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JUNE 2020

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Greenlaw**

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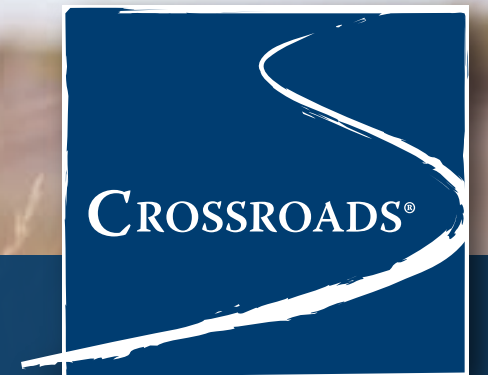
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June is here already. It's so hard to believe. The world has changed. We are all in the pages of history. All of us have been affected, and I do believe we are somewhat in shock as we watch the world spin in a direction that we are so unfamiliar with.

I want you all to know that we, as Americans, and especially as women, can take on anything. It is not easy, but we all come from a place of our ancestors, who were strong and resourceful. We have beliefs, and we have the ability to overcome whatever is presented to us.

This is a time to reflect on your amazing families and on amazing you. I am so proud to be part of the women in this world who have always chosen to make a difference—to face adversity with hope and positive energy.

Take a few minutes for yourself to sit and read our magazine. It is a celebration, honoring women in this state and everywhere. Bring your brightness to this world. You've got this!

On our cover is Linda Greenlaw. I adored my lunch and interview with this woman of belief and strength. She knew what she loved, and she followed her heart to a most unusual career. She knew who she was and what she needed to blossom in this world. She let the world happen around her and seized the moments in front of her with belief and goodness.

Thank you all for being part of our *Maine Women* family. We are so very proud of each one of you.

Mary Frances Barstow
Editor/Publisher

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

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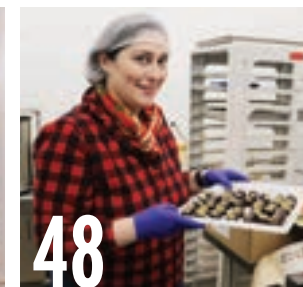
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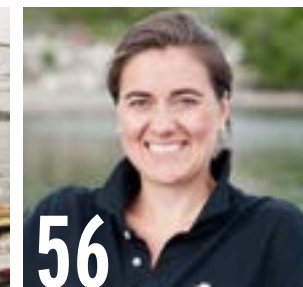
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LETTERS TO THE EDITOR |

Hello!
The articles in this magazine keep getting better and better. Great edition this month.
Amy Horstmann

Hi,
I just want to thank you for your work. I picked up my first edition (I don't know how I missed the others) of your magazine in April. I read every article! I've never done that. Thanks so much for the stories and articles.
E. Guihan

I just picked up a copy of *Maine Women Magazine* in my physician's office. I really enjoyed it—lots of nice articles. I would like to suggest that you do a story on an exceptional person called Pamela Lattin. (No signature on the letter.)

Dear Mary,
I recently received your attractive May edition of *Maine Women*. As an author (*House of Strangers*), book reviewer, technician on Project Gemini in the US space program, technical writer for GE, and banker, I certainly have close familiarity with the written word. At 102 years old, I would be remiss without letting you know what a joy it was to read all the well-written articles. Thank you for your expertise.
Oscar Greene



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Welcome, Emma

Hi *Maine Women Magazine* Readers,

I'm Emma Walsh, a student at the University of Southern Maine, double majoring in Communications and Media Studies and double minoring in Public Relations and Marketing. At USM, I write for the *USM Free Press* newspaper and give tours as a Student Ambassador. I was eager to pursue my passions of writing and lifestyle further and was given the exciting opportunity to intern at *Maine Women Magazine*. The editors welcomed me onto their team, where I attend meetings, write articles, and have expanded my knowledge of journalism in a professional setting. My hope is that through this experience I can make a meaningful contribution to *Maine Women Magazine*.



Thank you to our readers and the editors at *Maine Women Magazine*! I'm so grateful for this wonderful opportunity.

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Photos courtesy Holly Martin

An Update from Holly's Mom:

Ahead: The Vast Pacific

BY MARY FRANCES BARSTOW

Each month we have been following the travels of Holly Martin, 28, as she sails around the world alone on her boat the *SV Gecko*. It is a Grinde built in Denmark in 1983, 27 feet long and 10 feet wide, which Holly bought and overhauled before setting off from Maine. Her goal: to fulfill a long-held dream of a solo circumnavigation.

Then, as has happened with so many people these days, the dream and the best-laid plans ran into the coronavirus pandemic. Last month, we spoke to Holly's mom, Jaja Martin, an experienced sailor herself, and learned that the long cross-Pacific part of Holly's journey was at that point on hold. Islands needed as resupply stops en route to New Zealand—French Polynesia, Fiji, and New Caledonia—were in quarantine, closed to all visitors.

Now, a month later, we have received the following encouraging update from Jaja Martin. Again, our sincere thanks to her for this information.

MARY:

What is the latest news from Holly? Has the COVID-19 epidemic continued to delay her trip?

JAJA:

Holly is still in the Perlas Islands in the Gulf of Panama—that is, on the Pacific side. She is able to move around the Perlas archipelago, which offers many anchorages, deserted beaches, and fishing opportunities. There is a small cruising community in the island group—other cruisers who are also waiting to continue to their various destinations. Everyone's movements depend on which Pacific islands open up and when. The cruisers' travel decisions are based, in part, on their nationality, which dictates which islands they can visit. Holly is lucky because she has New Zealand citizenship, so she knows she can stay there, once she gets there.

Holly plans to leave on her Pacific crossing in about

two weeks—she'll be off to the Marquesas Islands. It will take her 35 or 40 days to sail there, so she's certain that the coronavirus-related restrictions will be different when she arrives. She doesn't know if they'll be better or worse, but at least she'll be on her way.

MARY:

Do you have a sense of how Holly is feeling?

JAJA:

She's in great spirits! She is thoroughly enjoying the cruising community, the islands, beach barbecues of freshly caught fish, deserted beaches, and friendly locals. She's thankful that she is weathering the COVID storm in a place where she can move around freely and interact normally with others. Since the entire cruising community in the Perlas is quarantined, they don't have to worry about the virus at all. Imagine!

MARY:

Is she able to get enough food and supplies for the next part of her trip?

JAJA:

She's facing challenges in that area, for sure. Holly has officially cleared out of Panama, so she is unable to bring her boat to the mainland, where the grocery stores are located.

She told me that when she set off to provision last month, she left her boat in the Las Perlas and sailed to the mainland with a friend on his boat. In Panama there are many detailed and firmly enforced restrictions on when a person is allowed outside of their home. With the exception of essential workers, women are allowed out every other day, and men are allowed out on the opposite days. On this trip to Panama, Holly was with a male friend, so they were unable to go into town together.

Each person (on their gender-specific day) is allowed to be out for a maximum of two hours. Official guards make sure that no one stays out longer than this allowed interval of two hours. They use people's last four numbers of their identification—in Holly's case, her passport—to check and clock people in and out of the system. So, Holly had one two-hour window to shop.

From the anchored boat, she was dropped off at the dinghy dock on shore. This is the only place where people from the cruising community are allowed to access the shore. A security guard was stationed at the end of the dock. He

checked the last four ID numbers of her passport to make sure she was within her two-hour window.

From the dock, Holly walked to the road where she tried to get a cab. But none of the cabs would stop. Other people in the cruising community had been talking about this problem, that the cabbies were worried about catching the virus and often wouldn't stop. So, Holly walked to the bus stop and waited for a public bus. She got off near a grocery store and walked a short distance. At the entrance of the store there was a line of people waiting to get in. A security guard was checking IDs to make sure everyone was in their legal window of time.

Once in the store, Holly realized she only had an hour and 15 minutes left. It would take a half hour to get home (back to the boat) if things went smoothly, so that left 45 minutes in the store, including the check out. She raced around madly trying to find all the items on her list. She ended up with some stuff she wanted and some random stuff that she found along the way. Baking supplies were nowhere to be found.

MARY:

Same empty shelves that we've had sometimes in grocery stores here!

JAJA:

Yes, true! So quickly she entered a check-out line and reversed the process of getting back to the boat. Luckily, she had two minutes to spare when the security guard looked at her ID at the end of the dock. Phew! She had been hoping to get to the open market to pick up some fresh fruits and vegetables, but they were leaving the next day (the male-gender day), so Holly had to forego that shopping experience.

Holly is hoping that some of these restrictions will be lifted the next time she goes shopping. She's planning to sail to the mainland with a group from the cruising community who will all get together on one boat for the trip. "It's hard to provision in such a short amount of time," she told me. "I'd like to go to the open market, and I have to find some boat stuff, too."

But as I say, her spirits are good. A four-minute music video just came out featuring Holly on her boat. It's amazing! If people are interested in seeing it, they can go to YouTube, and search for "Sparxsea Little Wooden Boat." The video helps to give an idea of what her sailing experience is like! •



Cyndi Prince of LooHoo Wool Dryer Balls on FINDING A PASSION

BY EMMA TESTERMAN



When Cyndi Prince was first pregnant with her son, she did some research on baby-friendly products and safe solutions to use while raising a child in a healthy environment. At seeing how many dangerous chemicals were used in conventional laundry products—of course products that are used especially often with children and their cloth diapers and many clothes—Cyndi became concerned enough to consider other, safer options, ones that wouldn't harm her son.

She discovered that children, especially infants, were more susceptible than adults to toxic irritants from these products. While searching for a better alternative to manufactured dryer sheets, Cyndi discovered a fun DIY (do it yourself) project to make wool dryer balls that keep laundry loads smelling fresh and soft. After successful experimentation, the LooHoo was born.

As Cyndi's webpage now explains, "LooHoo Wool Dryer Balls are a reusable, energy-saving alternative to dryer sheets. LooHoos are made in Maine, USA, using 100 percent domestic wool. They naturally soften clothes without the use of unwanted harmful chemicals contained in dryer sheets. Because of wool's natural ability to absorb odors and toxins, LooHoos leave your clothes smelling fresh and clean. LooHoo Wool Dryer Balls can also reduce your drying time by 10 to 25 percent, saving you money. Within a few short months your LooHoo Wool Dryer Balls can pay for themselves."

When I set up a FaceTime call to talk with Cyndi, now founder and CEO of LooHoo of Camden, I felt some anxiety, not knowing her in advance or what to expect. But once Cyndi picked up the phone and gave me a heartwarming grin, all my nervous jitters immediately disappeared. Here was a face of someone with a bright light and creative energy that anyone could feel, even through a screen meeting.

I had thought this interview with Cyndi would be based on her creation of her company and her recent feature in the April 2020 issue of *O, The Oprah Magazine*. Instead, it ended up being a wonderful conversation between two people, considering the blessings life gives us through family and the joy we get when discovering a passion we care about reflected in others.

For instance, we were able to discuss recent Mother's Day celebrations. Her son, Graham, who sent her on this journey into her business creation, has now reached the age of ten. Cyndi's face lit up at the subject of Graham, and his kindness for the holiday. "He made me a gift, but he lost it a couple of weeks ago and couldn't find it for almost the entire day, which was really cute. [Graham] made me this sugar scrub, and with the help of his dad also made me breakfast and lunch. He was at my beck and call for the entire day, which was very sweet."

Cyndi goes on to describe Graham's fascination and enjoyment of math during

school, and how it slowly works into her own business as she gives him some glimpses into what she does. Cyndi has been not only noticing his interest in what she does, but also encourages him to ask questions and be curious about how things work for her. "He's our only child, and I believe in being open and honest with him and have him involved."

"When big decisions are brought up, I'll throw them at him to consider. Like, 'Okay Graham, this is what we're trying to decide—whether this will be good for the company or not.' It's amazing to see what he perceives and what he'll bring to the table. Often, it's things I'm not thinking about, and other times it's him honestly saying, 'You know what, Mom? That doesn't sound like fun.' And sometimes I think, you know what? He's right. I want to make it fun for everyone. That innocence of [his genuine perspective] is fun."

She wasn't surprised about how his interests grew as he reached his current age. Cyndi admits that it wouldn't surprise her at all if he went into a business field like she did.

"He's always thinking about ways of helping our neighborhood and ways to make money. It's a really interesting thing to watch develop as well."

