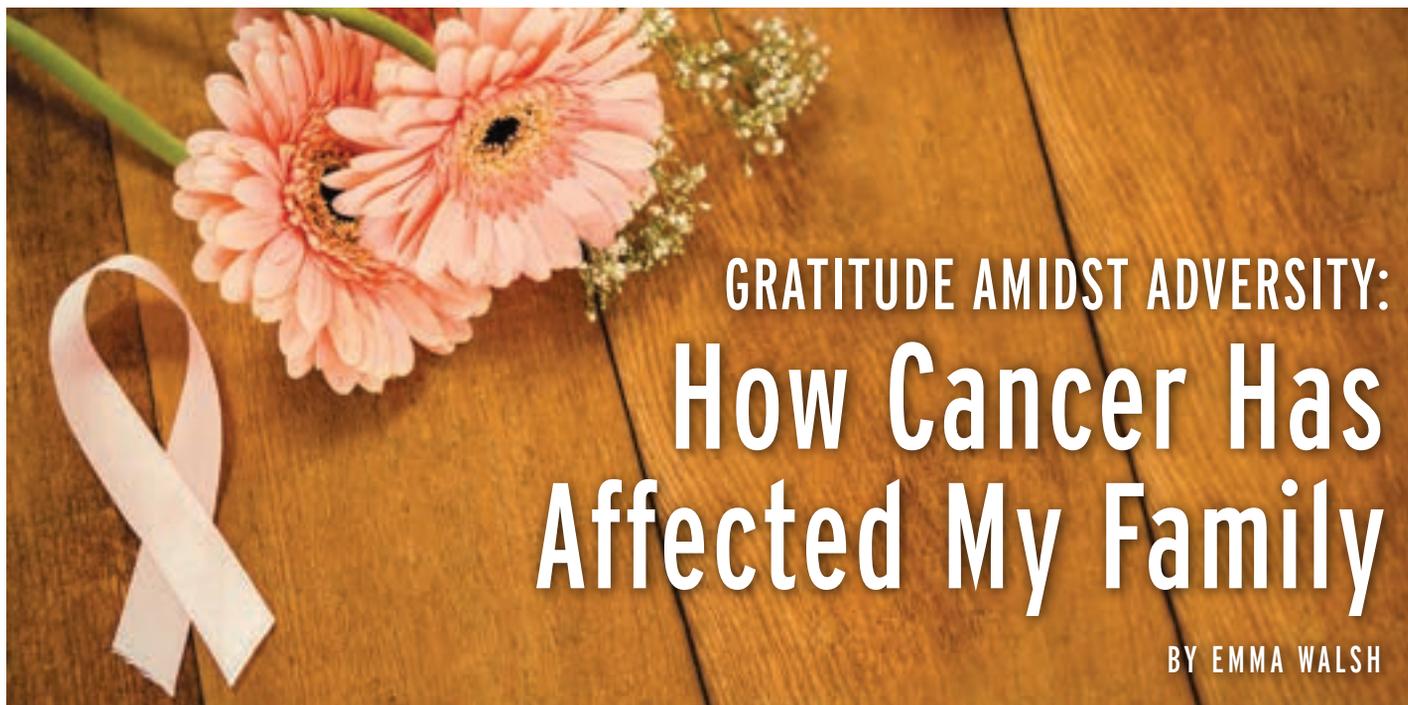


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# GRATITUDE AMIDST ADVERSITY: How Cancer Has Affected My Family

BY EMMA WALSH

**M**y mother is the strongest woman I know. She has always persevered and worked hard through any difficulty she has faced in life.

This past March, she was diagnosed with breast cancer. Her diagnosis came as a complete shock, as she had no risk factors. She eats a healthy vegetarian diet, stays active through hiking, and has never smoked or drank. We never thought cancer would impact our family because we have always lived such a healthy lifestyle. We were completely mystified and dismayed. But, as many have learned before, cancer does not always have a clear or known cause.

The timeline of my mom's treatment aligned with the increasing severity of the coronavirus pandemic. This ongoing COVID-19 crisis added another layer of stress to her diagnosis and treatment. Hospitals were canceling surgeries, and she worried hers would be pushed back. She was also afraid to enter the hospital, for fear of contracting the virus and further delaying her treatment.

But the virus brought us all home. Shortly before her surgery, my college closed due to the pandemic. My sister moved back from Portland, and my parents were both advised to work from home. Together we navigated the uncertainties we were facing as a family and as a nation.

Sometimes my mom was saddened or exhausted by the diagnosis and fearful of the future. Other times she simply needed encouragement and comfort. Since we were all living together, we were there for her throughout her treatment when she needed love and support the most. And when we were all feeling afraid and upset about my mother's health,

my father was able to assure us that she was doing well and healing every day.

I believe a strong component of my mom's healing journey was that she developed a perspective of gratitude. I was amazed when she told me all she was grateful for concerning this heartbreaking diagnosis. She was grateful that she had this type of cancer and not a more severe form. She was grateful for the doctors who caught it early and performed the surgery. She was grateful for the nurses who treated her with radiation each week. She was grateful for the timing of her diagnosis, as we were at home together to support her throughout her treatment. She was also grateful for the overwhelming support she received from family, friends, and colleagues. When faced with such a discouraging adversity as cancer, she showed the power in reframing things with a positive mindset.

"I was inspired by other women's stories, and hearing that they got through it gave me the courage to believe I could move through it, too," my mom says. "This is what allowed me to stay positive and move forward through the process."

This special time with her has been extremely challenging. It shows how precious one's health is, and that we who are healthy should all be thankful every day for our health. It has also shown me how my mom's strength and perseverance withstood all challenges, as she is still able to smile, laugh, and be grateful. The love that surrounds her overpowers her illness, and my mom hopes that her story can inspire resilience and gratitude for others with this unfortunate diagnosis. •

# The Power of Hope

BY LIZ GOTTHELF

Deborah Aseltine is gearing up for her fourth Tri for a Cure, something she looks forward to every year. “Having an all-women event is very powerful. You realize how strong women are. It’s a real privilege to be part of it. It gives people hope,” she said.

Deborah, 61, of Wilton, knows something about never giving up hope. On May 14, 2009, just after her 50th birthday, Deborah was diagnosed with late-stage colon cancer after getting a colonoscopy. Her gastroenterologist told her she had likely had a tumor for seven years. She had attributed symptoms to “runners bleeding” and had no idea what was festering inside her. “That’s why it’s so important to have a colonoscopy,” she said.

Deborah has a book that she keeps on her bed stand that was given to her by a family friend who also had cancer. The book is *There’s No Place Like Hope: A Guide to Beating Cancer in Mind-sized Chunks*, an inspirational survival guide for cancer patients by cancer survivor Vickie Girard. The phrase “There’s No Place Like Hope,” is a phrase that carried Deborah through her journey as she went through cancer treatment.

“I was afraid, but I never gave up. I wanted to put this chapter behind me and move forward,” she said. She decided that working on an accomplishment every day would give her purpose and something to focus on while she was in cancer treatment. She made it a personal goal to try to go for a run every day. Though there were a few days when she just didn’t have the strength, she found that most days, she was able to muster the energy to go for a run, even if it was just for a half-mile jog.

Deborah never let go of hope, and last year, she celebrat-

ed 10 years of being cancer-free. “I’m grateful every day for the gifts I have and how I can use them to help others,” she said. After she recovered from colon cancer, Deborah had a strong desire to help others in her community.

In 2012 she founded Fit Girls of Wilton, Maine, an organization that promotes healthy lifestyles and hosts running and reading programs for girls in fourth, fifth and sixth grade. “The running part is just a piece of it. The program encourages girls to reach their potential, empowers them, and helps them feel good about themselves,” she said.

Running, reading, and community involvement have always been her strong interests. Deborah had participated in other athletic events prior to completing the Tri for a Cure. In 2016, she decided to sign up for the Tri for the first time, because she really liked the organization’s mission to fund cancer programs within the state of Maine. Now it’s become an annual tradition. She admits that although she’s always been an avid runner and bicyclist, the swimming part of the triathlon was a bit daunting. She took a few



lessons and worked at becoming a better swimmer.

Part of what makes the Tri for a Cure so special is that not only are the women who compete in it challenging themselves, but they are all working together to support an important cause. “We’re all working toward a personal goal, and we’re working toward a common goal,” said Deborah.

At last year’s Tri for a Cure, about two miles into the 3.1-mile run, Deborah tore a meniscus, a piece of cartilage in the knee that acts as a shock absorber between the shinbone and the thighbone. It’s a painful injury, and Deborah was having difficulty moving, let alone running the rest of



Photos courtesy Deborah Asetline

the race. Another runner noticed that she was hurt and stopped to see if she needed assistance. The woman was Kerrie Crowell Bowes, and with her help, Deborah was able to walk to the finish line.

“She was my savior. She forfeited her run for me,” she said.

Deborah had surgery last summer for the injury, and this spring was back at it for training. Things are different this year with the Tri being virtual. Deborah, like other participants, will choose where she will do the three legs of the triathlon this year. She’ll complete the swim part in a lake and not an ocean, and she’ll be going it alone instead of with a crowd of other survivors and supporters. Still, she’s excited to continue the mission of the cure. She typically trains alone, and she’s got a good support system.

“My husband is great. If I’m doing a long run, he rides his bike and carries my water,” she said. •



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# LOOK BEAUTIFUL, FEEL BEAUTIFUL

*A story of spirit and resilience*

BY R. COOK



Sarah Kelly and Leah Robert are not just sisters and best friends. They also became business partners after they found a way to turn a very difficult and painful time into something wonderful. While both women are also busy wives and mothers, together they founded and run the successful Salty Girl Beauty company.

Salty Girl Beauty's products, which include a line of soaps, body lotions, and makeup, are sold nationwide by dozens of retail outlets, as well as online. They are also available through one retail partner in Hong Kong, making Salty Girl Beauty an international company.

The two sisters have enjoyed a great deal of national media coverage, including pieces in *People* magazine and the *New York Times*. Leah believes that one of the reasons they continue to garner so much attention is that they have an inspiring story—one that gives many other women hope. Their story is about women maintaining their true beauty in the face of great adversity, with a triumph of their inner spirit.

This story of hope and spirit is what Sarah and Leah discovered when Sarah was diagnosed with breast cancer in the winter of 2015. Sarah, who was then 36, had not long ago married her husband, Christopher, in November of 2014, and the couple had a 14-month-old child, Graham. Sarah was also 32 weeks pregnant with their second child.

Sarah was working as a marketing director for a cyber security company in the Greater Boston area when she discovered

a lump during an OB/GYN appointment. She thought perhaps the lump was related to her pregnancy, but Leah, who works as an oncology nurse at New England Cancer Specialists in Scarborough, urged her to get it examined.

The biopsy revealed her worst fear—Stage 3 breast cancer. Sarah had two rounds of chemotherapy and was induced to deliver Anna before she had another two rounds of chemotherapy. She had seven rounds of chemotherapy in all, with six weeks of radiation and a lumpectomy.

“It was all pretty terrifying,” Sarah recalled.

Sarah moved to Kennebunk in July of 2015. With the support of her family she recovered. This August, Sarah will mark her five-year anniversary of being cancer-free. “I have made it to the other side, and I feel positive and happy. I don’t think about cancer all of the time,” she said.

Today, she and Christopher enjoy their three children, Graham, 6, Anna, 5 and Caleb, 2. Leah and her husband, Greg, have their 2-year-old daughter, Lucy. Leah still works as an oncology nurse in Scarborough.

As Sarah went through months of chemotherapy and radiation, it was her desire to find ways to maintain her beauty. This determination inspired her and Leah to create their Kennebunk-based company, Salty Girl Beauty and their line of cosmetics and beauty products, which Leah describes as nurturing and moisturizing.

During her cancer treatments, Sarah went through many physical changes, including the loss of hair. One day Leah saw her with a pretty scarf wrapped around her head. She was also wearing a lovely shade of lipstick that brought out her true beauty. “That was the ‘Aha’ moment,” Leah recalls.

Leah, who lives in Old Orchard Beach, said during the summer of 2015 she and Sarah were vacationing on Sebago Lake with their families when they first envisioned the idea for their business. Sarah was struggling with the idea of returning to the corporate world. She told Leah she would much rather operate her own business.

“I’m the younger sister, and if the older sister tells you to do something, you just do it,” Leah said.

That fall Leah went to a wellness summit and shared some ideas with Sarah, including the idea to open a green-oriented beauty boutique where women could shop and buy organic cosmetic products. They opened a store in Kennebunk’s lower village with 20 brands. But Sarah wanted to go further and develop her own beauty product brands.

“We went back and forth about what that product would be,” Leah said. The consensus was that “if we look beautiful, we feel beautiful.”

At first, the two sisters focused on helping women who were either battling cancer or who are cancer survivors. Over time they expanded their focus to offer their product line to all women, both moms and working professional women. Their product is for all who desire accessible cosmetics that are also good for the environment and that help women achieve healthy body, mind, and soul.



“When I’m feeling defeated, she picks me up, and when Leah is feeling defeated, I pick her up.”

“Women want to have their beauty and get their confidence back,” said Leah, remembering how she felt after having a baby. Their product line was also accompanied by the creation of the “Salty Girl lifestyle,” where women can be beautiful, sassy, and badass.

As idyllic as owning a successful business may sound, Sarah admits it is always a struggle with endless challenges—including the slowdown caused by the coronavirus pandemic. “It was a rollercoaster, and it still is a rollercoaster.”

The key to moving their business forward was linked to finding new ways to connect with their prospective customers that are in line with their mission. In 2019, the two sisters met at Blue Coffee in downtown Kennebunk and decided to lead with education and community. They partnered with Cynthia Besteman, a fellow cancer survivor and



the founder of the Violets Are Blue Skincare Company. The three ladies launched a non-profit called the Warrior Revolution.

The program helps women who are getting cancer treatment and who are cancer survivors navigate their way back to wellness. They also host a three-day retreat to help women improve their

health and wellbeing with panel discussions, nutrition, and fun activities like yoga, reiki, art, and beauty tutorials.

Sarah believes this new business focus helped Salty Girl Beauty double its sales in 2018 and 2019. "It's kind of magical to see it all happen," Sarah said. For other women who also want to become entrepreneurs, Sarah offered

this advice: "Find a partner that you trust because it is really, really hard. When I'm feeling defeated, she picks me up and when Leah is feeling defeated, I pick her up."

Sarah also describes running a business as a marathon, not a sprint. "Stay the course. It does not happen overnight."

To that end, Sarah and Leah also say they ground one another, and they also push one another to achieve more. Leah also understands their story has played a major role in their success. "Really become a good storyteller. Whatever your story may be, it is the brains behind the business. Sarah and I have the elevator pitch down."

Leah believes the sisters have created a company that makes women feel safe. Instead of creating a line of beauty products and promoting a culture that makes women feel like they have to keep up with the Kardashians, Leah and Sarah prefer to embody their mother's philosophy.

"Rock what you've got and be confident with what you have," Leah said. •

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Kelly MacVane and her mom, Kathy.

# BIG INTO COMMUNITY: *Kelly MacVane honors her father*

BY LIZ GOTTHELF

When Kelly MacVane rides the bicycle leg of the Tri for a Cure, a special memento of her father rides along with her. Kelly's father, Peter, was a long-time South Portland police officer who died in 2012 of colon cancer.

Kelly, 36, who will be participating on her fifth Tri for a Cure this summer, makes sure she secures a photo of her father on her bicycle before she begins the race. As she rides the bicycle portion of the triathlon, she can almost hear her father telling her to pick up the pace.

"I used to always go slow on family bike rides. If he were here, he'd definitely be telling me to pedal faster," she said.

Kelly became interested in the Tri for a Cure through a friend who was training for the event and asked Kelly if she wanted to join her. The idea of doing a triathlon was a bit daunting, and Kelly at first declined. After she accompanied the friend to her training sessions, she had a change of mind and decided to give it a try.

The next year, she got her mother, Kathy, on board. "She talked me into doing it," said Kathy, 68, with a laugh.

The Tri has become a special event for the mother and daughter,

and is a way to pay tribute to Peter, who enjoyed giving his time to charitable causes and participated in charitable events like the annual Lobster Dip for Special Olympics.

"It's a good way to honor my dad. He was big into fundraising and the community," said Kelly.

The race also brings fond memories of Peter to mind for Kelly and Kathy because he often worked in his capacity as a police officer during the annual race. When Peter would tell Kathy and Kelly about the triathlon after working the event, both would say they'd have to be crazy to do anything like that. Now, years later, it's something they laugh about.

"It sounds really intimidating. But to me, it's not a race. You go at your own pace and have fun," said Kelly.

Kathy and Kelly said that after participating in the event the first time, they found that not only was a triathlon something they could accomplish, but that the vibe of Tri for a Cure was more supportive than competitive. "It's like no other event," said Kathy. "You get to meet a lot of people. And when you see all those survivors at once, it really makes you cry."



Kelly said race participants are always willing to help each other out, as are the community members watching from the sidelines. Last year, when the race was being done during scorching heat, people alongside of the race path would squirt runners with hoses to cool them off. “People along the route are so encouraging and supportive. It really keeps you going,” said Kathy.

Kathy typically finishes the race faster than Kelly, and though Kelly likes to joke about being beaten by her own mother, it’s not about getting to the finish line first. For both mother and daughter, spring now means fundraising and training for the Tri.

The two train with sheJams, a woman’s triathlon club co-founded by Julie Marchese, who also founded Tri for a Cure. Not only has the group helped keep the two women motivated to exercise, but it’s been a real source of community.

Last year, Kathy was hit by a car while training, and members of the sheJams came over to visit and walk her dog while she recovered. She was unable to do all three legs of the Tri, and Marchese matched her up



with two other women—one woman who had a concussion and another who was deathly afraid of swimming. Together, the three finished all three legs of the triathlon, with Kathy completing the swimming portion. “It was fun, and I was still able to get involved. None of us were able to do it alone,” said Kathy.

Kelly is also involved with The Pink Tutu Ladies, a group of women who, wearing their signature pink tutus, hold fundraisers and raise money for the Tri for

a Cure at concerts, Sea Dog games, and other events. Everyone has been affected by cancer, whether they’ve had it themselves or they’ve had a loved one suffer from it, and Kelly said that many people stop to tell The Pink Tutu Ladies their stories when they see them at an event. One time, a woman shared that the concert she was attending that night would likely be her last, as she was diagnosed with terminal cancer, and she gave the group a generous donation.

“It was so touching. We all cried,” she said.

This year, fundraising has been different, as social distancing measures have prevented the large gatherings The Pink Tutu Ladies typically attend. In addition to asking friends for donations, Kelly has been collecting bottles and cans.

The race will be different this year as well. While Kelly and Kathy won’t be surrounded by the typical hundreds of women and feel their excitement and energy, they will still have a special motivator. “Dad was given one year to live, and he lived five years. If he was able to go through all that treatment, I can do this for two hours,” said Kelly.

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# Susan Ware Page and Maritime Energy: *Remembering Mom*

BY CHRISTINE SIMMONDS

**S**usan Ware Page is the very definition of a busy modern woman. She is the President of Maritime Energy, a successful company running convenience stores and providing fuel services all over Midcoast Maine. The business was started by her grandfather Roland Ware in 1939. Susan is the third generation of her family to be president of the company.

She is the mother of two high-energy boys, Jack and Blake, both under the age of 10. Her husband Charlie Page is pretty high-energy himself. Susan is involved in her company's non-profit and the charity events she holds in honor of her mother. And this summer will mark her third year of participating in the Maine Cancer Foundation's Tri for a Cure event.

Tri for a Cure is a triathlon event that can be completed individually or in teams of two or three. "I've done it as a three-member team with two of my friends the last two years," Susan says. She describes it as "the most incredible experience—it's very inspiring; very motivating."

When Susan first did the Tri for a Cure, she expected to see a lot of what she describes as "super athletes." But that was not the case at all. Instead, Susan saw women of all ages and abilities participating, from their 20s up to their 70s. "There was a lady last year who was in her 70s who did the triathlon all by herself for the first time ever!" Susan exclaims. "When I saw her, I said, 'Wow! If she can do it, I can do it!'"

In past years Susan has seen cancer survivors and those who have lost a loved one participating. Mothers and daughters participate, as well as siblings and friends. "There was one lady my first year who had a shirt on that said, 'I finished my last chemo treatment on



Friday. What's your excuse?" Susan says. "I have witnessed friends grab another friend at the finish line who has chemo bags attached, and they run through basically holding her up. It's very emotional."

The first two years of her participation, Susan completed the event with her friends Amy Mitchell and Kerry Lavigne. Amy is a nurse and Kerry is a dermatologist. Both deal with cancer in their work and are just as passionate about the cause as Susan. Amy completes the 5K run portion of the event, and Kerry completes the swim in the ocean in South Portland. Susan completes the biking portion, which is fifteen miles of cycling. "The last time I owned a bike was probably fifteen years ago!" she says, laughing. "So, I had to go out and buy a new bike and get all geared up and learn all about that!"

Kerry goes first in the swimming portion. Once she has completed that, she runs a quarter of a mile to meet Susan on the bike. "I'm ready to go with my bike," Susan says. "And she puts on my ankle the ankle bracelet that keeps track of the time, and I take off and I do the bike ride. Then I have to meet Amy, who is waiting to start the run." Susan says that she and Kerry would then wait for Amy at the finish line, and the three friends would pass the finish line together.

This year, with the coronavirus pandemic around the world, the Tri for a Cure has had to adapt. Like so many events, it has gone virtual, meaning there has been a lot of flexibility and many options offered. Susan will be completing the event on her own this year. "I'm going to do the running, the cycling, and then running again," she says. "Even though we're dealing with a pandemic, I just couldn't stop. I couldn't say that I'm going to pass on participating . . . I'm so

passionate about being part of it and trying to make a difference here in Maine, to help people, and do what I can.” So, Susan will be completing a one-mile run, a fifteen-mile bike ride, and then a 5K run. She says she will likely do all three events on different days.

The source of Susan’s passion for this cause is her mother, Karen Ware, who passed away from colon cancer in 2010. Initially, Karen was misdiagnosed. By the time the doctors did diagnose her with cancer, it was stage four. The doctors estimated she had between one and two years to live. Karen managed to survive for another three years after that, though.

Susan thinks her mother was able to last a year longer than the doctors thought she would because of her positive outlook and attitude. “She said, ‘I don’t have time to think about it. I’ve got a lot to do and I’m going to go, go, go until I can’t go anymore!’” Susan shares. “She had so much energy.”

When the standard treatment options did not work, and Susan and her family were left with no more options in Maine, they found a clinical trial at New York University Cancer Center in New York City. Susan says she and her family would fly down once a week for treatment, and her mother always made sure they had an adventure during their visit. “She went shopping nine floors at Macy’s,” Susan says. “We went to Broadway shows . . . The nurses and everybody just loved her. They would ask,



From left are Amy Mitchell, Kerry Lavigne, and Susan Ware Page.

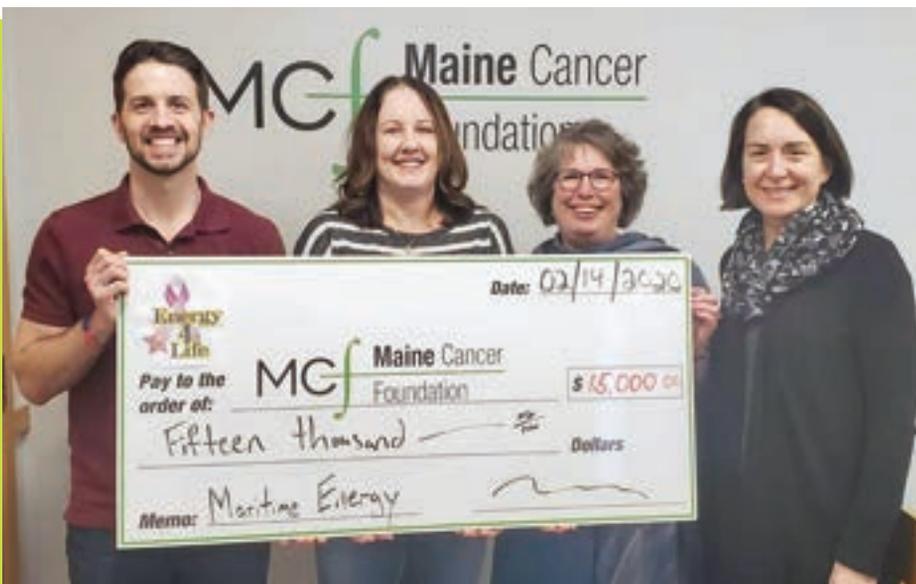
‘What are you doing now? What are you going to do this time?’”