Ordinarily Graham and Cyndi attend many local festivals and fairs to promote the LooHoo business, but with the current quarantine lockdown in place, those attendances have sadly been cancelled from their summertime plans. All state fairs and festivals had to be postponed until next year. But the quarantine lockdown bug hasn't gotten her son down in the slightest.

"He's a homebody like me. Even though he misses socializing with his classmates and friends, nothing's really changed. His school days at home technically start at 9 a.m., but he likes to keep the 8 a.m. schedule. He kind of keeps to that idea of 'start work early, finish early' idea."

In other years, Cyndi would often bring her son behind the LooHoo booth to show him how it works and have him watch. "When we go to these statewide shows like

the Union Fair and the Common Ground Fair, he loves it, loves it, loves it. He does realize that Mom's at work, even though he's going somewhere else to get an ice cream or a hot dog."

"There have been times where I've left the booth for a minute, and when I come back, I see he's manned the booth all by himself and is explaining how our products work to customers. He is able to check them out when they buy some. It really is fun to see him like this."

There certainly is a realization in a certain point in life, where after years of raising a child and watching that child grow and learn, you can see glimpses into what they may soon discover is their future. And there certainly isn't anything better than a mother's love and mentorship to help guide a child toward finding a life passion.

Cyndi and her family live in Camden and run LooHoo from their home. You can visit her website and check out her story and products at loo-hoo.com. •

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THE *Daffodil* TRIBUTE

*Girl Scouts Mark the
19th Amendment's Centennial*

BY LIZ GOTTHELF

They may not be old enough yet to vote themselves, but Girl Scouts across Maine have created a living memorial to those who fought for the right to vote.

The 19th Amendment to the Constitution, allowing women to vote, was passed by Congress in 1919 and ratified in 1920.

In their fight for this cause, Maine suffragists had chosen the daffodil as a symbol for their movement, taking bouquets of the bright yellow flowers with them to hand out to supporters and to lobby legislators.

As a way to commemorate this hard-fought right and the work done by members of the women's suffrage movement, the Maine Suffrage Centennial Collaborative organized the planting of many daffodils across the state last year. In total, about 5,000 bulbs were planted, half by Girl Scouts across 50 or so locations, through a partnership with the Girl Scouts of Maine.

"Girl Scouts have been on the forefront advocating for issues important to them for over 100 years and women's suffrage is no exception. Girl Scouts' support of voting rights for women can be traced back to 1920, where they would stand outside the polls and watch children for mothers so they could go inside and exercise their right to vote," said Laura Genese, director of marketing and communications, Girl Scouts of Maine, and member of the Maine Suffrage Centennial Collaborative Steering Committee.

Locations of the daffodils can be found on an interactive map at www.mainesuffragecentennial.org/daffodil-map. Many have posted pictures of the blooms on social media with the hashtag #unitedwebloom.

"Participating in the Daffodil Tribute, in particular, is an easy way to get girls involved in honoring women all over the state. It's a once-in-a-lifetime opportunity to beautify Maine and educate the community on this historic victory in the Women's Rights Movement, and the ongoing work that still needs to be done for equality and access to the vote," said Genese. "We believe that the Girl Scouts involved in this commemoration will forever think about using their voice, speaking up, and exercising their right to vote each spring when they see daffodils bloom. I know I will!"

There is also a Women's Suffrage Centennial Patch Program, with a curriculum that includes learning the history of the suffrage movement, celebrating the 19th Amendment, and learning about famous women who fought for women's rights throughout history. Participants must also be able to express what justice means for them and share what they've learned about Women's Suffrage to others. By mid-March, nearly 500 girls had earned the badge, said Genese.

"We want girls to become more aware of the many aspects of the movement that are not generally well-known and to learn more about the women who helped shape history, that are often left out of the history books," said Genese. "Our programming around the commemoration of the passing of the 19th Amendment encourages girls to explore how these actions set the stage for women's rights throughout history, how the Women's Rights Movement is still a part of our current lives, and how through advocacy they have the power to impact the lives of others in a positive way."



Photos courtesy Maine Girl Scouts.

“Optimism is the Key”

A Conversation with Linda Greenlaw

BY MARY FRANCES BARSTOW



Near the start of her bestselling memoir *The Hungry Ocean: A Swordboat Captain's Journey*, Linda Greenlaw has breakfast with boat owner Bob Brown. She and her crew have returned two days earlier from a month-long fishing trip, and later that morning they'll depart again for another. Noticing the coffee cups on the table, she thinks, “How nice it was that they just sat there with no one holding them to keep them from sliding onto the floor and smashing to bits.”

Linda is clearly a woman at home both on the rolling sea, where she has worked her whole life, and on the lands and islands of Maine, where she has written 11 successful books, all with nautical or coastal themes.

Linda immediately puts people at ease with her friendly, direct, and down-to-earth manner. Shortly before the pandemic hit, she and I sat down at the Waterfront Restaurant in Camden. Time seemed to disappear as we spoke of her guiding passions, distinctive talents, capacity for hard work, love of family, and some lucky twists of fate.

Mary:

What made you decide to be the first woman captain of a swordfish boat?

Linda:

I spent summers on Isle au Haut, so I hauled lobster traps as a kid. You know, kid stuff. Just always kind of took to the water and boats. When I was a freshman at Colby College, before I went into school, I needed money for school. I started offshore fishing then, just to make money. And I fell in love with it.

At first it was just going to be my summer thing because I needed to pay my way through school. I knew, even though I was loving fishing, I also loved school, and I wasn't going to drop out. But I also knew as soon as I graduated, fishing was going to be my career.

Mary:

Once you became a captain, where did you go? What was it like?

Linda:

When I was sword fishing, which is what I spent most of my career doing, I would have a crew of five or six, depending on who they were. You know, those trips are basically like an endurance test. You don't have to be like the fastest or strongest anything. You just need to be resilient. Optimism is the key.

I fished all over the Atlantic Ocean, from Labrador to Brazil. I fished the Indian Ocean from Kenya to the Maldives. But most of the time, it's been east of Newfoundland—the Grand Banks. We're actually east in international waters because most of the Grand Banks is owned by Canada.

Mary:

Is it true you were arrested for crossing into Canadian waters?

Linda:

Yes. And I don't recommend it. I was charged with illegal entry and illegal fishing in Canadian water. Which I was. I was guilty of being there and hauling gear in those waters. I wasn't even on the line—I was four miles on the wrong side of the line. I got arrested, had to take the boat with an escort two days to St. John's, Newfoundland, where I went to jail. I was handcuffed and put in jail.

The owner of the boat got an attorney and bailed me out and the boat out. A lot of money. And I went back to fishing. I finished the season. Then I returned that winter to stand trial. That was a week in St. John's, and I was found guilty. It meant a \$58,000 fine. And that was very light because it was my first offense. I'm not allowed into Canada. Still, for two years, I continued to fish the Grand Banks, east of Newfoundland.

Mary:

Do you still captain boats?

Linda:

Yes. Well, I lobster in the summer and fall. And I do a lot of chartering. I also get to drive all the Wesmacs [boats built at Wesmac Custom Boats, founded and run by her husband Steve Wessel]. I'm not a boat builder, but I do get to drive the boats for sea trials and deliveries. So, I get a fair amount of boat time doing that. I get to do the fun parts. I just want to do the fun stuff.

Mary:

How did you get interested in writing?

Linda:

An instructor had once written all over the outside of my blue-book exam, in red ink, “You are extremely unfamiliar with the material in this class. Well written. B+.” When I saw



that, I thought, “Okay, B+! So, the ability to write can take you places!”

But I never had any aspirations of doing any serious writing at all. That's an opportunity that came to me because of my portrayal in *The Perfect Storm* [Sebastian Junger's true story, published in 1997, about the loss of the *Andrea Gail* and its crew]. I actually had publishers calling me after that, saying, “Hey, do you want to write a book?” That was pretty cool.

Mary:

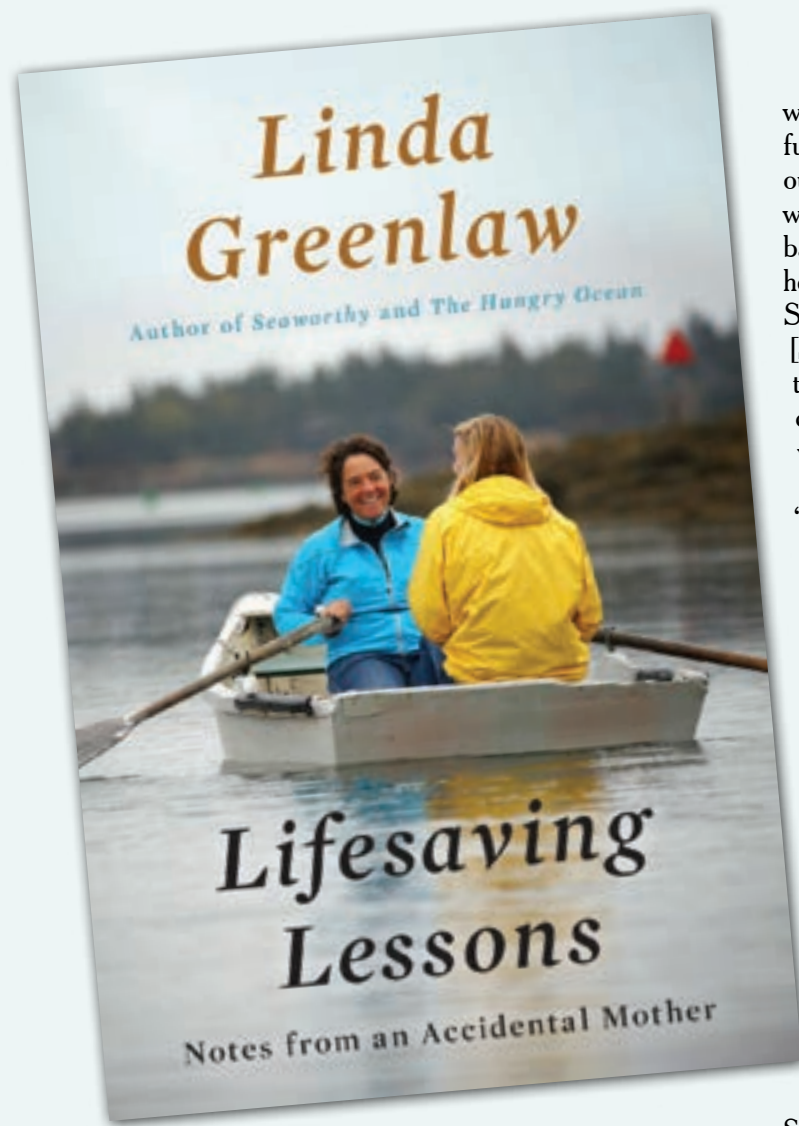
In addition to non-fiction works and mysteries, you've also written two cookbooks. How did the cookbooks come about?

Linda:

Yes, my mom and I did the two cookbooks. I'm really proud of them, for the recipes, and also for their nice photography. Really beautiful! I like to cook, and my husband's very happy that I like to cook.

Mary:

I know from your memoir, *Lifesaving Lessons: Notes of an Accidental Mother*, that you adopted a child. Can you share how your daughter is doing today?



He got the house, and they moved to Isle au Haut. They were welcomed with open arms, and everything was wonderful . . . until it wasn't. A few years down the road, it came out: it wasn't really his niece. And he's a pedophile. It was the worst case of child pornography in the state at that time. It was bad. Before everything came to light, however, it came out that he was a recovering alcoholic, and he had fallen off the wagon. So, the island women said, "Linda, why don't you have her [Sarai] move in with you until he gets his act together, goes to the hospital, dries out. You have a spare room, and you could take her and put her on the boat." At that time, she was a freshman in high school, so she had to get on the boat every day to go to high school and then come back. I said, "All right. Whatever. I like this kid." It was just going to be a temporary thing.

Then, she was basically crying herself to sleep every night in my house. But won't talk to me. The women on the island said, "Why don't you take her to a counselor?" So, I found a woman in Rockland who specialized in teen trauma.

We get there, and Sarai wouldn't even look at her. We got about to the end of the hour, and I'm thinking, "I can't wait to get out of here." It seemed like a waste of time and money because Sarai would not even talk to the woman. Then the counselor asked her, "Do you have privacy in the bathroom?" Well, that got Sarai's attention. She turned around, and she started to talk. And it all came out. I couldn't believe what I was hearing. At the end of the session, the counselor said to me, "I hope you understand that I have to report this to the Department of Health and Human Services." I said, "Oh, yeah."