Sadly, though, Susan’s mother was not able to win her battle with cancer. “When she started being really ill toward the end of her life, we talked about trying to make a difference in other’s people’s lives,” Susan says. That is how they developed the Energy for Life nonprofit, which is tied to Maritime Farms. “Energy for Life was like my mom,” says Susan. “She was just . . . full of life. Full of energy. You would never know that she had cancer right up until the last few weeks. She was like the Energizer Bunny!”

Through Energy for Life, Susan and others have been able to help families in the Midcoast area who are dealing with cancer. They have provided financial support and travel accommodations. They have facilitated the building of a wheelchair ramp for a child with cancer. Whatever the need is, Energy for Life has helped find a way to support these families. Susan knows without a doubt that is what her mother would have wanted. “We know cancer doesn’t discriminate,” Susan says. “We are just trying to do our part to make a difference.”

The year after Karen passed away, Susan and her family began a yearly 5K in her memory. Susan says that event has grown each year and features multiple ways for people to volunteer and participate. Through Maritime Energy and Energy for Life, the Maine Cancer Foundation has received \$136,500. Energy for Life has given thousands of dollars out to help local families who are dealing with cancer, as well.

“The easy thing would be to do nothing,” says Susan. “But that’s not the right thing to do, and that’s not what Mom wanted either.”

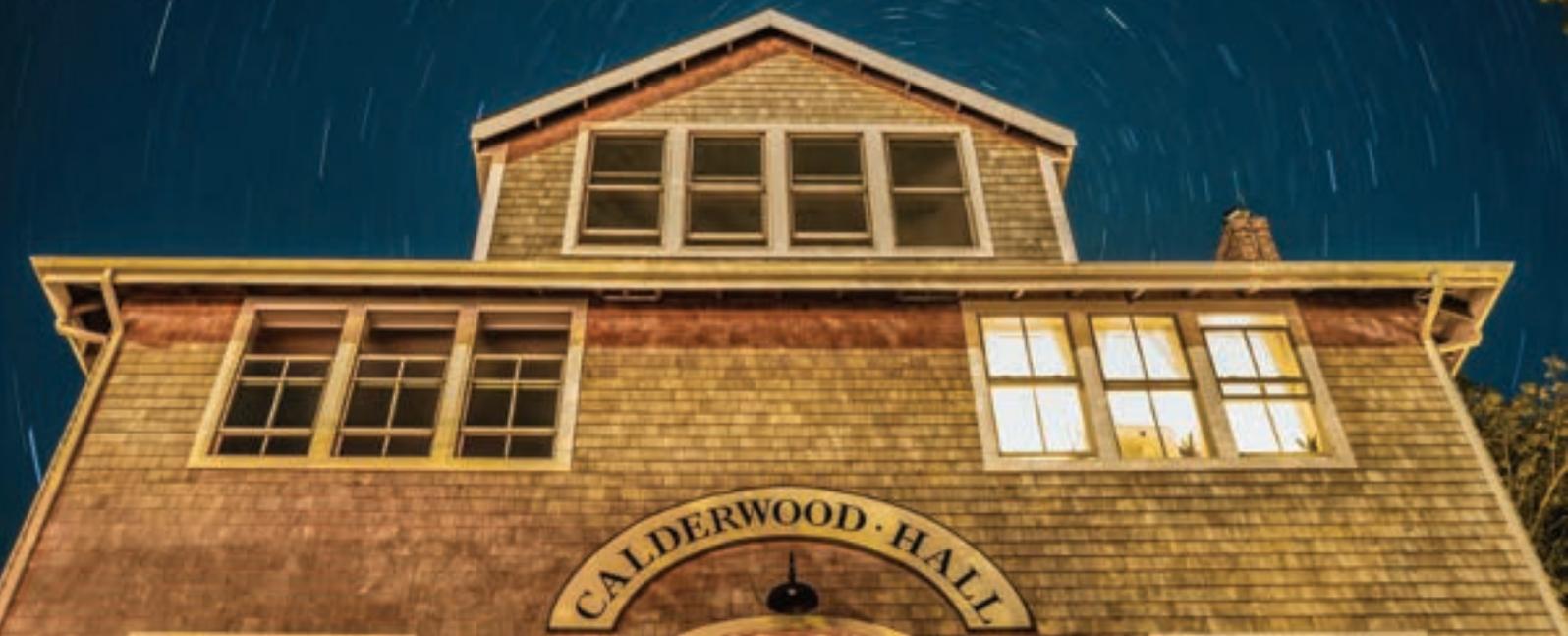


Maritime Energy’s Energy 4 Life nonprofit gave \$15,000 to the Maine Cancer Foundation in February.

# CECILY PINGREE

## Island Girl, Island Heart

BY SHELAGH TALBOT



When you grow up on an island off the coast of Maine, chances are you have a pretty good sense of self as well as community. Cecily Pingree is one such person. She has allowed her island past to inform who she is, and this knowledge has enabled her to stretch and grow as the artist she has become.

North Haven, with a year-round population of less than 400 people, is relatively small—about 9 miles long and 3 miles wide—and is one of Maine’s last unbridged island communities (only 14 remain). Cecily enjoyed a rare unfettered childhood, one in which kids were free to romp and explore without fear. It was safe, what with all the island grownups watching out for each other’s children. She remembers school fondly. North Haven has a public-school program that runs from kindergarten through grade 12, serving island families. “It’s the smallest public school in Maine,” she said. “And unique. Island life is so self-contained. It was just a real-



Cecily Pingree

ly great way to grow up.”

After she graduated from high school, Cecily wanted to explore, so she headed far away for her college experience in Portland, Oregon. “I spent four years there as an art major,” she said. “After graduating, I decided that

I wasn’t quite ready to settle back to North Haven.” Instead, she went to another extreme—Manhattan—to pursue her growing interest in photography and film. She found work at a small facility, Big Mouth Productions, a company that was, according to their website, founded in 1997 to produce thought-provoking and engaging media. “I just loved it,” Cecily said. “It was run mostly by women, and I took a job in post-production as a second editor. I learned so much about the film-making process during my time there.” She found this visual art of story-telling intriguing and spent about a decade honing her skills.

“When I finally made my way back to Maine, I landed in Portland and started a production company with my brother-in-law Jason Mann. We named our company Pull-Start Pictures, after those little motors you start by pulling on a cord,” she explained. They did a lot of commissioned work and received positive attention and accolades for their productions. Noticed by Sundance,

Nighttime view of Calderwood Hall. Photos courtesy of Cecily Pingree

Cecily was invited to participate in the Sundance Creative Producer Labs. During that time, she also received a Media and Performing Arts Fellowship from the Maine Arts Commission. And, she met a film editor, which proved invaluable when she and Jason tackled a big project—creating a timely feature documentary about struggling Maine dairy farmers. “When we were knee-deep in the story, we found that having an editor really made that film capable of weaving itself together,” she noted.

“We had met the farming family from Tide Mill Farms in Edmunds (Washington County) and attached ourselves wholeheartedly to their story and the plight of other dairy farmers like them,” she said. “We had heard they were trying to create their own company, MooMilk, which stood for Maine’s own organic milk. We filmed for about three years with a handful of families.” The crew of Pull-Start was invited into the homes and lives of these hard-working families. “It was quite an emotional story,” Cecily recalled. “We learned on a deep personal level what a farm family goes through to make things work. We worked with Aaron, Carley, and the whole Bell family. It was a total honor to get to know those folks.”

After their editor went through 300 hours of footage to create the finished film in 2012, it premiered at the AFI-Discovery Channel Silverdocs Film Festival. Created by the American Film Institute and the Discovery Channel, this international film festival is held every year in Silver Spring, Maryland, and Washington, D.C. The film was successful and won awards and kudos from the Washington Post and Variety, Hollywood’s bespoke magazine of the arts.

Life has a habit of giving you a left turn when you’re expecting a right, and that’s what happened with Pull-Start. Jason needed to shift gears for a little bit. He and Cecily’s sister, Hannah, were expecting their first child. At the time, Herb Parsons, an old friend and Cecily’s former cross-country coach, was looking to offload an historic building he owned on North Haven.



Diners at Calderwood Hall on North Haven Island.  
Photos courtesy of Cecily Pingree

Calderwood Hall, as it is named, is a large multi-storied building that sits regally at the end of Main Street on North Haven. The 6000-square-foot structure was erected by Henry Calderwood in 1908, and was meant to serve as a community space for North Haven island folk. During its more than 100-year existence, it was used as a dance hall, a basketball court, movie theater, diner, meeting hall, and, for the last 30 years under Parson’s ownership, a seasonal gift shop with an apartment upstairs. He told Cecily that he was hopeful that he could sell the building to someone who would use it to enhance the community. That idea sparked her interest.

After taking business courses and coming up with a business plan, she became the new owner of the venerable building. It became a family-and-friends project with her carpenter/boat-builder dad in the lead, and friends all pitching in their time to work on the building. “We spent a pretty vigorous year- and-a-half creating the dining and bakery space, plus three apartments. That was all part of my original intent: to provide housing. I have year-round tenants living in the building now,” she said with a grin.

Without much experience in the food service industry, Cecily turned to a couple of longtime girlfriends. “One was



a chef, and the other had a food co-op, so we combined our interests,” she explained. “It’s a big airy space, with an open kitchen and an open dining room.” It should be noted that Calderwood Hall Restaurant & Market opened its doors to the public in 2014 and has been bustling ever since.

As for the food, it’s good simple fare with a farm-to-table dimension. “Now



1954 basketball team at Calderwood Hall. Photo courtesy of Cecily Pingree

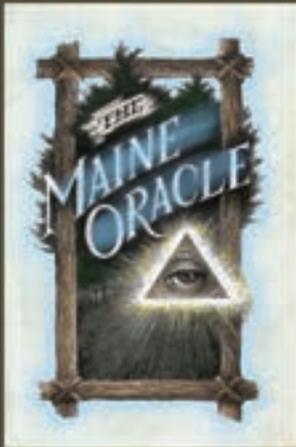
“[Penobscot Bay is] one of the richest lobstering bays in the world, and it’s changing. We need to pay attention and adapt accordingly as it does.”

there are three of us running the business,” she said. “We try to use local organic ingredients whenever possible. And, we make nearly everything from scratch, including ricotta cheese and hundreds of pounds of our two-day fermented pizza dough!” In addition to an assortment of their ever-popular pizzas, they offer small plates, such as locally sourced pulled pork from Four-Acre Farm right on North Haven. One of the renters at Calderwood is a popular local brewery, North Haven Brewing Company. Needless to say, they provide an ideal beverage to go with the menu.

Since the COVID-19 outbreak, Cecily and the restaurant team have had to alter their means of delivery and cut back on their usual summer staff of 35. Instead, they have arranged curbside pick-up not only for North Haven, but also for the neighboring island of Vinalhaven. “We needed to shift and pivot in order to make things work,” Cecily said. “We have a nice relationship with Vinalhaven and have great patrons from down there. We added delivery to Vinalhaven as an option because we need to cast our net as widely as possible. We bring deliveries to the dock in Vinalhaven so folks can come down and pick their up pizzas. It’s only a five-minute ride, so the meals stay hot!”

As to the future, Cecily hopes to get back to filming again. She has taken on short-term projects, mostly in the winter months to keep her hand in the game. “I was in the Mediterranean region a while ago, filming for Doctors Without Borders,” she said. She hopes to write and direct a documentary about Penobscot Bay, where North Haven is located. “It’s one of the richest lobstering bays in the world, and it’s changing. We need to pay attention and adapt accordingly as it does,” she observed.

Whatever the next chapter in Cecily’s life will bring, it surely will involve the special landscape of her island home, its people, and her friends and family. •

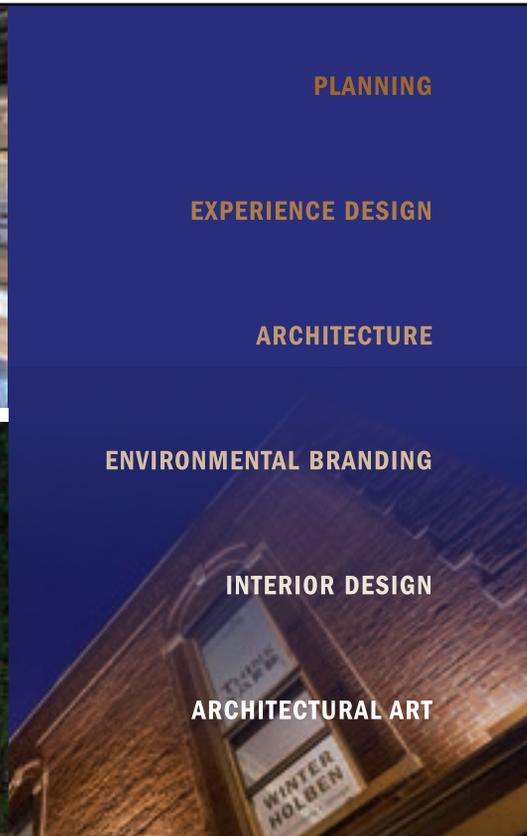


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Order up at Calderwood. Photo courtesy of Cecily Pingree



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| SHE DOES WHAT? |

*Kelly LaBrecque, Voiceover Artist*

# Taking a *leap of faith*

BY LIZ GOTTHELF

**A** former television meteorologist, Kelly LaBrecque had dipped her toe in the field of voicework in 2014, doing freelance gigs part-time while working another job and juggling the responsibilities of being a wife and mother. Then, in 2018, a series of events tested her strength and gave her cause to reflect—she had a miscarriage, her mother died, and she was let go from a job.

“My world got flipped upside down,” she said. “When you’re at the lowest of the low, you sit down and reassess what makes you happy.”

After much reflection, Kelly decided to take the plunge and do voiceover work full-time. “It was the best decision I ever made,” she said. With help from a few members of the business community who took her under their wings, and a lot of networking, Kelly was able to launch a full-time career as a voiceover artist.

She now lends her voice to a wide variety of services. She has voiced commercials, real estate videos, and business voicemails, as well as training videos and a wide range of full-length audio books. “I started in my closet with clothes on the floor and a portable microphone. It’s crazy to see how far I’ve come,” she said.

She still works from home, but these days in a room she has had soundproofed and transformed into a professional studio with quality equipment to record and edit work.

Kelly has worked hard to get where she is today. Jobs don’t just fall from the sky, and as an artist you often you have to be resourceful. Sometimes you have to take a chance or take on smaller jobs, hoping they will lead to something bigger. Kelly took a job on the online freelance job site FIVERR, which led to multiple jobs with Lysol.

“I’m baffled by how much my career has taken off, but I’m not a special case. You’ve got to have the hustle,” she said.

Kelly also stresses to anyone wanting to start their own business the importance of reaching out to mentors for advice, as well as connecting with others through professional organizations. With the right support system, “the sky’s the limit,” she said.

The COVID-19 pandemic put Kelly’s organizational skills to task this spring, as she has had to balance her time between her work and homeschooling her two boys, ages five and seven. “There’s not enough time in the day. Some days I’m working until midnight,” she said.

Though Kelly said she has had to throw most of her regimens out of the window during this time, she does have some routines she tries to stick to when she can.

She always studies the script—whether it’s a short commercial or a full-length book, and reads it thoroughly before recording it, so she can understand the context. When life was more typical, she would practice a sort of intermittent fasting—drop the kids off at school in the morning, then come home and do some recording before eating or drinking any coffee, so that her voice would be clear.

As a small business, Kelly can work with clients using a more personalized approach, and she strives to treat clients the way she would like to be treated. She found sessions with a voice coach helpful when fine-tuning her skills, and she encourages others to invest in their craft and to always be open to learning. Kelly also emphasizes the importance of self-care. She admits to sometimes being a workaholic, and is learning how to step back and take more time off.

Kelly truly loves her work and speaks of her career with palpable enthusiasm. She is happy that she can show her children her excitement for her job and can be a role model to teach them how valuable it is to have high job satisfaction. In fact, her seven-year-old son, who is an avid reader, recently did some voiceover work for an Alabama vacation promotion.

When Kelly looks back on her success, she often thinks about her mother. “My mom was also an artist/entrepreneur and painted home goods for L.L.Bean back in the day. It sounds silly, but creating my own business makes me still feel close to her. It’s like she’s been helping me along the way, and I think she’d be proud,” she said.

For more information on Kelly’s business, check out her website at <https://www.kellylabrecquevoiceover.com/>.

# Managing Maine's Popular Trails: NEW CHALLENGES

BY R. COOK

**K**ristine Keeney, Carrie Kinne, and Carole Brush are three Maine women who find themselves in an unexpected position that presents great opportunity and enormous challenges, thanks to the COVID-19 pandemic.

The three women manage three of Maine's most popular trail networks from northern Maine to York County. The trails are being used by record numbers of people who crave outdoor recreation as an escape from the daily stress and anxiety generated by the coronavirus. But those record numbers also present difficult challenges to ensure everyone's safety in the new normal of social distancing.

Kristine never thought she would ever see a situation like the one that has unfolded across the state. She serves as the New England coordinator of the East Coast Greenway Alliance. The 32-year-old lives in Greenwood near Bethel in the Western Maine mountains and is looking forward to marrying her fiancé, Jake. She originally hails from the New Haven, Connecticut, area, but Maine has always held a special place in her heart.

"I started coming to Maine in 2008 or so. It was actually for skiing in a ski club at Sunday River," Kristine recalls. When she attended graduate school in 2013, she was living in Portland and commuting to Boston via the Downeaster. Her goal was to become the city's bicycle coordinator.

She worked in that role for a few years and increased the bicycle network by creating more bicycle parking at a time when bicyclists wanted to have more freedom to share the road with motor vehicle traffic. "I was always into bicycle/pedestrian infrastructure."

She later accepted a planner position in Vermont for three towns near the Sugarbush Ski Resort area. She worked on a lot of trail projects in the Green Mountain State, mapped out trails for the whole region, and created user-friendly map kiosks. In July 2018, Kristine moved back to Maine when her present job was available.

She now oversees a trail network that extends from Calais to Rhode Island as part of a system that extends from Maine all the way to Key West, Florida. Maine has 340 miles, and the New Hampshire Seacoast has 17 miles, followed by another 145 miles in Massachusetts and 50 miles in Rhode Island.

In her role, Kristine works with smaller Maine trail groups like the Kennebec Estuary in Bath and the Eastern Trail Alliance in Saco that have direct management over their specific trail systems. Kristine helps them work with regional planners, local governments, and utility companies to design trails, maintain existing trail standards, and add new trails.

Kristine spends a great deal of time advocating for trail funding in Augusta and keeps her trail partners updated on important rule changes such as the COVID-19 guidelines issued by Gov. Janet Mills and

the Maine Centers for Disease Control.

Kristine is an avid biker herself. "I fell in love with it because of the flexibility and convenience, as well as the health benefits." Biking can also help people enjoy a physical, outdoor activity while maintaining proper social distancing from others. "Biking is a great option to distance yourself from other people as well as having a great outlet for physical and mental health."



Kristine Keeney

She sees this new attention paid to biking as one of the strange benefits wrought by the current pandemic. After years of advocating for increased funding for trail networks throughout Maine and New England and spreading awareness about the health and environmental benefits of increased bicycle transportation, Kristine is seeing more people gravitate toward these causes. For example, trail use has tripled on Portland's popular Back Cove Trail from March 2019 to March 2020, from 325 users per day to more than 1,000 daily users because of COVID-19, and that number will more than likely continue to climb as summer approaches.

As this trend unfolded, Kristine and other trail network managers were scrambling to educate trail users about the importance of social distancing. They want people to be mindful of the parking lots, for instance. If the lots are full, come back another day to use the trail, or pick a day when the weather is not as perfect, when fewer people will venture out.

"It's a type of moving target when it comes to best practices," Kristine said.

Maine trails are getting overwhelmed because, Kristine explains, there are more people from other communities who are traveling to different cities and towns to access those trails. Some communities have closed trail parking lots to traffic to limit access to hikers and bicyclists. When the state closed beaches and state coastal parks, that put more pressure on the existing trail network.

"It's a situation that honestly none of us thought we would find ourselves in," she said.

For Carrie Kinne, the executive director of the Kennebec Estuary, she and her volunteers already have their hands full striking the right balance between increased trail use and public health concerns. The Yarmouth resident oversees 30 miles of trails that include 12 preserves and 28 easements, including the latest one in Richmond.

Her trail network extends from Richmond down to West Bath and

"Maybe the big benefit of all this is that people are getting out more and exercising more and are really taking advantage of what we have."

Dresden down to Georgetown. She said her group just celebrated its 30th anniversary. They have come a long way from the days when its founders were sitting around kitchen tables and first discussed protecting vast tracts of land to protect natural habitat and allow public enjoyment.

Carrie completely understands why so many people who may have never enjoyed the Kennebec Estuary's trails are using them now. "There are things you think of when you think of Maine, like nature, the environment, and the landscape. If you are from Maine, you may take it for granted."

Carrie is hopeful the trail scout program they started when COVID-19 really took off in Maine will pay dividends. The program allows people to share their observation about the trails. "It's getting a lot of traction." Trail scouts also report the activity they are seeing on the trail, as well as trail conditions, to serve as the estuary organization's eyes. As a result, more people in the community feel vested and engaged in the Kennebec Estuary's work.

Carrie said the estuary's corps of volunteers will make sure the trails are nice and wide to accommodate the growing number of users they will see this summer. "There are going to be busy times, but ultimately you try to get the message out there as best you can," Carrie said. "There should be ample space for everybody out there."

Carrie has also been vested in Maine's environment and its position as a leader in preserving public lands. She is originally from Farmingdale and spent a great deal of her career in the healthcare industry before she joined the Kennebec Estuary. "Out of all the non-profit work that I've done, this is incredibly rewarding."

Carrie has been married to Jack for 20 years and the couple have four

stepchildren and seven grandchildren, all under age nine. The kids love exploring the trails as much as Carrie does.

Meanwhile, the situation in southern Maine could be more complex for Carole Brush. As the executive director of the Eastern Trail Management District in Saco since 2007, Carole has already seen trails like Scarborough Marsh get overwhelmed with users to the point where social distancing was impossible. Carole said a survey showed the number of Scarborough Marsh trail users increased from 4,000 in April 2019 to 12,000 this April. In May 2019, they saw 7,000 people use the same trail compared to a projected 21,000 people this May.

"Maybe the big benefit of all this is that people are getting out more and exercising more and are really taking advantage of what we have," Carole believes. "The use of the trail has tripled from what it was a year ago." In some ways, it's a nice problem to have for trail advocates who are always looking for ways to extoll the trail network's benefits. But like her colleagues Kristine and Carrie, Carole could never have foreseen a situation like this unfolding in 2020.

She has been with the Eastern Trail Management District (EMTD) since 2007. She wanted to live in Maine to be close to her family and become an Audubon Society registered guide for the Scarborough Marsh. Since her earliest years growing up in New Jersey, Carole has had a love affair with nature.

"From the time I was a child, going out to nature was always my go-to place," she said.

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Carole studied land conservation when she attended Ramapo College in New Jersey and ended up splitting her time between Boulder, Colorado, and New York State for the next 10 years. "It was a pretty tough commute, but it was worth it."

In New York, Carole led hikes and taught fitness classes at the Mohawk Preserve and the Mohawk Mountain House in the Hudson Valley region. Carole has five grandchildren and has been single for quite a while. "My work is a big part of my passion, to be out there on the trails and keep conserving land for trails."

Carole said her volunteers will continue to post signage and utilize social media to spread the word about the importance of social distancing so everyone can enjoy the trails. They will also have trail ambassadors to guide people to stay six feet apart. More importantly, the public's willingness to comply with the new normal will ensure the trails remain open.

Even as the COVID-19 pandemic dominates their attention, Carole said the ETMD is still working on three projects to expand and improve the existing trail network. One involves creating a 1.6-mile link between South Portland and Scarborough. The other two projects involve a three-mile stretch to connect Thornton Academy in Saco to Southern Maine Medical Center in Biddeford and an 18-mile stretch from Kennebunk near Alewives Road south all the way to South Berwick. The work to maintain and expand existing trail networks and to educate the public about how best they can enjoy them now is an ongoing process.