Sarai never went back to that house after that. The State Police and FBI came for him a few weeks later, with a search warrant and a warrant for his arrest. He handed everything over, he admitted to things, and they handcuffed him, took his computer, and took him away.

On Isle au Haut, she had been with him for, I want to say, three years, from age ten or eleven on. And she hadn't been clear on how inappropriate everything was. She would say things to me like, "Do you think he's really going to be in trouble?"

Mary:

She probably had little or no frame of reference. It really makes you wonder, how prevalent are abusive situations out there.

Linda:

Yes. While this guy was in jail awaiting trial, Sarai was living with me this whole time, and a woman from DHHS came out to the island, to look into the matter of where Sarai was going to live—foster care, with me, or what. Sarai had lived on the island, and everyone on the island loves her and was trying to figure out the best option. DHHS needed to make sure it was okay and safe for her to be with me. I was asked to have a support system there at the house. And every woman on the island was at my kitchen table!

Linda:

Yup. Sarai is 27 now. She's married and doing very well. She graduated from Champlain College in Vermont. She and her husband live in Sedgwick. She works in Ellsworth. Really loves it. They're talking about starting a family, making plans. She's awesome!

Mary:

Did you know her family beforehand?

Linda:

No. I was living on Isle au Haut. At the time, the island was trying to encourage year-round people to move there because we had had this depopulation. There was fear that the one-room schoolhouse would shut down. I think there are five kids in it now, but anyway!

So, the island built three small houses that had affordable rent, trying to attract people to come live there. A single guy applied from Kansas City, Missouri. He did work that he could do from home on a computer so he could be anywhere. And he had this niece that he was going to bring to be in the school, this little girl.

"I was fishing offshore for most of those years that most girls were getting married and having kids. Good things take time. That's what I say."



Mary:

The community on the island really rallied to help?

Linda:

Yes, very much so. It's almost like the entire island adopted her, if you will. I can't even tell you how, the women especially, they were just . . . a powerful force for good. I never really considered myself to have girlfriends before. Either my friends are all guys or my fishing buddies. I'm always around guys. But suddenly I had this really great group of women who befriended me. And they almost shoved themselves into my life, but I needed it! I didn't know what to do. They had kids, right? So, it was good, how they were offering to help and just understanding the tough times.

Now, the man is in prison. He got sentenced to 20 years in federal prison. We're over 10 years into that 20-year sentence.

Mary:

The idea of . . . what if he hadn't been caught? Her whole life would have been so different. It is frightening to think about.

Linda:

I don't think she would've finished high school. Yes, it all came to light. A horror story with a happy ending. Now, as I said, she's awesome!

She lived with us [Linda and Steve] for a while, later. One day I was reading my text messages, and from one I got a strong feeling, "Ah! Sarai's in love! She must be!" Steve asked me, "How can you tell?" And I said, "She's going hiking!" She never hiked once in her life! Now she was going hiking with a guy named Dan, and I was amazed, thinking, "What? This is it! She's in love."



Mary:
And you were right!

Linda:
I was right. She married the guy. It was wonderful! We love him and his family so much. A wonderful guy and a great family. In fact, he works for Steve and me at the boat shop. So, now she's married. Oh yeah, she's awesome. Awesome!

Mary:
Are you still writing?

Linda:
I'm not right now. Last summer I turned down a two-book contract. It was the first time in 18 years that I didn't have a book tour or a deadline, and I had the best, best time ever. I'm using the time to get other parts of my life going again. I might write another book someday. I have another segment in my life in mind, that I am thinking about. I married at the age of 51. And I do have this boat-building part of my life now. So, we'll see.

Mary:
How did you and your husband meet?

Linda:
I brought a boat that I was running to Wesmac for some work, and that's how we met. That was seven, almost eight, years ago. As I say, I was 51. Steve was 59.

Mary:
Did you have a regular big wedding?

Linda:
We did, on Isle au Haut. The minister who baptized me as a baby on Isle au Haut married us. We got married in the church. It's a small, beautiful church. Historic. Yes, it was great. We rented a bunch of houses to house people. We had special boat trips to bring people back and forth. It was really nice.

"My mom and I did the two cookbooks. I'm really proud of them. I like to cook, and my husband's very happy that I like to cook."

Mary:
Did you wear a special wedding gown?

Linda:
Ha! Yes! At the time, I was lobstering out of Isle au Haut. And my sister-in-law, my brother's wife, said "Don't worry" about the dress. She is sort of the polar opposite style to me, a real girly girl. Very beautiful, like a model, with makeup, the hair, and everything always perfect. She said, "I will take care of your wedding gown." I said, "Okay." She's the perfect person to do it! She has good taste. She knows me. So, she got online, and she found something she thought would be appropriate, from J. Crew. I gave her my credit card, and it showed up. Okay.

In Isle au Haut, if you get something shipped, it goes to Stonington, gets on the mail boat, goes to the Island store, and your name will be on a chalk board, outside the store, saying that you have a package.

So, by the time this thing shows up, everyone is fully aware that my wedding gown is at the store in a box. And it was perfect! It was a good dress for me because it wasn't fluff. It was a very nice dress. It fit perfectly. I couldn't believe it. A hundred bucks. Boom. I was, like, "This is my kind of wedding dress!"

A few years ago, I went with my daughter to get her dress. It was a whole experience where my sister, the groom's mother, my daughter's girlfriends, and I went to a bridal shop, and they served champagne. We're watching, and she keeps going in and coming out with a different dress on. Everyone's oohing and ahing, saying, "Oh, this one!" "No, that one!" To me, I felt, "Whoa, this is unbelievable."

Mary:
What was it about Steve that made you decide at 51 to get married?

Linda:
He is really special! Also, I wanted to be married! It wasn't that I thought, "Oh gee, at 51, I guess I'll start looking for a husband." I never imagined I wouldn't be married and have kids. I had a very happy childhood, very much loved my family, very close family. I never imagined I wouldn't do and have that. But I was fishing offshore for most of those years that most girls were getting married and having kids. I was offshore, and it just didn't happen. Good things take time. That's what I say.

Mary:
Thinking of the many good things that have happened—your daughter, your husband, your writing career, your friends and family, life on the island—do you have a sense you must be sending out good vibes somehow?

Linda:
Yes, I hope so. I hope so! •



MILE-HIGH STRAWBERRY PIE



If you ever have a chance to taste a Maine strawberry, you are in for the treat of your life. The berries are luscious, sweet, and smell so good. Our season is short, but everyone loads up on the berries if they can. In strawberry season in June, you can smell sensational strawberry pies all over the island.

INGREDIENTS

FOR THE CRUST

- One 5-oz package shortbread cookies
- 2 Tablespoons sugar
- 2 Tablespoons unsalted butter, cut into pieces

FOR THE STRAWBERRY FILLING

- 2 pounds strawberries, hulled
- cup sugar
- 1/3 cup fresh lemon juice
- 1 envelope unflavored gelatin
- Lightly sweetened whipped cream

DIRECTIONS

Position the rack in the middle of the oven and preheat the oven to 350°.

To make the crust, put the cookies in a food processor fitted with a metal blade and pulse to fine crumbs. Then pulse in the sugar and butter until combined. Press the crumb mixture

evenly onto the bottom of a 9-inch pie plate. Bake until golden, about 15 minutes. Transfer to a wire rack to cool.

To make the filling, select 20 large strawberries as close to the same size as possible and set aside. Cut the remaining strawberries into a 1/2-inch dice and toss with the sugar and lemon juice. Let stand, stirring occasionally, for 30 minutes. Drain the strawberries into a sieve set into a large glass measuring cup. Add enough water to the drained liquid to measure 2 cups. Transfer the liquid to a medium saucepan and reserve the strawberries.

Sprinkle the gelatin over the strawberry liquid and let it soften for 1 minute. Bring the sauce to a bare simmer, stirring until the gelatin has dissolved. Add the diced strawberries and transfer to a metal bowl set into an ice bath. Let cool for 20 to 30 minutes, stirring frequently.

Spoon 1/2 cup of the filling into the pie crust and arrange the reserved whole berries, stem sides down, on the filling. Spoon the remaining filling over and between the strawberries. Chill the pie until the filling is set, at least four hours and up to one day. Serve with lightly sweetened whipped cream. Serves 8. •



The Briny Babe

Jacqueline Clarke:
Combining Law and the Raw Bar

BY LIZ GOTTHELF

Jacqueline Clarke's love of oysters led her on a cross-country journey that changed her life. Clarke, 31, grew up in Michigan, and as a child loved reading about the sea, poring over tales of fisherman and stories of marine life. It all seemed so far away and exotic to a girl in the rural Midwest.

"When my parents got our first computer, I would spend hours and hours on *Encyclopedia Britannica*," she said.

As a teenager, Clarke took on a job at a seafood restaurant. One of her duties was stacking oysters in the raw bar, and as she placed them carefully in an orderly fashion, she became transfixed by the shells.

Clarke dreamed of taking a trip to the Maine coast, but summer jobs, internships, and school all got in the way. Then in her twenties, she became a trial attorney, working a grueling schedule that included nights, weekends, and holidays.

"It's a lot of work. Every story and stereotype is true," she said.

Still, her dream of going coastal never died, and one day, on her lunch break, she booked a trip to Maine. She and her cousin spent a week in Maine, enjoying everything the coast had to offer, including oysters. They were different from the ones she had tasted in Michigan, and she savored the fresh, briny, earthy flavor.

After finally getting a taste of coastal life—and fresh Maine oysters—she knew she had to come back.

Clarke moved to Maine a year later, in 2018, and now lives in Portland. Her life is much different now. She works as a

healthcare litigation claims manager and has a side business called "The Briny Babe," where she does marketing for members of the oyster industry.

Her transition to the Briny Babe came organically. "When I came to Maine, it was like oyster nirvana," she said. "I have an endless list on my iPhone and notes on every oyster I've ever had."

Clarke became a regular at the Thursday night oyster grower series at Maine Oyster Company. She took it all in, tasting oysters, writing notes, taking photos, and talking to oyster farmers.

After posting photos on social media, local oyster farmers began reaching out to her and asking her to help promote their business. The Briny Babe isn't just a cute catchphrase. She takes her role in promoting oyster farmers and the fishing industry seriously, totally immersing herself in her subject's stories.

"If I'm telling a story about an oyster farmer, I'll go in the water with them, whether it's an 80 degree day or a 30 degree day," she said.

Nowadays, a typical day in Clarke's life could include preparing for a 1 p.m. conference call where her legal skills come into play and later donning a fisherman's bib and heading out the door to go out onto the ocean with a fisherman.

This way of life would have seemed like just a fantasy to a young girl growing up in a subdivision in Michigan. "To my friends in the Midwest, it just doesn't sound real," she said.

For more information on The Briny Babe, check out www.thebrinybabe.com.



"When I came to Maine,
it was like oyster nirvana."



CORONAVIRUS

A College Student's Perspective

BY EMMA WALSH

"I've learned we must not let this pandemic get the better of us."



The coronavirus pandemic has rapidly spread across the nation and affected everyone's daily life. Businesses have closed, jobs have been lost, and college campuses are emptied of their students, who have transitioned to online learning. News headlines of the virus's impacts are now ubiquitous on our phones and televisions. The uncertainty of this pandemic has caused anxiety and stress, forcing students to adapt like never before. It is an unprecedented time because the social environment of the college campus and classroom has profoundly changed.

As a college student at the University of Southern Maine, the coronavirus has impacted my entire college experience. Before the virus, I was living on campus, attending my classes, walking around Portland, working part-time in retail, and seeing friends every day. As the virus spread, there was word that students may have to leave campus temporarily and that after a short break, our classes and activities would resume. Neither I nor my friends expected the severe turn of events that would change our college experience so quickly and profoundly.

To our dismay, students were advised to move off campus in early March to ensure our health and safety. My friends and I were deeply saddened that we would be spending the second half of our spring semester at home. The sudden change made me realize how much of a student's academic and social life revolves around connections with others, and how much joy these connections bring. However, it was clear that this pandemic was becoming more acute, leading to more restrictions and uncertainty.

Since moving back home with my family, many aspects of my life have shifted. I was furloughed from my part-time job, I am unable to visit friends, and I finished the spring semester online, taking final exams alone in my room. I felt isolated, anxious, and uncertain about the future. College is such an important time of life, and my friends and I regret that we were not able to enjoy this time on campus.

However, I soon realized that I had an opportunity to practice acceptance. No one can change this situation, so we must learn to adapt and make the best of it. I have learned to change my activities and restructure my days in order to abide by the safety measures.