"It takes a village or several to build a trail," Carole observes. It may also take several villages to keep the trails safe and accessible this summer and beyond. •

An advertisement for Autowerkes Maine, a European Auto Service Facility. The top part shows a photograph of the building, which is white with a large arched entrance and a sign that says "European Auto Service AUTOWERKES Maine". Below the photo, the text reads: "Maine's Premier European Auto Service Facility", "The Dealership Alternative", "We Confidently Repair Even the Absolute Newest Cars", "BMW • Mercedes • Audi • Porsche • Volvo • Mini • VW", "US Route 1 Freeport, Maine", "www.autowerkesmaine.com", "207-865-6600", and "Servicing Finer European Cars With Personal Regard". There are logos for DINAN and BOSCH SERVICE.



# THE SPIDER WEB GAME

BY SHELAGH TALBOT

One of the things I admired about my mother was that she could make something wonderful out of practically nothing. We all know what it's like when birthdays arrive and you're a kid—it's a *big deal*—especially if you're able to have a party for your friends. Some of my friends had parents that could really afford to splurge on their kids, pulling out all the stops for the party with games and prizes. We were not splurgers in our family at all. Money was hard to come by, and I recall many of my Christmas and birthday presents were of the hand-made variety. Not that I'm knocking this fact! My dresses, for example, were all lovingly sewed by my mother, including the intricate smocking that was all the rage back in the late 1940s and early 1950s.

Anyway, my eighth birthday was coming, and I wanted a party soooo badly. Mom and Dad said okay, though they couldn't afford much in terms of games. We could do "Bob the Apple" and "Pin the Tail on the Donkey"—my mother painted the donkey on a large piece of poster board and made all the "tails" by hand. But I wanted a spectacular game to impress my friends with and had no idea what to think. Oh, there was always hide-and-seek and finding things in the backyard, but I wanted *spectacular!*

So, one evening a few weeks before the big event, we all sat down to plan. Most of my suggestions were pretty lame and involved spending lots of money, but my parents listened patiently. My mother suddenly sprang up from her chair. "I have a terrific idea!" she exclaimed. "But it's going to be a secret—even for my birthday girl!" Well, I wasn't impressed or set at ease by her comment, to say the least. After all,

I had eight friends coming (one for each year), and I wanted to knock their socks off!

My chin got all quivery and I slumped in my chair. "How can you come up with a great game that doesn't cost anything?" I quavered. "Everyone's gonna make fun of me!" Pouting, I stomped off to my room to have a righteous cry. My parents let me be. They knew eventually I'd come around, and they were right. About half an hour later I slunk out and apologized. Mom hugged me. "I have a feeling you're going to be happily surprised," she said. "You'll just have to wait and see."

The big day finally arrived, and when I came downstairs for breakfast, I noticed the door to our dining room was shut tight with a sign on it saying NO TRESPASSING—NO PEEKING. My younger brother had a smug

expression on his face. "I got to see," he boasted. "And it's really *Neato* (his favorite expression of the moment)! But I won't tell." He zipped his lips tight with a finger. "I promised!"

I sighed. This was being the most different birthday ever. No presents in sight, and nobody's telling me what's behind the dining room door. Oh well, I'd just have to wait. Around 2:00 p.m. my friends arrived, and I was able to entertain them with the apple bobbing and the donkey pinning, but everyone wanted to know why there was this big sign on the dining room door. Finally, my mother said it was time. She opened the door with a flourish, and we all peered in. *Gracious!* There was a huge web of string woven throughout the room—up and down and around and under the furniture. Everyone was amazed, including me.

"I'm calling this the Spider Web game," Mom grinned. "Now if you look, you'll see that there are nine pieces of wood attached to strings right on the floor at the entrance to the room, and each piece has someone's name on it. The first thing to do is find your own special string." We all jostled each other to get to our special strings and when we had them in hand, Mom said, "Okay, one-two-three-Go! Follow your string!" You can just imagine what ensued. We wound our strings under and over and around the furniture and each other—it was like Twister on steroids. We were all laughing and bumping into each other as we snaked and slithered our way around the room.

"This is the best birthday party ever!" pronounced my friend Judy Blair, as she wriggled under a chair. High praise—because her mother had the most expensive birthday parties ever. I literally glowed from the compliment. The game must have lasted 20 minutes or more—at least it seemed that way, and we were all flushed from the excitement and the exertion of following our strings wherever they went.

And the best part? At the end of every string was a special prize my mother had carefully selected or hand-made for each of my friends. I remember my prize was a tiny Steiff teddy bear that I treasured for years. After all that fun, we had the traditional cake and ice cream, and when my tired and happy friends finally left, all they could talk about was the Spider Web game. It turned out it was the talk of the school for about a week. It's still amazing to me after all these years to remember that game—how Mom created it with very few resources except a lot of time and a lot of string! •



# Girls on the run

## A VIRTUAL 5K

BY SUSAN OLCOTT

While we danced down the road to “Happy” playing at the loudest volume on my phone, I thought, “This isn’t so bad after all.” My 9-year-old daughter Lili was on her last lap of the 5K course we’d set up across our road—just the two of us looping around our neighborhood. It wasn’t quite the same as the loud dance party that accompanied the 5K I’d run in the fall with my daughter Phoebe. All the same, it celebrated the end of a successful Girls on the Run (GOTR) season.

Last fall, I volunteered to be a coach for GOTR at my girls’ elementary school. I love running, and so does my daughter Phoebe (Lili not so much). So, I thought this would be a great way for Phoebe and me to spend time together. As it turns out, GOTR is much less about running, and much more about teaching young girls how to understand and express their feelings. You run a few laps while thinking of what you look for in a friend or coming up with ways you can help someone feel appreciated. This part of the program was appealing to my daughter Lili, so I signed up to coach her team for the spring season.

But then COVID-19 led to the closure of schools the very same week that the season was scheduled to start. There were over 1000 girls signed up at 60 sites around the state, and more than 330 volunteers dedicated to helping. “It was disappointing and challenging to put the brakes on so quickly,” says GOTR-Maine Executive Director Emily Clark, “but our coaches, community members, and supporters remained committed to helping us move our mission forward.” They realized that there was an opportunity to use the curriculum they would use in a regular season to address some of the emotional challenges stemming from the pandemic. “Our life skills curriculum provides girls with the tools they need to understand, accept, and process their emotions. We realized that this is so important at this time, as they may be experiencing additional stress as a result of COVID-19,” says Clark. In this way, GOTR at Home was born—a series of videos and printable activities that parents could use with their girls.

And thus began our family’s at-home season with me coaching my two very different daughters on our tiny team—in our backyard, our driveway, and at the local track. We were in this together. We followed the twice-weekly lessons, sometimes completing the whole lesson





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and sometimes picking and choosing what fit into our at-home school day. Some lessons were popular and others were admittedly a struggle—generating enthusiasm and team spirit can feel pretty hokey sometimes when there are just three of you. So, when the GOTR-Maine program offered a season end Virtual GOTR 5K! I wasn't sure what the level of enthusiasm would be.

As I looked down at pieces of neon cardstock covering the kitchen floor being shaped and decorated into messages like, "You've Got This," I felt zingy with joy. They were preparing for our very own 5K, and it was entirely their doing. The ideas flew so quickly that we had to start a list—masking tape for a finish line, CDs and ribbon to make medals, paper bags for post-race goodies, sidewalk chalk, walkie-talkies, headbands, hair chalk, face paint, and speakers. They were completely committed. Two hours later, we had chalked the entire route and put up signs marking each mile. That evening, I sent a series of messages to neighbors letting them know when we'd be passing by.

The turnout was amazing. Neighbors with water-shooters and cowbells lined the road and showed up with congratulatory cookies. The woman from the local marina made her own sign that included a free ice-cream cone for the finishers. Phoebe, who had been part of the large in-person event in the fall and was sad in some ways not to repeat that experience, noted the positive side of our more personal event. "This was our course. We made it and it was fun to plan for it and design it ourselves. And everyone who was there was there to cheer

for me." Still, both of my girls felt the camaraderie of the bigger GOTR community. They were virtually connected to the 496 participants who were also part of the weekend-long event. "I liked knowing everyone else was doing it and that we could share ideas and still have fun," said Lili. It reminded me of one of the GOTR at Home activities we did where we drew concentric circles starting with people we were familiar with and growing out to the broader community to think about how we were all connected even if we weren't together.

Watching Phoebe run back down the road, a giant cowbell jangling in her hand to cheer Lili on to the finish line and afterwards hearing her read the "Certificate of Participation" that Lili had made for her that said, "WELL DONE YOU!", we all feel the GOTR Star Power.

The GOTR Maine team plans to keep going, offering these opportunities to young girls in Maine. "We don't know what the future holds, but we do know that our program will continue to have a positive impact on girls in Maine. We are determined to make Girls on the Run available this coming school year so that our coaches can keep inspiring girls to be joyful, healthy and confident," says Clark. To that end, they've put together a summer kit called Power Up! and are now working on a plan for adjusting the fall season as necessary.

While this season wasn't what we expected, it was full of great lessons that helped us get through a difficult time. As Phoebe put it, "We can still have the courage to do it on our own but sometimes it's better to know we are all in this together." Oh, and, "Girls on the Run is so much fun!" •

"We can still have the courage to do it on our own but sometimes it's better to know we are all in this together."

# NATURAL DIGESTIVE SUPPORT DURING CANCER TREATMENT

BY DR. SASHA ROSE



Receiving a diagnosis of cancer and embarking on treatment—be that chemotherapy, immunotherapy, radiation and/or surgery—is inherently overwhelming. My goal when working with patients is to keep supportive care as simple as possible. Over the past 15 years of treating people in all stages of the cancer process, I have come up with a few basic approaches to maintaining digestive health. These include Nutrition and Acupuncture.

## Nutrition

One of the most common side effects of cancer treatment is nausea. This is most often with certain chemotherapy drugs but can also occur with radiation. Nausea and loss of taste obviously decrease one's appetite. Although products like Ensure are always an option, some people prefer more natural or homemade ways of maintaining adequate calories and nutrition.

*Here is my favorite Smoothie recipe:*

### INGREDIENTS:

*(Combine all of these in your blender)*

- 1 cup frozen berries
- 1 banana
- 1/2 cup peanut or almond butter
- 1/2 avocado
- 2 TBSP of high-quality protein powder
- 1 TBSP of a green drink supplement (this can take the place of your multivitamin)
- 4-5 ice cubes
- 1/2 cup of water

Sometimes medications for nausea like Zofran can lead to constipation. If this is the case, add in 1 TBSP of psyllium powder or another fiber.

## Acupuncture

A standard practice within traditional Chinese medicine for thousands of years, acupuncture has in recent decades been widely accepted by Western culture as an adjunct treatment for many illnesses, including cancer.

Acupuncture involves having hair-thin needles gently inserted into the skin at specific points. It helps to correct and rebalance physical, mental, and emotional energy. Research trials—and my own clinical practice—have demonstrated that acupuncture is effective for chemotherapy-induced nausea and vomiting.

I usually recommend people receive acupuncture at least once a week or, if possible, before and after treatment. For example, if chemo is scheduled every Wednesday, acupuncture would be scheduled on Tuesdays and Thursdays. Please know that there are

multiple safe and natural ways to help with the potential side effects of cancer treatment, and many experienced practitioners in Maine to offer guidelines.

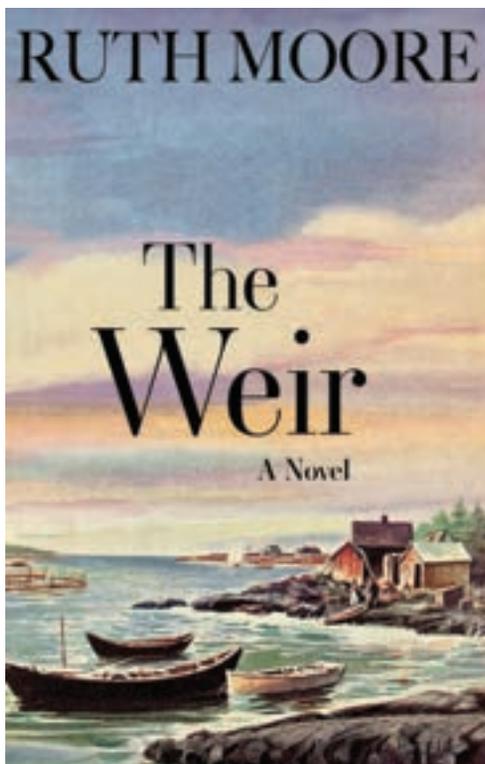
*Dr. Sasha Rose is a board-certified naturopathic doctor, licensed acupuncturist, and yoga teacher. Dr. Sasha was born in Farmington and raised in Boston. She received her masters and doctorate degrees from the National College of Natural Medicine in Portland, Oregon.*

*Dr. Sasha utilizes a blend of acupuncture, lifestyle modifications, nutritional counseling, and Western and Chinese herbs to treat a range of conditions, but her speciality is digestive health.*

*She and her husband, Daniel Katz, founded Wildwood Medicine in 2005 in order to create a clinic environment that fosters a new and integrated approach to health care in the Portland community. She is the author of *Digestive Relief for Life: The Secret to the Mind-Gut Connection*.*

# THE WEIR

by Ruth Moore



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Ruth Moore (1903–1989) was born and raised on Gott's Island in Frenchman Bay, in a tiny fishing village that sits in the shadow of Bass Harbor Head Light. It was where her family lived for generations until this place shifted from a year-round community to a seasonal island. Moore mined her intimate knowledge of the island's hardscrabble life to break out in the 1940s as a bestselling novelist. She wrote authentic stories detailing a life and a culture buffeted by change, struggle, and the unknown.

As a regional novelist (a label that she hated), she was compared favorably in her time to Faulkner, Steinbeck, and Warren. In her works, as well as theirs, a sense of finely drawn geographical place was central to the telling of stories with universal meaning. Moore set her stories on what were just gritty slivers of land, peopled by flawed but compelling characters. Moore ultimately wrote 14 novels and stands as one of the greatest Maine novelists of the twentieth century. *The New York Times* said of Moore's writing, "It is doubtful 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."

Moore's debut novel, *The Weir* (1943), was reissued by Islandport Press this summer, in June. It will be followed in July by *Voices off the Ocean*, a collection of excerpts from Moore's books and select other writings, and in November by a reissue of *Spoonhandle* (1946), her second and most successful novel, which was turned into the movie *Deep Waters* (1948). In 2021, Islandport plans to reissue Moore's third and fourth novels, *The Fire Balloon* (1948) and *Candlemas Bay* (1950), respectively, and follow those with *A Fair Wind Home* (1953) and *Speak to the Winds* (1956).

*The Weir* was written while Moore lived and worked in other states, mostly in California, but while she was thinking about her home state of Maine. In 1936, she had taken a job as a manuscript typist for Alice Tisdale Hobart, which led her to California, where she lived and worked at the Hobart's fruit ranch in the foothills of the Sierra Nevada. Moore hated California, and her sense of displacement and geographical alienation prompted her to write *The Weir*.

As she told *Down East* magazine in 1987, "I began to write that story as a way of escaping that awful weather. You can't imagine how homesick I was for snow." In writing the manuscript, she made the discovery that would inform her entire writing career: "I realized then that Gott's Island was a perfect microcosm of the world. Three miles around and a mile wide, but on it were rich and poor, young and old, and everyone in between. Good guys and bad guys, hard-working and lazy people, cowards and heroes, they're all there. And I said to myself, 'Why, they're just like people everywhere, only more so.'"

The publication of *The Weir* changed Moore's life. The *Los Angeles Times* called it, "A first novel of exceptional power and beauty."



In it she brilliantly captures the characteristics of coastal Maine and its people, creating a story of universal human drama. She writes—as she always does—without literary flourish. Her Maine is not the Maine of pretty postcards. Her fictional Comey’s Island, a lot like Gott’s Island, is situated near the fictional Bellport, a lot like Bar Harbor or other wealthy coastal towns. Comey’s Island is a place where long-time families are battered by the relentless tides of change sweeping over their community, threatening their entire way of life. Some are pulled to leave the island, while some long to stay. They grapple with questions of work, education, and morality. From their shoreline they can see what may be the Holy Grail of more money and a better life on the mainland, or is it an illusion? What do they gain? What do they give up? What fate does “progress” hold for them? These questions are relevant for islanders and Mainers of every generation, and they are themes she revisits again and again during her career.

Moore opens *The Weir* with the observation, “That was the place that you were homesick for, even when you were there.” The protagonist is Hardy Turner, a man who has worked the island’s last herring weir for 17 years, eking out a living of sorts, but existing at the whim of the elements and wondering if he should be doing something else. It is a central question and can never be fully answered.

Moore and her partner Eleanor Mayo, also a novelist and from Maine, had returned from California in 1941 and lived in New York City until 1947, where Moore worked for the *Reader’s Digest*. Then, using proceeds from the *Spoonhandle* movie deal, they moved back home to Maine and built a house in Bass Harbor, a part of Tremont on Mount Desert Island, near Gott’s Island. Though they continued to enjoy travel, this house on Lighthouse Road remained their home base for the rest of their lives. Eleanor Mayo died in 1981 and Ruth Moore in 1989. Their house is on the U.S. National Register of Historic Places. •



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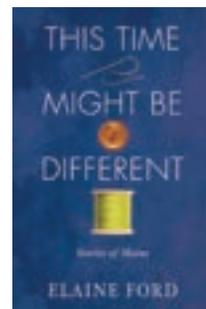


**THIS TIME MIGHT BE DIFFERENT**

By Elaine Ford

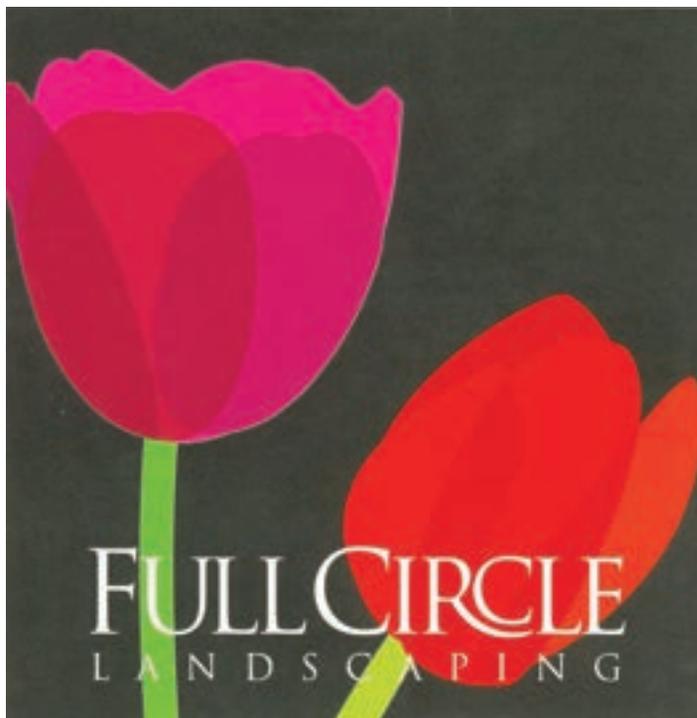
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A collection of 15 stories in which deftly drawn characters contemplate difficult choices and in which readers will find a trace of dark humor, a sinister underpinning, or a profound irony. The *New York Times* said Ford’s writing “is reminiscent of Andrew Wyeth’s stark paintings, which use the terrain of northern New England to explore a much larger emotional landscape.”



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**H**ilary Nangle has kissed a codfish and break-danced an Olympic downhill. Her signature color is turquoise. Her wardrobe is self-described as “Chez Reny’s and House of Outlet by L.L. Bean.” She’s the author of three Maine guidebooks and countless travel articles. She’s passionate about Maine, traveling, skiing, chocolate, cheese, lobster—and life.

Hilary’s mother held a master’s degree from Georgetown’s School of Foreign Service and worked with the U.S. Department of State during the early years of the United Nations. “Her enthusiasm for the promise of that organization never waned, nor did her love of Europe,” Hilary said. “She worked as a homemaker once I came into the picture. My dad worked in the Foreign Service in Munich and was slated to go to Columbia, but that was canceled when he married my mother. Columbia was not considered a proper place for a young bride at that point. He eventually went into banking, retiring as senior vice president of Casco Bank. They both loved to ski, so that’s why I started. And my father, especially, loved to travel. I’m sure I inherited that gene.”

When her parents decided the family was going to ski, they bought equipment at the Downeast Ski Sale and booked a classic ski week program during February school vacation. “My best ski lesson, however, came when a school friend invited me up to her dad’s camp at Sugarloaf. I spent three days following her and her ski buddies all over the mountain—all of them had been skiing practically since they took their first steps. By the time I went home, I could get myself down just about anything, even if it wasn’t pretty.”

### GETTING BIT BY THE TRAVEL BUG

During her junior year of college, Hilary and a friend planned a backpacking trip to Europe to visit another friend who was studying in France. “I bought a copy of *Go Europe*, a guidebook written by college students, and planned much of our adventure,” she said. “That’s when I first started seeking what I call accommodations with a sense of place—they’re not chains. Each reflects its location in a special way. Two of my favorite Maine examples of this are in Lubec: one is sited in a former sardine cannery, the other on a former Coast Guard Lifesaving Station. To this day, I still seek out accommodations, when possible, that reflect their location.”

Hilary didn’t set out to be a travel writer and took a roundabout journey to get there, of course! Her major at Holy Cross in Worcester,

# It’s Reality over Glamour for MAINE’S TRAVEL MAVEN

BY SHEILA D. GRANT



Photo by Meg Maiden

Massachusetts, was political science. She entered a grad program in Georgetown University’s School of Contemporary Arab Studies, “convinced I wanted to be part of a solution to violence in the Middle East.” However, despite great effort, she did not achieve the fluency in Arabic required to graduate.

Instead, she moved to North Conway, New Hampshire, and became “a ski and whitewater bum, much to my parents’ dismay.” Hilary began as an office manager and, “quickly ended up writing marketing materials and attending shows,” she said. “I augmented my meager income with waitressing, bartending, and working part-time at a ski area. I loved it all! When my skiing friends from Boston chided me about how great their lives were, that they made good money and came up every weekend to bunk in a communal ski house and ski, I’d reply, ‘I ski midweek, and I don’t have to share my house with anyone but my roommate.’”

Eventually, Hilary moved back to Maine for a “real job,” as her parents put it, as communications director of the U.S. Men’s Professional Ski Tour.

### A TRAVEL MAVEN IS BORN

By the early 1990s, Hilary was working on guidebooks, writing for “one of the big names. It paid poorly, but it allowed me to travel through much of Maine, and I was

hooked.” She often traveled with the author of the Moon guidebooks for Maine. “When she decided to stop updating them, she asked if I’d be interested in taking them over. We worked out a deal with each other and the publisher, and I took over the three titles in 2004.”

Each book is on a three-year cycle. Hilary updates one title per year. “I spend most of May into October researching, usually either with my husband, Tom, or my friend, Martha. They both know what’s involved. Although I love what I do, it’s work. I’ll make up to a dozen or more stops, popping into restaurants, attractions, and lodgings and often doubling back to see something that looks new. What excites me is when I discover something new, whether that’s a way-off-the-beaten-path food find, a new inn with a great back story or a real sense of place, or an unheralded historical site. I’m fortunate to have friends statewide who keep me up to date on changes, too. That said, COVID-19 is making it especially challenging to update my *Moon Acadia National Park* book, which I’m working on now.”

When Hilary launched her website, she chose MaineTravelMaven.com. “I wanted a name that branded me as a writer who knew Maine,” she said. “I’ve had many editors who’ve found me through the site, and not just for Maine-related stories.”



Gstaad  
SWITZERLAND



Les Gets  
FRANCE



Val d'Isere  
FRANCE



Horseshoe Bend  
ARIZONA



Ngala  
SOUTH AFRICA

Indeed, her career has taken her around the globe. “I had no idea what to expect when I headed to Churchill, Manitoba, with Frontiers North on a Northern Lights trip,” she said. “Churchill, edging Hudson Bay, is perhaps the quirkiest place I ever visited, and in depths of winter, it’s pretty deserted. Each night around 10 p.m. we headed out from town into the tundra wilderness in a Tundra Buggy: think double-wide bus atop triple-sized skidder tires.

“We’d get far beyond any light pollution, and then wait, sometimes until well after midnight, for the aurora borealis to begin shimmering and shimmering in the night sky. When they did, we’d don every bit of clothing we had and waddle outside. On the coldest night it was 44 degrees below zero. And yet, I’d lie on my back mesmerized by the lights dancing across the night sky. I also tasted whale meat in Churchill—offered to us by Inuit who were cooking it over a bonfire while waiting for the first dogsledders in the Hudson Bay Quest race to return. It wouldn’t have been polite to refuse, but it’s nothing I’d ever want to try again.”