To maintain a balance, my days are focused on education, nature, and (virtual) connection. I am pursuing my degree by shifting to online classes, and I am reading books, as always, to educate and enlighten myself. I also have more time to spend with members of my family, who are working at home. On weekends we hike on local trails, and this time at home has had an unexpected silver lining. It has

given me an opportunity to reconnect with nature, which leaves me calm and refreshed.

Although my friends and I are not able to see one another face-to-face, social connection through FaceTime and texting is as important as ever and helps to combat the inevitable isolation the pandemic has brought.

Amid the challenges and stresses we are facing, I've learned we must not let this pandemic get the better of us. It has given us a chance to slow down and reflect, as quarantine is an opportune time for self-reflection.

I encourage everyone to give yourself credit for

persevering through these difficult times and doing your part, whether staying home or serving others. Reflect on the challenges you have experienced, as well as silver linings you have found, and how you have been able to adapt and develop resilience.

We are persevering through this time: students are still pursuing their education through online classes, friends are still connecting virtually, and those who are able are continuing their careers by working from home.

Thank you to the front-line workers who are saving lives and those doing their part while staying home. I believe our community is strong and we will overcome this. I hope everyone is staying safe and well.



THE POWER OF COMMUNICATION



Dr. Regan Thibodeau signs "snake."
Photos by Radiance By Design

Dr. Regan Thibodeau Helps the Deaf Community Get the News

BY CHRISTINE SIMMONDS

If you only know Dr. Regan Thibodeau from her work interpreting for the Center for Disease Control COVID-19 media briefings, you are seriously missing out.

Regan is a truly remarkable woman. She is a champion for justice in the Deaf community. She was the first Deaf person to achieve her PhD in Maine. She has a following in the Facebook group Quarantine Karaoke, where she has made several videos, including duets with her husband.

And now she is in the spotlight as the American Sign Language interpreter for the Center for Disease Control on the daily coronavirus briefings.

Regan lives with her husband Jami and their two children in Windham. Their son Averi is 14. Their daughter Sawyre is 10. They have three chihuahuas, Loki, Riddick, and Vivi, and one bearded dragon named Kelsey.

She is so very passionate about what she does, and it comes through in our interview. I have to conduct the interview through Zoom due to the pandemic, and with a hearing interpreter. Even then, Regan's fire is clearly visible. She wants the world to step up, recognize the Deaf community, and treat it with the respect it deserves. She tells me about Deaf inventors and innovators. Thomas Edison was hard of hearing, she says. Car mirrors were also invented by a Deaf person. "We are contributors to society," she tells me.

Regan wanted to be an interpreter since she was a little girl. "I do remember," she says, "I looked at the world of hearing and Deaf, and I wanted to help people communicate. That's always been a passion."

Regan currently helps assist communication in the media briefings by interpreting with a hearing interpreter team. The interpreter signs to Regan from behind the camera, who then signs to the Deaf public.

I hear and read about Regan's facial expressions quite often. They are actually part of American Sign Language. When signing, the facial expression changes the meaning of the words.

I mention this to Regan, and she laughs. "In the beginning," she tells me, "people were concerned. That was the initial feedback, that there was too much facial expression . . . They felt it was distracting." But Regan says the feedback from Deaf people and those who are experiencing hearing loss is the opposite. Her facial expressions and signing help them understand what is being said more than just closed captions.

Regan says before she became an interpreter, she saw miscommunication and misunderstandings as a result of people using interpreters who were not Deaf. "Something was missing," she says. The clients were not getting their needs met. So, she decided to change that. She became an interpreter. "I think it just was my calling my entire life," she says, "Facilitating communication between people."



"You."



"What?"

Fighting injustice in the Deaf community is another of Regan's callings. When I ask her what she means by injustices, Regan talks about interpreters who pretend to know American Sign Language or who make up signs when translating. Regan says this practice continues to happen. She tells me about an unskilled ASL interpreter who accidentally told a Southern community the opposite of what the government official was outlining for the coronavirus precautions. "When people don't realize what they don't know, they accidentally cause harm," she says.

She says one way to combat this harm is to work with the Deaf community to authenticate interpreters, and to defer to their judgment on issues such as American Sign Language use and instruction.

Regan also points out a lack of ASL interpreters for the White House coronavirus briefings. "The White House is making announcements every day related to the coronavirus. Where's the interpreter?" she asks.

"It's part of public health . . . Whether or not you should wear masks, whether or not you should touch things, whether or not you should be out in public. If we're all on the same page, that will help us to get rid of this coronavirus sooner." She does add that the Deaf community has recognized this need, though, and volunteer teams have begun creating ASL interpretations of the White House broadcasts.

Regan has been noticing and fighting against these injustices for much of her life. When she was 21, she was involved in a car accident. A drunk driver hit her car, and Regan says the police would not get an interpreter for her. "The guy was saying things, and I was so afraid that they would listen to his version of the story above mine, so I kept asking for an interpreter, [and] they refused," she says.

The *Portland Phoenix* newspaper heard about this story and contacted Regan. She made the front page. Since then, she says there has been forward momentum between police and the Deaf community. "I worked with the Maine Center on Deafness to get them to deal with ensuring the police got awareness training and understood the laws," she tells me. She herself has given presenta-



tions to police units on Deaf awareness. The Maine Center on Deafness has since partnered with Disability Rights of Maine, and Regan says, "they continue to have a relationship with most [police] units to ensure they are getting awareness trainings."

Even after she became an interpreter, Regan noticed that she was not considered an expert on Deaf people and culture. She was born Deaf and has lived her whole life in the Deaf community, but still she noticed people deferred to the hearing.

"I would see other people with their PhDs, and they were viewed as an expert on Deaf people, rather than someone who was culturally Deaf," she says. She had thought about getting her PhD, and noticing this injustice made her realize, "I need to do this." So once again, she stepped up and took action. She enrolled at the University of Southern Maine and graduated with a PhD in Public Policy: Educational Leadership and Policy. She

was the first Deaf person to graduate with a PhD in Maine's entire 200-year history. Not just the first woman. The first person.

Only approximately 700 Deaf people in the world have their PhD, and 400 in America. "That number needs to change," Regan says passionately. "And it can change if we change Deaf education. If we make sure language is accessible from a very young age."

This is yet another injustice that Regan has stepped up to change. Most recently she helped write legislation for kindergarten students who are Deaf and Hard of Hearing in Maine. The bill puts together a task force to recommend language developmental milestones for children up to age 5 and put together a portfolio for parents of children who are Deaf or hard of hearing regarding their language acquisition. Regan, who is of course on this task force, says she hopes it will help all incoming kindergarten students, Deaf and hearing alike. •



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The Beaches of Maine: OPEN, CLOSED, RESTRICTED?

BY ESTEFANIA SILVERI



MY STORY: OGUNQUIT BEACH

Beaches have always been a sanctuary for me. I grew up spending summers in Ogunquit, Maine, at my grandma's house with my extended family. We would spend hours body surfing the waves, building sandcastles, lying in the tide pools, and collecting shells. The beach holds my most precious memories.

Once we got older, my brother, cousins, and I found a new way to spend even more time at the beach, by becoming part of the Ogunquit Lifeguard Service. For the next five summers you could find us guarding various sections of Ogunquit Beach and participating in morning squad workouts. We learned to navigate the pressure of choosing when to assist a swimmer, and we matured with this extraordinary responsibility. We loved every minute of it.

Now, of course, the COVID-19 pandemic

has affected everyone's relationship to coastal resources. For a while at the start of the epidemic, you could find me combing the rocky coves of Ogunquit for sea glass, seeking peace and serenity from the beach. Many people, like me, took to the beach for fresh air and as a means of exercise and escape. In troubled times, the beach seems like the perfect place to shake off the claustrophobia of quarantine and remind us of warm, sunny, fun-filled days.

As the disease progressed, I was heartbroken to see beaches around the country become controversial, contentious spaces, as opposed to the spacious, relaxing vacation paradises we are used to. Many were closed, including Ogunquit Beach, to prevent crowding and to lessen the risk of contagion. Now, however, some towns are gradually finding ways to balance public safety and our collective desire to visit our beloved beaches again.

Beach photos by ADB, FeelGood Photography



INFORMATION ON MAINE'S BEACHES— OPEN, CLOSED, RESTRICTED?

As summer approaches, Maine coastal towns are cautiously easing back restrictions when it comes to beach access for in-state residents. The beaches of Saco, Old Orchard, and Scarborough have remained open during the pandemic, with closed parking lots and a "Movement Only" rule. This policy means there are restrictions for sitting on the sand, but walkers and runners are welcomed if they adhere to social distancing guidelines.

As of May 11th, Wells Beach has opened for walking, swimming, surfing, and fishing only. Kennebunk followed shortly after, announcing the opening of their beaches (with the exception of Parson's Beach) on May 15th for active use only. The beaches in Maine's most southern towns York and Kittery remain closed until further notice. The town of Ogunquit announced that the Footbridge Beach and Maine Beach sections of Ogunquit Beach will be opening for walking, surfing, paddling, and fishing as of May 18th.

Ogunquit Lifeguard Captain John Paul Argenti shares that his squad will train and prepare for the summer season with more emphasis on personal protective equipment during first aid, water rescues, and medical rescues, in order to maintain the health of the guards as well as beach patrons. To encourage beachgoers to spread out along the expansive

beach, the lifeguards may also add an extra lifeguard chair or two to historically busy areas if resources permit.

Finally, Argenti urges people to take the time to familiarize themselves with local and state safety guidelines and not to assume anything. He encourages anyone who is planning to visit a beach this summer to plan strategically. He suggests that the public think about the tides and how they will impact the amount of space on the beach. He also urges patrons who consider themselves vulnerable to think about visiting beaches when there is naturally less traffic, in the early morning or evening. Above all else, as beaches slowly begin to reopen, we must be respectful toward the health and safety of our fellow Mainers.

For the most up-to-date information on beach reopening plans, visit the following websites:

Kittery: kitteryme.gov
York: yorkmaine.org/498/Beach-Closures
Ogunquit: townofogunquit.org
Wells: facebook.com/townofwellsmaine/
Kennebunk: kennebunkmaine.us/covid19
Old Orchard Beach: oobmaine.com
Scarborough: scarboroughmaine.org/home/scarborough-coronavirus-covid-19-information

For more information about Estefania Silveri's seaglass works, see <https://www.etsy.com/shop/seaglassbystefi> and Instagram: [@seaglassbystefi](https://www.instagram.com/seaglassbystefi)

Sea Glassing IN MAINE FOR BEGINNERS

Looking for a new, outdoor, socially distant activity for summer? Sea glassing may be the perfect idea. There's something about the rhythmic sound of the waves, the calm of being outside, and the mindlessness of searching for sea glass that is therapeutic for the body and soul. It's a great way to get outdoors during any weather, and everyone who I've taken sea glassing with me, from younger children to older adults, has loved it. If you've never tried it before, here are some tips that I've developed over the years.

- **Have a resealable container.** To collect sea glass in, I like to use a mini-mason jar. A Ziploc baggie will also do just fine.

- **Know what you are looking for.** Sea glass can come in many different colors and sizes.

However, the best rule of thumb is that the glass should be "cloudy" or "foggy" as opposed to see-through.

- **Consider location and technique.** The good news is that most rocky pebble beaches in Maine have some sea glass. Stick to areas closer to the water line (the lower the tide, the better) with smaller rocks and pebbles. Remember to stay at least six feet apart from other sea glass searchers.

- **I have a bunch of glass—now what?** One of the easiest ways to display your glass is in a clear, decorative vase. Another idea is to make shadow box art out of sea glass and driftwood. Happy sea glassing!



State chess champ Kathy Richards: IN A LEAGUE OF HER OWN

BY SHEILA D. GRANT

As a teen during the 1970s, Kathy Richards won the Maine Scholastic Chess Championship in the girls' division. This February, Richards successfully defended her title as Maine Women's Chess Champion—and the girls' championship was renamed in her honor. She ranks 19th on the United States Chess Federation's Top Quick Women Age 50 and Over list; 35th on UCF's Top Women Age 50 and Over regardless of County, Residence, or Federation list; and only recently dropped off the Top Blitz Women Age 50 and Over list. Richards' contributions to competitive chess over the past few decades are no less impressive.

"I started playing chess when I was 10," said Richards, who grew up in Dexter, and learned from another girl in the neighborhood. When Richards reached Dexter Regional High School, she joined the after-school chess club. "The first person I played was Wynn Brown—and I won!"

Richards graduated at 16. During her three years of high school, she rarely saw another girl or woman participating in chess tournaments. "I never had to wait in line for the bathroom," she quipped.

"It has been, and still is, unusual for me to play other women or girls," Richards said. In 1972, Richards was one of only two girls competing in the second annual Maine Scholastic Chess Championship. "At that first tournament, I played five games against boys and only one against a girl [Cherie Ertha]. I won the girls' championship. I still have

the trophy. That was the first-ever girls' title for the state, and it was the first time a girl played in a tournament in Maine, to the best of my knowledge."

It was several years before Richards would play competitive chess again. "When I had the opportunity, I played kitchen-table chess, which is different," she explained. "It's not timed, typically, although you can use a chess clock during those matches. It's the difference between driving down the road for fun and being on the racetrack."

Richards married, had two sons, and worked in special education in the Guilford school district for 17 years before becoming support staff for the Study Strategies program, and eventually helping to launch the School Administrative District 4's Learning for Life program. In January 2016, Richards became a Jobs for Maine Graduates specialist at Foxcroft Academy. And during most of those years, she encouraged students to play chess.

"When I was working at [Piscataquis Community] high school in Guilford, I would play chess with students as motivation. Get your work done and we can play," she said. "And during study halls it was a way to engage students."

Richards started an afterschool chess club at PCHS with Roger Cyr. Eventually, a middle school chess club also began, so Richards inherited four skilled players when they moved up to high school. That team went on to place second in the state for high school chess during a tournament at the University of Maine in Orono.



Maine Women's Chess Champion, Kathy Richards.



Little did they know during high school chess club that Joe Cleaves (front row, far right) and Kathy Richards (middle row, 2nd from left) would become husband and wife 47 years later.



Richards and her new groom, Joe Cleaves, riding in his 2008 Pontiac Solstice GXP Turbo, a nod to the fact that they married during the Summer Solstice on June 21, 2019.

Coaches and other adults aren't always allowed to play at student tournaments, but some do have open sections for chess players of any age and rating. "Maine Scholastic Chess Championships, which have been ongoing since 1971, are strictly scholastic, although we have had sections called a Side Kick in recent years where the adults play separately," said Richards. "Any time that I go to a chess tournament and take the kids, I get kind of like chess fever. It's like the more you compete, the more you want to compete."

When Richards took students to a tournament in March 1994, shortly after her divorce, she decided to get back into playing competitively. "I joined the Lewiston Chess Club, which at that time were the state champions for the adult chess league," Richards recalled. "There were two organizations, the Maine Chess Association (MECA), and the Maine Association of Chess Coaches (MACC).

George Cunningham is the "father of scholastic chess," she said. When he retired, MACC was formed to carry on K-12 scholastic chess tournaments. "On his 80th birthday, George came up to Piscataquis Community High School

and played a simultaneous exhibition with my students, multiple games at the same time, and he won every one! I became involved in MACC sometime in the mid-'90s, organizing tournaments, and I was also the treasurer for about 20 years."

In 2019, Richards won the first-ever Women's Chess Championship in Maine, which she won again in 2020. "We had a guest analyst there both years, Sabina Foisor, who is a women's Grand Master. She's kind of a superstar in women's chess, so it was a big deal!"

There are many small chess tournaments in Maine now. "So that first-ever women's championship had six contenders. I was top seed and I did win, but they were very tough games! Both tournaments, I did a clean sweep, all wins, no draws and no losses. It's hard work. I will tell you that," she said, laughing.

Last year, MACC came under the umbrella of MECA, and now the two organizations have merged. The current director is Mike Dudley, while the definitive website for all things chess, chessmaine.net, is managed by Dan DeLuca.

"We have known each other quite a while now, and I have always held Kathy in the highest regard," said DeLuca. "She has been a tireless advocate promoting the benefits of chess for children and adults for many years. She has served Maine chess in positions of leadership, as a coach, organizer, director, and of course, player."

Richards recalled once getting thanked "for being a woman," by the father of a young girl playing at a chess championship. He was seeing this woman playing in the adult section as a new role model. Fortunately, these days there is more encouragement for girls to play chess.

"There are blogs, websites, and podcasts all geared toward encouraging girls to play chess," she said. "I walked into the bathroom at an out-of-state tournament one time and found a mom consoling her teenage daughter, who said, 'I don't care that I lost. I care that I made such a stupid move!' I told her that on the other side of that wall were boys crying over that same thing. But really, it isn't that you lose. The only time you learn anything is when you lose. When you win, you're just practicing what you already know."



Richards receiving her prizes (cash, trophy, and the winner's bouquet of flowers) from WGM and "chess super star" Sabina Foisor. DeLuca photo



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2020 Maine Women's Chess Champion Kathy Richards at the board in round four. DeLuca photo

Richards hopes to start a Maine Highlands Chess League to encourage chess in all area schools. "Last year, Foxcroft Academy brought home a trophy in chess—the first time they ever competed! Piscataquis Community Elementary School now regularly brings home trophies in the novice section for beginners. Championship section is hard to break through. They have to play chess a lot. A league would give schools an opportunity to develop a chess program, and students an opportunity to play outside of their own school and gain more tournament experience. That's the aspiration that's closest on the horizon," she said.

"It helps students in so many ways! Studies are showing how it helps improve reading scores, impulse control, thinking through the consequences of actions," said Richards. "We have a saying in chess. 'When you've found a good move, keep looking until you find a better one.'"




Kathy Richards with sons Adam and Eric.



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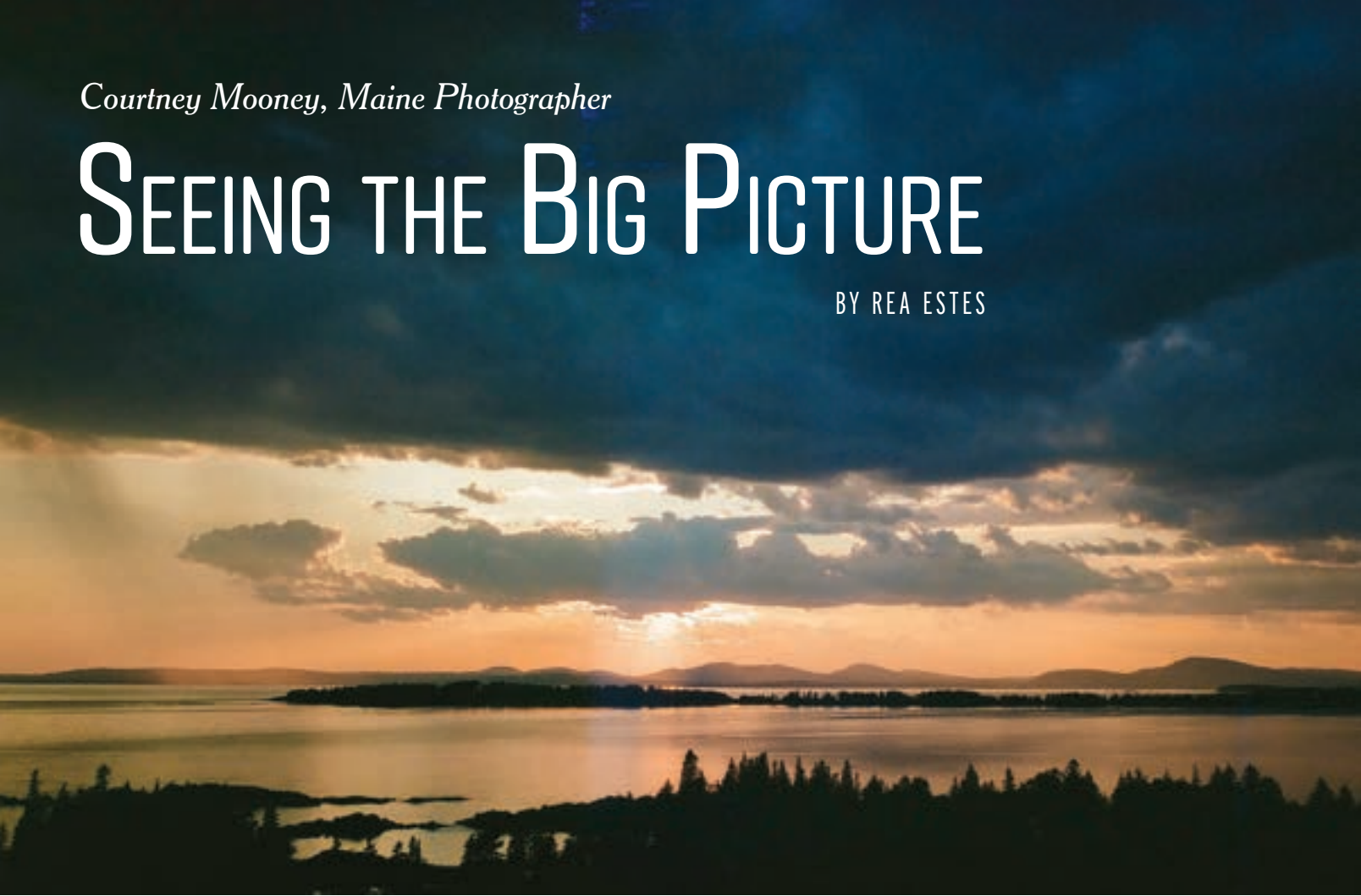
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- Nikki M.

Courtney Mooney, Maine Photographer

SEEING THE BIG PICTURE

BY REA ESTES



Penobscot Bay.

“I’m a Maine girl,” says photographer Courtney Mooney. “I mean, nature is home, being in the woods is home, being in the ocean is home, and being on granite is home.” This deep familiarity with Maine’s natural environments is apparent in Courtney’s distinctive photos of weddings, landscapes, and people. At ease in the world, and with a characteristic curiosity and optimism, Courtney looks at the state from fresh angles, bringing out intriguing relationships among its multi-faceted past, present, and future.

Her photographic work with environmental non-profits, such as Maine Coast Heritage Trust and Androscoggin Land Trust, has been one important part of a larger picture. For her, helping Maine’s environmental conservation organizations is how she can best express her love of the state: “Generations of my family have been hard workers, and I know that Maine ethic and Maine life intimately. I’m not forcing anything that I don’t know in my bones. I immerse myself in nature, and let nature speak for itself. I am just the medium. And then I love taking the images that I make, or getting an assignment, and

really partnering with these organizations who are doing the groundwork, the hard work. They’re conserving and preserving Maine land for Maine people, Maine working waterfronts, and all that makes Maine, Maine.”

In her photojournalism series, Courtney has been able to photograph and interview some incredible Mainers, and she considers those connections to be one of the most rewarding aspects of the work—“hearing their stories and portraying the unsung heroes all around us,” as she puts it.

A 12th generation Mainer herself, Courtney has recently purchased land on Vinalhaven, which has made her think more about her heritage with island communities. “Being near and encompassed by the ocean is where I feel both most alive and most connected with my heritage,” she reflects. “My great-grandparents and great-great-grandparents were shopkeepers on Peaks Island. They owned the Webber store. My other great-grandparents were lobstermen in Jonesport. I find time on islands helps me connect to nature and to other people of all ages and times, in a slower-paced way that feels right for me.”

Her first project, “Wooden Islands,” built on this deep love of nature and the island way of life. Composed of black-and-white film photographs of Penobscot Bay, the series is, Courtney says, “a body of work about conservation, inspired by Ansel Adams, and it is part of how I came to work with several of Maine’s conservation organizations.”

Her collection of non-traditional self-portraits, “Mrs. I AM,” also started on the islands. In describing this series, Courtney says, “The name came to me when I was walking on a dark, cold winter night on Peaks Island. It was that winter a couple years ago that was just so cold! As I walked along, I got thinking about the power of the statement ‘I AM.’”

“To become our own true selves,” she continues, “most of us do some level of recovering and transforming as we grow—learning and getting comfortable with who we are. I have suffered in my life—we all have! I have been on a personal journey of my own healing and understanding, and I hope my art translates this suffering into touching and embracing the suffering of others. That’s the best I can really do, and the gift I can give.”

In a testament to the power of art, Courtney says, “I had an image in the dark that night, of women dancing with our other selves, as part of this process of healing and embracing. And so, for me, this ‘Mrs. I AM’ series [of photographs] was freeing—like writing and sharing a visual memoir on this subject,



Love By Courtney Wedding Photography, shot in Unity.

really. I took my first self-portraits in the series that spring in May. I’d returned to Vinalhaven, and when it became warm enough to be outside, I began!”