Hilary’s most challenging trip was one during which she visited India, followed by Romania and Istanbul—all on a swollen, painful sprained ankle. “I went hobbling around three countries that aren’t easy even for those fully able-bodied. In India, especially, I was awed and humbled by the compassion shown by people who have so little.”

Even after many years of travel, Hilary continues to make wonderful discoveries. “Two years ago, Tom and I cruised aboard the *Bella Degagnes*, a hybrid cargo and cruise ship that sails the St Lawrence. The front end resembles a typical cruise ship, and the back end is all business, with a crane and a deck stacked with cargo containers. Each week, it cruises from Rimouski, Quebec, on the south shore to Blanc Sablon, on the Labrador border. En route, the ship visits 10 ports twice. Three have road access, five are isolated villages, and one is an island. It’s a cross-cultural experience as the ports include Acadian, Innu First Nationals, English, and Francophone villages. We took the full one-week round-trip, and it remains one of my favorite experiences. This isn’t a high-end cruise ship, but more utilitarian. It’s comfortable, but not fancy. This being Quebec, the food was excellent. The real riches were meeting people aboard as well as those in the villages.”

Hilary cautions those with stars in their eyes that travel writing isn’t as glamorous as it may seem. “While I’ve been very fortunate to travel far and enjoy enviable experiences, it is work.” Here’s how she explains the difference:

Glamour is Paris in the spring. Reality is Paris, Maine, during black-fly season.

Glamour is hosted “vacations.” Reality is rushing from one site to another from 7 a.m. to 11 p.m., dashing a few notes, taking a few shots, hoping you’ve got enough to capture it, but never having enough time to appreciate it.

Glamour is dining at four- and five-star restaurants. Reality is wishing you spent less time eating and more time exploring.

Glamour is traveling to a Caribbean island. Reality is never setting foot on a beach.

Glamour is dashing off a puff piece and “selling” it to a website for two cents a word. Reality is finding and keeping markets that let you earn a living.

Glamour is gushy. Reality is honest.

Glamour is beholden to the host. Reality is beholden to the reader.

Glamour is leisure. Reality is work.

Hilary does the work, but she keeps a sense of fun and discovery in her writing, which makes her a joy to read, for both those exploring Maine and armchair travelers.

To read more about Hilary Nangle, her travel writings and recommendations, and Maine, visit <https://www.mainetravelmaven.com/>

# SWEATING IT OUT IN THE LIVING ROOM

*Staying strong, healthy, and motivated while fitness studios remain shuttered*

BY SARAH HOLMAN

**A**t the beginning of January, I joined a small fitness studio on Stevens Avenue in Portland called Honor Movement Studio. The Honor Method, created by owner Shannon Osborne, is a series of music and movement-based workouts that build strength, rhythm, balance, and the mind-body connection. After just one Fusion class—a mix of yoga and toning that left me sore for days—I was hooked. I went to the studio as often as I could. The workouts were transforming my body and my mind.

Then along came COVID-19. As instantly as I was hooked on Honor, it was gone.

Shannon closed her studio temporarily in accordance (and agreement) with Maine's rules and began offering a reduced roster of classes through Zoom, hoping to reopen in June. As the weeks dragged on, reality set in. Reopening under social distancing guidelines meant Shannon could have four clients in her studio at a time. Before the virus, she was packing up to 20 women into her space for her busiest weekend classes. The news was devastating. "The first time it really sunk in, I closed my laptop and sobbed for an hour," she says. Her loyal followers, myself included, also mourned. Honor Movement Studio's clients weren't alone. Shannon's was the fifth fitness studio to permanently close in Portland due to COVID-19 and likely will not be the last.

Suddenly without my go-to workout, I went in search of online fitness options similar to Shannon's unique program. It was an incredibly overwhelming process. There are literally thousands of options on YouTube alone. I had good luck with Core Power Yoga on Demand (.com). Since the shutdown began, they've been offering six free on-demand classes per week. I found Core Power Yoga by using very specific search terms, but where does one even begin when starting—as opposed to continuing—a fitness practice? I asked Shannon for advice.

"After nearly a decade in the fitness game, I know this one thing to be true: If you don't connect to your workout, it's not going to stick," she says. The worst thing you can do is make exercise another box to check on your list. Especially right now,



Jonathan Borba | unsplash.com

Shannon explains that the intense focus we have on the implications of COVID-19 "can literally cause our nervous systems to set up a holding pattern for that place between fight or flight—the freeze." Exercise offers us a mental break, enabling us to take action when many other things in our lives feel stuck. "On the days when my motivation is lacking, I remind myself of that post-class 'I did it' feeling," Shannon says. "There's

only one way to get it."

With the right workout and the right instructor, the time you devote to moving your body will feel consistently fresh, challenging, and ultimately good. If you're able, set up a studio space in your home, even if it's just a designated basket or shelf to hold things like weights, balls, yoga mats, or anything else that you need to feel connected to your workout. It may simply be a place to set your water bottle, since Shannon insists a no-equipment workout that utilizes your body weight is totally fine. "Your body is the only piece of equipment you will ever need," she says. "When you know how to engage and move from the muscle, you can get an incredible, balanced workout, anywhere and anytime."

## LOOKING FOR EQUIPMENT?

*Shannon Osborne's top picks:*

- 9-inch pilates/core ball
- 2.5 pound hand weights (with enough reps these get heavy)
- Ankle weights (80's-style!)
- Resistance bands (a mini loop band and a theraband cut to a 5- or 6-foot length)
- Floor sliders (available online, or use a washcloth on a hard floor, or a magazine or paper plate on a carpet)
- Yoga blocks
- A Barre (or use the back of a chair or a countertop)

One of the challenges Shannon has encountered while teaching online is how to give alignment pointers through the screen, which are critical for stability and injury prevention. “Core engagement, glute activation, and pelvic positioning have so much to do with whether we feel stable or not,” she says. When in-person observation isn’t possible, Shannon advises her clients to pay close attention to how their bodies feel when they’re moving. “If it feels right, it probably is,” she says. “The opposite is also true.” She encourages her clients to set up a mirror in their home studios. “I know, I know,” she laughs. But, Shannon explains, she has witnessed many women’s relationships with mirrors changing in front of her eyes during her classes, all held in a studio with mirrors. “That person looking back at you is your ally,” she says. “You owe it to that person to check your form and really understand the mechanics of your movement.”

Shannon says the most empowering step we can take right now is getting really honest with ourselves and honoring

where we’re at today. Sometimes that means pajamas and Netflix marathons. Other times, it’s action. It’s moving our bodies. This new era of home fitness requires a lot of self-accountability, and that means a loving, honest approach. “This is how self-care becomes non-negotiable,” she says. “More than ever, we need strength, stability, and a mind-body connection that feels tuned in.” It’s not going to be perfect right away, and that’s okay. “The beauty is that we can keep trying. We have to drop the guilt.”

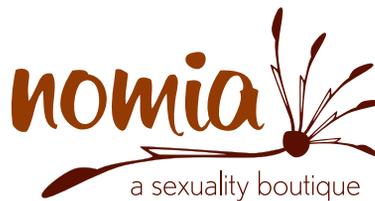
Shannon is taking her entire business model online, revamping her website and membership options to provide a library of on-demand videos (10-60 minutes in length), livestream classes, and other resources, so clients can get studio results at home. “Virtual fitness is here to stay,” she says.

And although the studio vibe and energy will be missed, “the workouts really can be just as good.”

To try the Honor Method Online, visit [www.honormovementstudio.com](http://www.honormovementstudio.com). •

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# Maine Oracle: Painting the Future

BY R. COOK

When Dorette Amell was a little girl, she vividly remembers driving to the lake with her grandparents in Illinois and being mesmerized by the old series of roadside Burma Shave signs. (“If you think/ She likes your bristles/ Walk barefooted/ Through some thistles./ Burma-Shave” or “A peach looks good/ With lots of fuzz/ But man’s no peach/ And never wuz./ Burma-Shave.”) Their design, text, and ability to command people’s attention always impressed her.

These early observations were just the beginning of Dorette’s journey to becoming a celebrated artist here in Maine and elsewhere. At 69, the Gorham resident believes that all of her artistic endeavors and experiences have led her to her latest creation: Maine Oracle, a Pine Tree State version of Tarot and I Ching divinations that anyone can use to seek guidance as they travel life’s long and winding road.

“It’s something I’ve always wanted to do because I’ve always been interested in reading Tarot cards,” Dorette said. “The imagery I use in my work keeps recurring.”

So Dorette believed the time had come to create a special deck of cards that would carry those images and text, “and I wanted to do it in such a way that an absolute beginner can use them.” She came up with 61 drawings to illustrate the cards. She scanned them and digitally colored them and created the prompts, or things to think about when you pull

each card. She also views the Maine Oracle deck as, in part, a small art show of her work.

Dorette’s images include card no. 15 “Moxie.” It reads: “Here is a A-Can-Do-Person/ Capable in the Extreme/ A Person Who Rises/ to/ Meet the Occasion/ with/ Strength and Vitality.” Other images include card no. 24 “Economy” that shows a striking Scotsman in his kilt. “The Scottish/ are/ Famous for their Thrift/ They Wisely Spend/ Time and Resources/ Here A Person/ Must Know Their Limits/ A Person Must/ Choose Their Battles.”

The Maine Oracle’s 61-card deck includes familiar Maine images like the Lobster, the Ferry, and Chickadees. In addition to cards with Maine-related images, other cards include the promise of Spring, Conscience, the Highway (when it’s time to head on the down the road and move forward), or card no. 12 “Snip”—a pair of scissors that ushers in a time to do some trimming and snipping or nipping in the bud to resolve an issue.

She wanted the cards to look like they were done a hundred years ago to resemble old post cards and tinted photographs because they embody true warmth. Dorette also drew her inspiration from a dream about a peculiar thing. “I had a dream about doing a deck of cards, and I saw a dirty sock and said I will call it the Dirty Sock deck as a working title.” The Maine Oracle evolved.

“I’ve been doing my artwork for

## Chickadees



The Chickadee  
is  
The Maine State Bird  
A Bird as Social  
As Any Bird Could Be

It is Cheerful in Its Flock  
Fluttering About  
and  
Relaying  
The News of the Town.

## The Lobster



Lobsters in a Trap  
Will Claw  
Each Other Back  
if  
Any Lobster  
Should Attempt to Go Free  
Here One May See  
Unfortunate Behavior  
Selfishness

## Bean Supper



Ask the Folks to Dinner  
Invite a Friend to Tea  
A Person  
Will be Fed  
In More Ways than One  
When One Breaks Bread  
in  
Good Company.

many, many years, and I decided to funnel my work into divination and my love of drawing into this deck,” Dorette said. She also believes in signs that intuition often reveals. “The last day that I decided what all 61 cards would be, I turned a corner after removing the laundry downstairs, and I saw a dirty sock was on the floor.”

She chose Edison Press in Sanford to print the cards this spring and will start selling them in her Etsy shop via her Facebook and Instagram pages this summer. “This is a labor of love and something that has been percolating for years,” Dorette said.

So how does one read these cards?

According to the four-page letter that accompanies the Maine Oracle, the reader cuts the deck three times and creates three stacks from left to right that represent past tendencies, present status, and future directions. After asking a question, the reader turns over the first card on each deck and subsequent cards for more insight.

Depending on the question, any number of cards can appear that mean different things. For example, if someone draws “the Cry Baby,” which tells them that if they find there is nothing they can do about a situation that is frustrating them, the Cry Baby card will have a tantrum for you.



Dorette believes the Maine Oracle has real power depending on how often the cards are used. “It’s a personal tool that will help you access your intuition and hopefully give you insight into what your concerns are. The more you work with these things, the more they make sense.”

The Maine Oracle also represents the culmination of Dorette’s collective work as an artist in many mediums. She grew up in Chicago, Philadelphia, and in the Greater Boston area. Early in her career, Dorette lived in Los Angeles and learned

how to paint signs after attending Trade Tech. When sign painting declined with the emergence of graphic design technology, Dorette decided to move back East.