For Courtney, weddings are another part of the big picture in her life as a Maine photographer. “I’m a hopeless romantic,” she says, and “I love shooting weddings.” From her view, “It merges all the work I do: in photojournalism, in the darkroom, in capturing Maine’s beauty, and in photographing portraits. I know that my creative work and photojournalism make me a better wedding photographer for my couples. I am able to provide images that they wouldn’t have necessarily found elsewhere else. And I also often

use both digital and film and work in the darkroom for my clients, which makes the outcome that much more pleasing. That is important. You want unforgettable photographs for your unforgettable day!”

At present, she is creatively restructuring her wedding photography business, named “Love by Courtney,” to accommodate the coronavirus times, with the goal of making good outcomes possible through creative workarounds. Her wedding photography motto remains, “Timeless—Soulful—Beautiful—Artistic—Authentic.”

In these highly digital days, Courtney revels in the roots of photography as film- and darkroom-based. When asked how she came to embrace these older techniques and technologies in some of her work, Courtney says with a laugh, “I love film! Can I say it enough, can I shout it enough? I learned in the darkroom. I was studying psychology and religion at Goucher College, to be a minister focused on social justice, and one of my last classes of my senior year at school was darkroom photography. I became completely hooked and fell in love with the entire challenging, engrossing, and technical process.”

“And the feeling of being in the darkroom is so spiritual for me,” she continues, “—something about being in the dark, under the red light. I remember my first



Wooden Islands.

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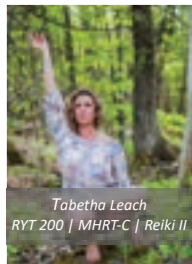
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photograph that actually worked under the red light was a portrait of a man I photographed who was homeless. I was seeing his face coming up in the developer—truly seeing him for the first time. The moments of compassionate seeing are so beyond you as an artist. Those are what I live for.”

Courtney is also expert at digital photography, which, as she had mentioned before, is useful particularly in her wedding photography. In thinking about the difference between the film and digital worlds, she points out that staring for long hours at a computer screen, necessary as it is, can sometimes be “soul wrenching.” Therefore, she strives for a balance: “I feel at my best when my digital work is combined with my film work. To me as a photographer, there is completeness in that. I am engaged in the world and can shoot what I need to, using the amazing, convenient digital methods, but also I can get creative and intimate and lost in the realm of the darkroom, the underworld.”

Throughout her career, Courtney had not shied away from tackling difficult topics and social issues, or “visual activism”—what she considers “visual art with a message, where the message is as important as the art, where the message is everything.”

For example, lately she is working on a project called, “Facing Addiction,” and earlier photographic series have been on topics such as poverty and racial in-

justice. When asked what has drawn her to address these challenging, important problems, Courtney answers, “If I wasn’t going to combat these problems from the pulpit as a minister or from the front lines as an activist, then I had to from the lens. When I was deciding if I was to pursue social justice ministry or photography, I made a commitment to myself that my work as a photographer and artist was always going to be for others and for the greater good. It’s not about me. It’s way bigger than me. When I forget that, I am choosing ego instead of art. And that’s a sticky place to be.”

For all her Maine roots or maybe because of them, Courtney is a traveler. When asked where she has been recently and what keeps her coming back to Maine, she answers, “I grew up in a small rural town in Maine, so when I get the opportunity to travel I usually say Yes, without pause. I really will go anywhere. I recently traveled to Fuerteventura, which is a Mars-like island in the Canaries. I am trying to learn to surf. My fiancé is an incredible surfer, and I am trying to at least stand up and ride.”

Somehow, it seems certain that she will succeed, and that she will get some great photos along the way, too,—always keeping in mind the big picture.

More of Courtney’s photography may be seen at www.courtneymooney.com and for more information about her wedding photography, please go to her website, www.lovebycourtney.com.



Desert Flame, Mrs. I AM, photographed in Fuerteventura.

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Kathryn Langelier: Herbalist Extraordinaire

BY W. STINSON



We like to draw a distinction between food and medicine. Food nourishes, and medicine cures. Food provides everyday energy and comfort, and medicine supplements that nourishment in times of illness, or whenever we need it.

Kathryn Langelier wants to blur that line. The founder of Herbal Revolution, a farm and apothecary in Union, she believes that “systems are connected,” and that’s why she aims to have natural products that approach the whole body, specifically with preventative care and immune support.

Those themes of connectivity and nature have permeated Kathi’s life. Growing up in Maine in the early ’80s, she practically lived outside— “back when kids played outside!” she says. She loved nature and camping.

As she grew up, she started to learn more about nature and specifically about the plants around her. Kathi thrived on discovering what was food, what was medicine, and what was neither. The more she learned, the more she wanted to learn, so after graduating from high school, she moved out into the woods. There she lived without running water or electricity, and improved her skills so she could grow her own food, make her own herbal medicine, and live a simpler life. She was solidifying her connection to nature.

In the mid-’90s, Kathi became a children’s educator, teaching students about how their food was grown and helping connect kids to the earth, as she had learned to do. She also did a stint as a stonemason, gaining both practical skills and a better sense of how well “stone and plants go together.” There was other appeal there, too. She says, “I loved the idea of building something meant to last hundreds of years.”

In 2006, Kathi took a career step that would prove important in her exploration of nature and connections. She went to massage school, motivated to understand the body and how massage “tied into working with plants.” She applied her knowledge of nature to this job, making her own products for topical use. “I created this body butter, and people started asking for it.”

She eventually took it to an herbal conference, which hosted a contest. “I thought I should enter my herbal medicine and see what feedback I got.” Not only were the reviews positive, but Kathi ended up winning first place! This positive response led her to think, “Maybe I should make a business out of this.” She had connected two areas of her education, combining her knowledge of the body with her knowledge of plants. This connection enabled her to create an award-winning product, which in turn gave her “the confidence to start a business during the Recession.”



Kathi is a real Mainer, having traveled the state for years, learning about different plants and the environments in which they grow. Though she mostly farms for the business now, she had previously done extensive foraging, remembering places in which particular plants can be sustainably harvested, making sure to not overharvest. “Maine as a whole is my community,” she says. “I’ve lived in so many different areas. I feel connected to all of them.”

That connection was crucial to keeping her business afloat when, in 2014, legal trouble rocked her small herbal company and several others. They had been selling a well-known recipe called “fire cider” (created in the ’70s by the famous herbalist Rosemary Gladstar), which included apple cider vinegar, garlic, and horseradish. Other herbalists had produced and sold it since then.

However, in 2012, a larger company from outside Maine trademarked the term, “already knowing it was used in the herbal community,” says Kathi. Two years later, once Kathi’s business was fully running, she was told she “could no longer sell it” because of trademark infringement. “There was a pretty big outcry of ‘Are you kidding me?’” she recalls, and the battle began. Despite arguments in the patent and trademark courts by both Herbal Revolution and other small businesses (and the support of Gladstar herself), the larger company ended up filing a lawsuit against Kathi and two other out-of-state businesses for \$100,000.

The Maine community to which Kathi feels so connected rallied to support her. Combined with the backing of other herbal enthusiasts, they raised thousands of dollars and acquired over 15,000 signatures on a petition.

In October 2019, they won. The courts declared the name “fire cider” generic, allowing Kathi and others to continue selling the classic concoction.

Kathi’s ties to Maine—both to the land and the people—enable her to see that other connection: between remedy and sustenance. “Food is medicine, medicine is food.” She wants to bring her recipes to as many people as possible, so Herbal Revolution is currently slated to expand in the near future. Kathi hopes to create a combined café and retail space in which locals and visitors alike can relax and experience nature, either on a walk, or in a cup.

“We want to give back to the community,” Kathi says. “We want to grow things to have on hand for when there’s a need,” such as to help people’s nervous systems and immune systems. That way, there will be the right substances that “we can offer to the community at low or no charge.”



DISCOVERING THE AMERICAN LEGION'S DIRIGO GIRLS STATE

BY SHELAGH TALBOT

Imagine you're a teenage girl, a junior in high school, and you had a deep desire to learn more about how government functions. What kind of opportunity would you have? As it turns out, there's an amazing opportunity available through the American Legion Auxiliary (ALA), which has posts throughout the United States. Here in Maine, this opportunity is called Dirigo Girls State, and according to the ALA website, "This marquee Girls State program, first held in 1947, is one of the most respected and coveted experiential learning programs presented in the United States." Dirigo is a Latin word on our state flag which means "I lead." That's certainly what Dirigo Girls State is all about—creating leadership opportunities within a government structure.

Every summer, usually in the latter part of June, approximately 16,000 of these ambitious young women participate in a week-long program throughout the nation. In Maine, the girls have been gathering at Thomas College in Waterville, and once there they take on the roles of government leaders and campaign in mock parties to be-

come the mayors and county and state officials that make the decisions to keep Maine humming along. Each girl is treated as a delegate at a school of government. It's a learning experience of total immersion, and the girls live in the college dorms which become the "cities" of their respective counties. It's a packed week for these young government candidates. They role-play campaigns and elections and learn how to write a bill, what lobbyists are all about, and how the three branches of our system work. It is an honor to be selected for this event, and those that make recommendations are always on the lookout for a young woman with good grades, leadership qualities, and an abiding interest in the governmental process. Each candidate needs to have completed their junior year at school before they are eligible to attend.

Every year, two girls from the program are chosen to attend the national event in Washington, D.C. They act as honorary senators and campaign like real senators for their political causes. And, as a special bonus, they get to meet with their states' senators on Capitol Hill.



The attendees at Washington's Girls Nation pose with the Washington Monument in the background in 2019. Photos courtesy of the American Legion Auxiliary.



Getting a ID photo taken.



Saying the Pledge.

This past year nearly 200 high school juniors attended the Maine event with two going on to Washington to represent the Pine Tree State.

Scholarships are offered also, with two coming from the American Legion Auxiliary and one from Samsung. And monies can be raised for this event with local businesses and organizations. It's important to the ALA that any deserving girl is able to get the funds to attend.

One of the very first attendees was Ruth Bookey from Hallowell. She was elected the first governor of Dirigo Girls Nation in 1947 and was sent to Washington as a result. "It was an incredible experience!" she exclaimed. "I met General Marshall (U.S. Secretary of State George Marshall who wrote the Marshall Plan, or European Recovery Program following World War II) and senators and other politicians of note at the time. I think I was also the first attendee who was half-Jewish as well as a refugee from Hitler's Germany," she said. "The American Legion Auxiliary paid for all of my trip to Washington, where we met with 48 other girls there, one from each state. It was an experience that I still recall with great pleasure!"

It's interesting to find that girls today have the same enthusiasm for the program as Ruth did 73 years ago. After their experience, they are asked to write something about what it meant to them. Sidney Underhill was a 2017 Citizen of Dirigo Girls State and represented her hometown of Tilton. She wrote: "When I look back at when I first got here, the uncertainty I felt for the experience and week that lay ahead gave me mixed emotions," she wrote. "The first town meeting in our common room was so quiet you could hear a pin drop. Despite how much we thought we were all different, we had much more in common. This experience has been very good for me, as well as for all

my fellow town friends, and we will never forget. I've been pushed to personal limits emotionally and intellectually that I thought I wasn't capable of achieving. I had many rough edges on me inside and out; however, Girls' State has helped to smooth out some of that roughness. The abilities I possessed before have been improved in ways I'm sure I'll be able to pinpoint in the short- and long-term future that lies ahead for me. I laugh when I think about how silly I felt when I first got here and proudly smile now when I see how far we have come as one."

Anya Fegel, a 2017 attendee from Hope, concurred. "Throughout this week I have dug deeper into the democratic process, and I have learned about local government," she wrote. "Good government needs to be organized with fair and effective meetings and elections. In order for this to happen, local government needs effective leaders, whom we have the power to elect through informed votes. This opportunity will serve as a reference and a reminder throughout my life that freedom isn't free or easy. It takes hard work, collaboration, respect for others, sacrifice, and leadership. Girls' State teaches me to be the effective leader one needs to bring to pass effective government."

It's refreshing indeed to see this common thread running through the girls' experiences now as well as 73 years ago. Unfortunately, this year there will be no Dirigo Girls State. The COVID-19 virus has caused it to be cancelled. But, there's always the future to look forward to. There's also a Dirigo Boys State and any high school junior with an interest in government is encouraged to apply to either program. For more information on Dirigo Girls State, visit www.maineala.org/dirigo-girlsstate.html. You may also call the American Legion Auxiliary, Department of Maine Dirigo Girls State: 207-365-4966. •

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of Americanism.



Chocolate Diva, Candy Queen

STORY AND PHOTOS BY
CHRISTINE SIMMONDS

Kate McAleer of Bixby & Company

I love food, and always take assignments where I will be fed. This has become a joke at my office to the point where my editor expresses concern about me having enough food at home. When I suggested an article on Kate McAleer, owner of craft chocolate company Bixby & Co., I was definitely hoping to be able to sample her wares. Like a true chocolate diva, Kate did not let me down.

Bixby & Company factory and retail store is located in a former ice factory just a short walk from downtown Rockland. If you do not know it is there, it can be easy to miss—though once you visit you will want to come back again and again.

I arrive in the middle of a rainstorm during Governor Mills' stay-at-home order due to the coronavirus pandemic. The factory has been transformed into a fulfillment center while the retail portion is closed to the public. Kate says they are still busy offering online orders as well as curbside pickup.

Kate spies me outside snapping photos and beckons me inside from the rain. Inside I meet her parents, Donna and Gordon McAleer. Kate tells me there are usually fifteen chocolatiers working, but currently there is just one, named Bonnie.

Kate is cheerful and friendly, with dark hair and eyes and a smile that lights up her face. She loves vivid colors, especially red, and bold jewelry. She wears a red-and-black checked shirt today, with a red scarf. It is clear that Kate never blends in with a crowd. She could easily be a fashion icon. Every time I take her picture, she erupts into bright laughter.

Inside, the shop is divided into a large retail space and a kitchen. The kitchen has huge glass windows so customers can watch the chocolatiers at work. When the space is open to the public, the factory offers tours to the public.

When Kate and I sit down for the interview at a tall cafe table in the corner, she asks me if I want some chocolate. I try not to act too eager. I fail. She offers me a variety of chocolates to try, and I struggle to make a choice.

I end up sampling the Bixby Chocolate Covered Maine Potato Chips first. The chips are part of a collaboration between Bixby and Vintage Maine Kitchen, a craft potato chip maker from Freeport. They are made from Maine potatoes and are just one of many collaboration projects Kate has with Maine companies. Bixby also produces a bourbon bar with Split Rock distillery, a coffee bar with Rock City Coffee, a bar with Primo



restaurant featuring their seasoned almonds, and many more products with local companies, including soap and lip balm. The chocolate covered potato chips come in milk and dark chocolate. I try the milk chocolate. They are heavenly—a crunchy mixture of salty and sweet. Kate continues to offer me different products to try during our interview, and I am like a kid in a literal candy store.

Kate has had a love affair with chocolate since childhood. “I’ve always been obsessed with chocolate,” she tells me. “It was my thing.” Kate says she always picked chocolate. Chocolate ice cream, chocolate desserts, and even a certain chocolate cake for her birthday. And now that she runs her own chocolate empire? “I’m even more specific!” she tells me, laughing. “It has to be a specific one of our chocolates in the chocolate cake! Hopefully made by my mother.”

The idea for Bixby came when Kate’s mother was diagnosed with breast cancer. In an effort to help improve her mother’s health, Kate was drawn into the natural food movement. “I was looking for foods that had no herbicides or pesticides or chemicals, and something that was certified organic,” she tells me. But she noticed that her favorite food was often left behind in this movement. “Donna and I really saw this void in the marketplace for organic, non-GMO chocolate products,” she says. “There was no one making organic candy bars. The Bixby Bar became the first certified organic bar.”

Initially the company only made Bixby Bars, a craft candy snack bar that comes in a wide variety of flavors. These were sold at Whole Foods and some natural food stores. “From there,” Kate says, “we started to grow.” Now Bixby offers a wide variety of products that can be purchased online, at the Bixby shop, or in 16 chain retail shops as well as some independent stores.

Bixby is very much a family-oriented business in every aspect, down to the company name. “The company is actually a family name. It’s my great-great grandparents’ last name.” The chocolate bars even feature a design based on the Bixby family bookplate.

Kate runs Bixby with her parents. Kate and Donna are co-owners and partners. Kate tells me her fa-



Bixby Smoothie Bars are vegan white chocolate bars made from coconut milk.

ther was lassoed into the company, but his obvious enthusiasm while telling me about the products says otherwise. “He could be retired,” Kate insists, “But instead he has rolled up his sleeves and is really an integral part of what we do.”

It is important to Kate to ensure her products are acquired ethically. “One of our missions in our conscience-minded company foundation is that we understand and know where our supply chain is coming from,” she tells me. “Not only is it organic, but there’s no child or slave labor utilized



Background: © Oleksandr Shpak | dreamstime.com

Kate McAleer, owner of craft chocolate company Bixby & Co.



Kate with freshly made bonbons.



in the production of that cacao or the cane sugar.”

Kate regularly visits the farmers who grow the cacao beans used in her products. She has a personal relationship with the chocolate from the beginning to the end. “To see the cocoa tree, to see how it grows, to me is just so great,” Kate says.

Bixby is the first and only bean to bar chocolate maker in Maine. Kate says that was something she really wanted to do with the business. “Craft beer, craft distilling, and local food is so strong in Maine, but there were no local craft chocolate makers,” she says.

Kate takes me into the kitchen and tells me about the bean to bar process. To enter the kitchen, I have to wear a hairnet and promise not to touch anything.

The beans arrive in a large burlap sack. First, they are roasted and allowed to cool. Next, they go into the winnow machine. This separates the husk from the nib. From there, the nib goes into the stone grinder for three days. Kate says it is a three-day process “to get to the micron level that we’re looking for.” From there the ground cocoa goes into the tempering machine.

Kate tells me an expansion is planned for Waterville as a collaboration with Colby College. She describes it as “a dessert, coffee, drinking chocolate cafe.” The original goal for opening was June 1, but that date has been moved back. Donna tells me they will be opening as near to June 1 as possible. •

Lyn Tesseyman:

Ballerina to BLACK BELT

In life we chose paths from among those that are presented to us. As children we have much less of a choice than we do as we become of age. We live where our parents decide they want to live, and we move when they decide they want to move. During those years, our path begins to form for us. Do we want to do this? Or do we want to do that? These questions are asked over and over in our young lives. And sometimes happenstance occurs, and we just are somewhere, doing something we didn’t expect. Lyn Tesseyman’s story is like that: a life journey that combines choice and happenstance. She is on the verge of becoming the first women in Maine to test to become a Black Belt in the World Matsubayashi-Ryu (Shorin-Ryu) Karate-Do Association (WMKA).

Karate-do (meaning, “the way of Karate”) has become international in scope. From a small island of Okinawa, it has spread to all parts of the world. Through Karate-do, one can attain the highest ideals of beauty and strength. This beauty in strength is both inner and outer, mental and physical. Before Karate-do entered Lyn’s life, she started her journey as a child being raised by two artists, one from Chicago and another from New York. They wanted a quieter, more simple life than the big cities could offer, so they began their odyssey with baby Lyn in Virginia and North Carolina. In the years when Lyn was a young girl, the family moved up the East Coast searching for that special place. So, Lyn attended many schools and made many friends in the process, until her family settled in what was for her a perfect place for her senior year in high school: Camden, Maine.

An artist herself, Lyn studied ballet under a world-renowned ballet teacher and in her summers continued her studies with the Boston Ballet. The life’s path Lyn was creating for herself by choice was that of a professional ballet dancer. That life presents daunting tasks—an effort that requires strict discipline and endless physical challenges. She joined professional troupes through her 20s, performing what she loved to do. As a professional ballet dancer, as with a professional athlete, you have a limited life span in that profession. In Lyn’s late 20s, the next generation of ballet dancers were waiting impatiently in the wings to take her place. Lyn explained that the constant travel with different troupes can be a very lonely life, focused endlessly on perfecting your craft. Eventually she felt it was time to retire.



Sensei David Troup and Lyn Tesseyman at Rockland Matsubayashi-ryu Dojo.

BY F. QUINN

She accepted an offer to teach ballet in Camden and left the Florida Ballet Company for good. Once she arrived here in Maine, she threw herself into teaching at several dance schools in the area. But with the passing of her father, she became conflicted, overcome with different feelings that she was having a difficult time resolving. At the time, Lyn was the weather lady at a local TV station as well as a ballet teacher. A fellow associate at the station sensed her distress and invited Lyn to join the local dojo in Rockport. Happenstance. And Lyn’s new life’s path was realized.

What Karate has meant to Lyn has been life changing. Lyn explains how, for the past four years, her study of Karate has helped her to be more centered mentally and emotionally, and her body has never felt stronger. The physical aspect is called “polishing your spirit.” And philosophically, you are trained to “begin with courtesy and end with courtesy.” Lyn emphasized that women can and should join this experience and be karateka (a practitioner of Karate), just like the men. She now teaches, and all ages are in her class, from children up to and including men and ladies into their 70s. The joining of one’s physical body with one’s mind is the centering of one’s being that becomes a lifelong journey. If they drift apart, disharmony can lead to a less manageable life. The peaceful and kind philosophy that Karate teaches and the accompanying physical work have been so enriching to Lyn that she can hardly contain her excitement when talking about it. So, Lyn’s messages to all the young, middle-aged, and senior women: come and join her at the Penobscot Bay YMCA in Rockport and get so much more than a physical workout. Join the world of Karate, and in the process you may meet the first female black belt candidate in Maine’s history. •

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MANNERS

BY SHELAGH TALBOT

My mother was a stickler for good manners. She felt it was an important asset to have, no matter what, and one of the places she felt it to be very important was when going out to a restaurant. The last thing she wanted was to have two unruly children (my brother Patrick

and me) at the table when we were out to eat—an occasion that was rare at best. We were taught to fold our hands at the table—“If your hands are folded, they can’t get you into trouble” was her mantra. She taught us what each piece of silverware was, what different plates were

used for, and how to ask with “please” and “thank you!”

Our mom was brought up in a gentler time—when manners were important and there was no such thing as a fast food restaurant. What’s more, she was brought up in Europe, where dining was a fine art—with well-prepared food something to be relished as opposed to gulped down on the fly. Meals could consist of a number of courses, each presented by itself and with much flourish. It was as if each course was a gift to be savored. She confessed to me that sometimes these meals would go on for hours, and when she was young it could seem almost impossible to quell the fidgets. But she and her two brothers managed, and it all started with the folding of the hands and resting them on the edge of the table.

Another thing that was equally important was respecting the people that waited on us. It wasn’t enough to have those “pleases” and “thank yous.” We couldn’t be impatient, we couldn’t whine, and we couldn’t stare if an accident—like a dropped tray—happened. I know I’ve been to restaurants where a waiter dropped a tray, and after the initial crash of plates and silverware, the room became

deathly quiet as diners gawked. The poor waiter tried to pick everything up and exit as quickly as possible, but there was no dismissing his reddened and mortified expression. And who knows what happened to him after he went back into the kitchen, with the remnants of a lovely meal hastily piled onto his tray.

So, my brother and I learned through “practice restaurant meals” at home. We were pretty good at folding our hands, and we tried our best to be as quiet as possible. One time our mom cautioned us to stay put and disappeared into the kitchen for a longer time that we expected.

“What’s she doing in there?” Pat whispered.

“Not sure,” I replied, looking anxiously at the door that separated our kitchen from the dining room. We could hear some clattering sounds but that was it. Suddenly she pushed open the kitchen door with a tray heaped high with pots and pans and some silverware. We ducked our heads and concentrated on our folded hands. What was this all about? My brother and I exchanged furtive glances. Mom approached the table

with the tray and then suddenly dropped it. Crash! Clang! Crunch! The contents of the tray hit the floor! I remember my brother and I had all we could do not to stare at what happened. We tried so hard—but it didn’t work. We gawked in horror at all the pots and pans on the floor, and we stared at our mother.

“Well,” she said, shrugging with a half-way grin, “You didn’t pass the test this time!”

We slumped in our seats. Not passing the test meant we weren’t going out to eat any time soon.

“Not to worry,” Mom said as she deftly scooped up everything on the floor. “You’ll have another chance sometime.”

That chance did happen again at the next “Manners” session. I hate to admit it, but we both failed miserably once more. Our mother sighed a bit at that—this was a pretty impressive demonstration on her part. But, once again, she was undeterred. “You’ll get it,” she smiled. Then she winked at us. “The truth is, it took me and my brothers a while as well.”