She arrived in Maine in 1994 and opened an art studio on Congress Street in Portland from 2000 to 2008, when she then took up decorative painting in people’s homes. Dorette did murals and full finishes. She also did assemblage where she paints over found objects, “and I still do a lot of that,” she mentions.

When the recession hit in 2008, Dorette went back to school to study digital media. She learned how to draw with Paint program along with graphic design and formatting. Eventually, Dorette moved her studio to her home in Gorham. Dorette never married or had children because she is wedded to her art. She credits her supportive brothers and sisters and her friends for encouraging her as she pursues new projects.

As Mainers continue to adjust to the new normal created by the ongoing COVID-19 pandemic, Dorette believes the Maine Oracle cards will provide people with gentle guidance and reassurance when they need it most. “We’re seeing a steady decline in people who are attending church and people are looking for something. Everybody wants something that will make them feel better about what’s going on.” •



# MAINERS BECOME MINDFUL MASK WEARERS

BY HOLLY THIBODEAU



This spring, we were suddenly thrown into quarantine and physical distancing. As we cautiously reconnect with people, we first need to remember to wear our facemasks. They are stifling and annoying, to say the least. Just imagine what it's like for those who live with hearing loss. Many interchanges end up unmanageable. Several of our patients at Southern Maine Hearing have shared their frustrating stories. Here are our recommendations to lessen the negative effects of wearing masks.

## *For People who communicate with those who wear Hearing Aids:*

- Face the person, give eye contact, use body language
- Speak slowly, clearly and enunciate (speaking louder only hurts)
- Stay in one place
- Rephrase things
- Take turns talking
- Give extra patience, compassion, and consideration
- Be mindful of the mental and emotional impact on your listener
- Use a clear plastic mask for lip reading

## *For those who wear Hearing Aids:*

- Wear a mask with soft fabric ties to reduce the risk of your hearing aids inadvertently falling off
- Be a self-advocate...speak up
- Ask your speaker to reduce background noise or move to a quiet place
- Wear your hearing aids
- Replace batteries or charge them prior to going out
- Use real-time talk-to-text apps such as Google Live Transcribe (Android only), Otter, and Ava
- Consider attaching a directional microphone to your smartphone
- When going to a doctor's office or hospital, bring a friend or family member
- In preparation for a hospital stay, make a sign that indicates that you have hearing loss

For now, we are expected to wear face masks. The more mindful and empathetic we are of how masks hinder communication for those with hearing loss, the more we can mutually understand and enjoy conversations. As a result, together we will create joyful and meaningful connections as we all delight in this glorious time of year in Maine.

*Holly Thibodeau  
Owner and Founder of  
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| LOVE ON A PLATE |

# MELT IN YOUR MOUTH BLUEBERRY CAKE

BY LONNI LEWIS



© Romrodinka  
dreamstime.com



## INGREDIENTS

- 4 eggs separated
- 2 C sugar
- 1 C shortening
- 1/2 tsp salt
- 2 tsp vanilla
- 3 C sifted all-purpose flour
- 2 tsp baking powder
- 2/3 C milk
- 3 C fresh wild Maine blueberries

## INSTRUCTIONS

Begin by separating the 4 eggs. Put the whites in a bowl and beat until stiff. Add 1/2 C of the sugar while beating. Set aside. Put shortening in another bowl and add salt, vanilla and 1 1/2 C sugar and beat together. Add in the egg yolks. Beat until light and creamy. Sift flour with baking powder. Add alternately with 2/3 C milk to the shortening mixture. Fold in the egg white mixture. Add the blueberries. It is helpful to lightly flour the blueberries first so they don't sink to the bottom. Turn into a well-greased 9 x 13 pan. Sprinkle the top lightly with sugar. Bake at 350 degrees for at least 50 minutes. Allow to cool before serving.



Lonni Lewis' perfect July day would include a walk on the beach.



Lonni Lewis, working at a popular community dinner for the Fryeburg Historical Society.

# LABOR AND DELIVERY NURSE AIMEE BURGESS

WRITTEN & PHOTOGRAPHED BY  
AMANDA WHITEGIVER



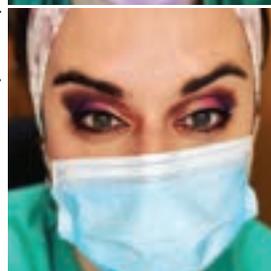
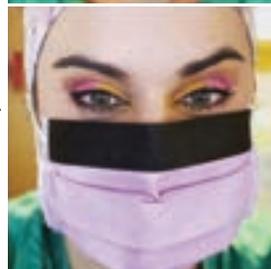
**A**lthough Aimee Burgess now calls Westbrook home, she grew up in North Yarmouth, Maine, in the home where her parents still live today. When Burgess first became a nurse in 2014, she knew in her heart that Labor and Delivery was the right fit. However, the winding path there expanded her skills with time spent nursing in both Psychiatric and Respiratory Medicine, to name a few. Looking back now, with both feet firmly planted in Labor and Delivery at Maine Medical Center, she is grateful for the experiences. Nothing more quickly clarifies what is right than trying out something “wrong!” “Labor and Delivery will forever be my home and my family,” says Burgess.

During the warmer months, you’ll often find her heading to the beach after leaving the hospital to take a nap and enjoy the sunshine. “Working the night shift gives me the freedom to still participate in summer activities,” she says. In winter, this Mainer is an avid skier. Burgess has gone skiing with her mom since she turned eight, and excitedly informed me she’s already bought her Nitro season pass for Sunday River, Sugarloaf, and Loon Mountain.

Cooking is another of Burgess’ favorite activities. During the pandemic, she’s been making bagels and bread for her coworkers to bring home. “The smiles on their faces makes time in a hot kitchen well worth it.” she adds. Thankfully, she also has her two cats, a dog, and roommates for company while baking. Her childhood friend and roommate Chelsea is also the artist behind Burgess’ gorgeously bold eye makeup.

Although Burgess doesn’t consider herself a trendsetter, she was quick to notice one of her teammates, Brittney, wearing bold, colorful eye makeup for her shifts. Their smiles of encouragement to birthing moms no longer visible behind their masks, the cheerful makeup became an alternative method for these nurses to show support. These days, despite their long hours and additional safety measures due to COVID-19, most of

Labor and Delivery has added this look into their getting-ready-for-work routine. It might seem small, but to this Mama, the nurses’ sparkly and often rainbow eyes are an outward sign of the love, care, and attention to detail these frontline workers put into their jobs every day.



**DRESS**

Torrid

**WEDGES**

Born Concept

**SNEAKERS**

Brooks

**HEADBAND WITH MASK HOOKS**

Ceile from Etsy, “Oceanside Scrub Caps”

### Describe your style in one sentence.

My style can be described as low-key comfort.

### Is it “Maine” style? If so, how? If not, how does it deviate?

I would say my style is pretty spot-on compared to other women in Maine. I have many outfits that count as fashion and function. I can go from gardening to drinks with the girls with little to no changing. And of course, I own a few plaid shirts and LL Bean slippers.

### First outfit you remember picking out and loving, feeling great in?

I’ve always been a fan of a little black dress. I can pair it with anything and feel amazing no matter where I am.

### How old were you when you felt like you developed a style of your own?

This is a loaded question, haha! I have plenty of pictures from the mid-2000s that show I had absolutely no style whatsoever. I think I only really felt comfortable in my own skin and style when I was in my mid-20s. I was able to embrace what my body had to offer and feel comfortable with me.

### Last memorable outfit:

When I went on vacation, I purchased this lovely long black maxi dress with cutouts at the top that flowed around me when I walked in my wedge sandals. I felt regal wherever I went. By far my most memorable outfit.

### Favorite brick and mortar place to buy clothing in Maine?

Unfortunately, I find myself shopping at chain stores due to my size and fit in clothing. The number one place I purchase clothing is Torrid. I do have snow gear from LL Bean and North Face.

### Best clothing, shoes, or accessory bargain of all time:

The best clothing bargain would be that I never have to buy scrubs, since my job provides them to me due to my specific job.

### Most you ever spent on something to wear?

I’m on my feet for 12+ hours a shift, so I need shoes that can keep up with my movement. I currently have a pair of Brooks sneakers that I bought for \$150, which work wonders on my feet. I have a pair for home and a designated work pair. When I’m at home you will find me in my favorite pair of well-weathered Birkenstocks. So, when it comes down to it, I spend the most money on what goes on my feet.

### Who is your style icon of all time?

It’s hard to pick one style icon. Ashley Graham and Lizzo are my top favorites for their body positivity. They are beautiful and flawless in whatever they are wearing, and they aren’t afraid to say what’s on their mind.

### Who is your style icon in Maine (dead or alive)?

My coworker Brittney is my go-to for any fashion advice. Every outfit she puts on appears effortless—she’s the team fashion guru.



### Mountains or coast?

You could never take me away from the coast. No matter where I live, I will always need to be by the ocean. The fresh ocean air makes me feel like I’m home. My boyfriend is a lobsterman in Harpswell, so we spend lots of time around the ocean.

### What would you refuse to wear?

The first things that come to mind are Bermuda shorts and the next is a poncho. I can’t tell you why. Something about even thinking about putting those on my body makes me cringe.

### Do you own Bean boots? If not, what do you wear in the snow?

Surprisingly, I do not own a pair of Bean boots anymore. I had a pair for many years but when they wore out, I had a difficult time finding another pair that would live up to the old ones. I have a pair of Bogs I wear out in the snow and up to the ski mountains. I do however own a pair of LL Bean slippers which are on my feet all winter long in the house.

### Where do you get your style inspiration?

I would say most of my style inspiration comes from social media and my co-workers.

### What is your current “go-to” outfit or item of clothing?

My current go-to item of clothing, which I’m actually wearing as I write, this is a black cotton blend dress that I like to pair with a slouchy knit cardigan.

### What do you change into after a long day?

At my job I need to wear hospital provided scrubs, due to the fact that I could be asked to go into the OR at any time. This being the case, I usually wear a pair of yoga pants and a t-shirt into the hospital. So, I’m always dressed in total comfort on my way to and from work. •

## QUESTIONABLE ADVICE

BY L.C. VAN SAVAGE

*My son is a high schooler, and I've always been careful to let him make his own decisions (and suffer their consequences) because he knows I'll love him no matter what. I learned the other day that while he has a girlfriend, he's also been flirting with another girl. How can I teach him that that this is wrong and hurtful, and encourage him to confess on his own?*

—Concerned Mother

Hi, Concerned: I'm trying to understand this. You have taken on the job of suggesting to a testosterone engorged adolescent male who has managed to snag a girlfriend that he should not be giving the hairy eyeball to other girls strolling around in his field of vision? How old are you? Can't you remember how young bucks behaved at that age? That's what they do! Let his girlfriend deal. You've not gonna win this one, Mom. Buy him a large box of condoms, tell him you love him, make him swear he'll use them, and walk away.

*My family has a huge reunion every summer. Last time, my cousin and I got into a big fight—I'll spare you the details, but I think you can guess that it was political, and she takes every excuse she can to argue. We still haven't made up, and I still disagree with her, but I don't want it to ruin this fun tradition. Any ideas for how to keep the peace?*

—Georgia

Yeah, Georgia. Write up a referendum, send it to all family members, and in it say that everyone promises there will never ever be another brawl between anyone on the issue of politics or religion or any other hot-button issue at a family gathering of any size. Ask everyone to sign it and send it to a glasnost and non-interference-prone family member to handle the whole thing. Have him/her announce that anyone who does not sign does not get to show up. Ever. Yes, you will be called a controlling bee-yatch, but so what? You've been called worse, right?

*I let my father borrow my car for a weekend. When he brought it back, I noticed a big scratch on the driver's side door. He swears it was there before, but I'd never seen it before. I hate confrontation, and he got all huffy when I told him I wanted him to pay for the repair. I'm starting to doubt myself, too! Help!*

—Stacy

Stacy, never ever let a family member borrow your car. If you can't say "no" easily, then say your insurance won't cover anyone driving the car but you. If there's an emergency, and he desperately needs the wheels, then you do the driving for him, but be prepared to learn that your definition of "emergency" is likely vastly different from his. Driving him at 1 a.m. to his favorite tap house for a few pints of tide-me-over hootch is not considered a pressing exigency. As for the scratch? He'll never own up so get it fixed and do not invite him over for holiday dinners until you think his not dining with you a few dozen times cancels out the cost of repairing the scratch. He'll maybe figure it out eventually.



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