One day it finally happened. She dumped the contents of a tray right near

us, and we kept our heads down with nary a twitch. It was as if the event never happened. “Hurray!” our Mom crowed. “We are going out to dinner soon!”

As it happened, the very next time we went out to that favorite restaurant of ours, the waiter dropped a tray filled with drinks. Iced tea and coca cola splashed everywhere. All the other patrons stopped what they were doing and stared at the hapless waiter—except Pat and me. We stared fixedly at our laced fingers and didn’t budge even though we got a little wet. Mom was so proud of us we were rewarded with an extra treat—marshmallow sundaes for dessert!

I passed this lesson on to my young daughter during our own “practice restaurant meals” and like me, she failed dismally at first. But it wasn’t long before she caught on. I remember smiling as I dropped a tray of clattery things and saw my little girl furiously studying her folded hands. She had passed the test with flying colors! And, in case you were wondering, yes, we still fold our hands at the table when we go out to a restaurant. Old habits—especially the good ones—die hard. •



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KENDRA CHUBBUCK'S Shore Shop Gifts

*A Beautiful Spot on
Isle au Haut*

BY CHRISTINE SIMMONDS



Kendra Chubbuck of Isle au Haut knew when she was a little girl that she was going to live on the island full time. Isle au Haut, which she tells me is pronounced “isle-a-ho,” is a French phrase meaning “high island.” It is a small island located in Penobscot Bay. The town is part of Knox County, and about half of the island is a portion of Acadia National Park. The island can be reached by a small ferry run by the Isle au Haut Boat Company, which also offers ocean tours and mail delivery.

Kendra tells me the island is “about six miles long and four miles wide.” She laughs as she tells me it is not an existence for everybody. You need a certain kind of personality. “It’s interesting,” she adds.

Kendra owns Shore Shop Gifts, a

small gift shop on Isle au Haut. The shop is open 7 days a week from May to October. Kendra opened the shop after moving to the island full-time. She says she didn’t want to work cleaning summer homes. “My idea of housework is sweeping the room with a glance!” she exclaims.

Kendra already had a business degree, so she decided to put it to use. “I thought, ‘Why can’t I start a gift shop and sell Maine-made products that I would like to buy if I was traveling?’” she tells me very matter-of-factly. “So that’s what I did.”

Her husband had a workshop at their house because he was a lobsterman. She converted that workshop into her store. She tells me that’s where the name came from. It was a shop, and it was located on the shore. The name fits Kendra per-

fectly. She is not a person to beat around the bush or invent a whimsical name for her store.

The gift shop is only 16 feet by 20 feet. “It isn’t anything big,” Kendra says. “We do wholesale and retail.” She sells products from all over the state and tells me that 98 percent of the products in her shop are made in-state. “I want to try to keep my money in Maine,” she insists.

Her husband John is a woodworker, and Kendra sells his products in her shop as well. “His stuff does really well because he lives here on the island,” she says. “He makes rolling pins, cutting boards, bowls, back scratchers, wooden stools . . . We can’t keep his stuff in the gift shop!”

Kendra comes from five generations of islanders. She tells me her mother spent

summers there, and her grandmother was born there. She has twins who spent ten summers living on the island. “I always came out to the island with my grandmother,” she says. “We used to visit my great-grandmother, who lived out here. That’s how it all started. It was like I couldn’t wait to get to the island . . . Whenever I had a vacation, I just had to get away.”

But she did not fulfill her dream of living there full-time until 2012. She was born and raised in Bath and visited the island whenever she could before she finally moved there. “I have lots of friends on the mainland, and I have a lot of friends here on the island,” she says.

Kendra clearly loves island life and is suited to it. “It’s beautiful out here,” she confides. Though it isn’t for everyone. “You have to be a MacGyver to live out here, or to live on any island. You have to make do with what you have. You’re six miles from the mainland.”

There is no medical facility on the island. Kendra says it is “the hardest part about living on the island.” She adds, “We have no EMT here in the winter. If you have an emergency, you must get someone with a fast lobster boat to get you off the island and meet an ambulance in Stonington.”

Kendra tells me she had a particularly challenging time with a medical issue in 2018. “When I had breast cancer . . . it was hard getting back and forth from the island and finally having surgery.” She still has to see the oncologist every three months, which she says is also difficult.

Living on an island also means a lack of resources. Kendra says the town has one grocery store and one gas station. “We make everything from scratch out here,” she says. “The store is constantly running out of milk or bread. We are pretty much on our own. The station has been known to run out of gas.” There is also no police presence. Kendra casually mentions that if there is a problem, “The Knox County sheriff’s department comes out. It takes a while. They have to come by boat.”

In the summer, Kendra says between 300 and 400 people live on the island, plus visiting day-trippers. “We are busy



from May until the end of October,” she says. “It’s crazy here in the summer. In the winter it’s slower, and we are more likely to visit our neighbors.”

Despite being such a small community, Kendra insists the island life is not what other people may think. “You think we all live in a fishbowl, but you don’t really know your neighbors. If you needed help, they would be there for you. But do I personally know what everyone is doing? No.”

Kendra and John have been married for nine years. Kendra says, “He picked me, I didn’t pick him.” They had known each other for 40 years before John finally asked her out during a pig roast. After some convincing, Kendra finally agreed to go on a picnic with him. “He had been

in love with me for years,” she says. “I had no clue. Now I am in love, too.”

Kendra and John live in a house they spent two years building together. “We brought everything on the mail boat,” Kendra tells me. “It was fun, but I definitely had no idea what I was doing . . . I learned a lot.” The couple installed their own plumbing and electricity and dug their septic and leach field. And as Kendra tells me with satisfaction, “I got to pee in the toilet first!”

Kendra says when the couple got married, John told her he wanted to move to Isle au Haut: “He said, ‘Kendra, we’re gonna build a house. I think I want to live there. You’ve got a beautiful spot and a beautiful view. We’re gonna build a house.’ And we did! It’s amazing!”





Misty Coolidge is usually a very busy lady

BY R. COOK

When she isn't running her two companies: Maine Mixologists and the Coolidge Family Farm wedding venue, she is mounting a campaign to win the Maine State House District 65 in November along with a serious bid to be crowned Mrs. Maine 2020.

Somehow, Misty still finds enough time to care for her three young children and spend whatever time she can with her husband, Peter, when she is not volunteering once a week at the Good Shephard Food Bank in Auburn, serving on the local school board or for the Gray-New Gloucester Development Corp. to attract new business. If that weren't enough, Misty also serves on the Husson University Visitors Board, the 100 Women Who Care of Southern Maine and the Gaslight League of the Victoria Mansion Steering Committee, which conducts fundraising activities to preserve this historic Portland landmark.

This spring, Misty is still very engaged with all of her activities and her businesses, but things are very different thanks to the COVID-19 pandemic.

"Yes, all of the boards I'm currently on have been holding weekly and monthly Zoom meetings to keep active. My 100 Women Who Care group that meets quarterly to donate to a worthy cause decided to make the executive decision without a meeting to donate to The Good Shepherd Food Bank, which I was tickled pink about," she wrote in an email.

Like many business owners throughout Maine, Misty is doing everything she can to keep Maine Mixologist and the Coolidge Family Farm wedding venue afloat after the COVID-19 pandemic caused many cancellations this spring. Misty certainly faces a daunting challenge to move forward as Maine adapts to the new normal of life with COVID-19, but if anyone can find a way to make it work, she can.

Pre-COVID-19 pandemic and during this crisis, the question she is asked all the time is: how does she do it?

"I've always had an abnormal amount of energy. I have always had three jobs even when I was in college," Misty says with a smile. "I operate better under chaos. I feel like when I'm bored, I'm missing things."

She believes that if you have a goal and it's a priority, then you will find a way to make it happen, no excuses. Misty also wears two bracelets that reflect her personality. One is a Wonder Woman bracelet she received from a friend, and the other is inscribed: "she has fire in her soul and grace in her heart."

It is this drive combined with Misty's desire to achieve success that enabled her to create Maine Mixologists, a mobile bar business, in 2010 and her Coolidge Family Farm wedding venue six years ago with Peter's support.

Misty recalled that when she was growing up in Skowhegan, her mother owned a bridal shop and she was in awe of the bridal gowns, shoes and accessories. Misty also became a Notary Public 25 years ago so she could officiate at the wedding of two of her friends.

While she was working for a caterer in Portland, she learned how to bartend and manage wedding functions on Peak's Island. Black Tie catering gave her the opportunity to become a day of the event coordinator. She also realized that she could create a mobile bar business that would give couples tying the knot a better value than what they received from other companies.

She became a non-licensed server, which allows her to serve liquor, but not food. Maine Mixologists also carries \$2 million of liquor liability insurance. Some 30 bartenders travel all over Maine in three vehicles loaded up with bars and equipment. Misty said she is often up at 6 a.m. helping them get ready by ironing their shirts and printing bar menus.

When Maine Mixologists began in 2010, Misty employed five bartenders who worked 10 events.

Last year, her 30 bartenders served spirits at nearly 100 events across Maine. They also enjoy doing fundraisers where the organizers will supply the alcohol. She knows they can grow even more. "It's only limited to what I want it to be."

She wants to hire more bartenders for the upcoming summer season and a part-time assistant to help her manage the business on Saturdays. Misty also plans to create a mobile bar truck that is parked in her front yard a few miles down the road from her wedding venue.

While Misty operated Maine Mixologists, she worked full time as a paralegal at Dead River Oil Company in Portland. In 2017 Misty was laid off. A few months later, Peter also lost his job. "When one door closes, another one opens," Misty recalled.

Fortunately, the couple knew their jobs would be eliminated for quite some time in advance, which gave them the opportunity to start building her wedding venue business.

In 2014, Misty and Peter found an old farmhouse and barn in New Gloucester that dates to 1870, and transformed it into Coolidge Family Farm. The venue's centerpiece is a rustic barn that hosts wedding receptions and other functions.

Misty describes the barn as "magical" with its rustic timber beams, chandeliers, custom made tables and the collection of antique chairs that she acquires at various auctions. Couples who tie the knot at the Coolidge Family Farm have their every need met. They usually arrive on Thursday at 12 noon and stay until Sunday at 12 noon.

They have the full use of the main house where they can make meals in the kitchen and enjoy the

Center Photo by Sharyn Peavey Photography



"I've always had an abnormal amount of energy. I operate better under chaos."



Kathy Prior-Vaz

Corporate Sales Trainer/
Community Relations

13^{1/2} Year Employee

parlor. Inside the parlor is a wall dedicated to Calvin Coolidge, the 30th President of the United States. It turns out that Misty is an 8th generation relation of Coolidge.

Three beautifully adorned cottages are located behind the barn: the honeymoon cottage for wedding couples and two others for their parents or other members of the bridal party. Misty said she recently purchased a chapel in neighboring Gray where couples can also wed. She said they hosted 30 weddings in 2019. "I really have no life from May to November."

In addition to running her two companies, Misty also enjoys working alongside her hired contractors. As a true Maine country girl, Misty loves donning jeans and work gloves and helping with barn renovations. It is not unusual at all for her to use her 1966 pickup truck and haul construction debris to the town dump or run other errands around town.

Misty said Peter currently works nights and the couple spends time with their children, five-year-old twins Eva and Caden and 3-year-old Grace, named after Grace Coolidge, the 30th First Lady, in the afternoon when they come home from school.

She knows her husband's love and support for everything she does makes a big difference. Misty said she returns that same love and support. "We really push each other to succeed in the ways we want to."

Misty is also the reigning Mrs. Gloucester, who was scheduled to run against 16 other Maine women this spring for the coveted title of Mrs.

Maine as part of the Maine America pageant held in Portland. Winning this contest represents much more than bragging rights for Misty. The pageant was rescheduled from April to June 13 because of the COVID-19 virus outbreak.

"The opportunity it provides and the doors that it opens are really important," she explained.

Misty said the contestants have to win over four judges. 50 percent of their score is for their interviews. "You've got to explain your whole life in four minutes." She said 25 percent of their score is for health and fitness, a.k.a. the bathing suit competition, and the remaining 25 percent is for grace and poise, in terms of how they carry themselves in their gowns.

The pageant provides more volunteering opportunities and a chance to be a spokeswoman for causes that are near and dear to her heart, like putting an end to food insecurity in Maine. Misty said she and her family faced this challenge many times when she was growing up with a single mother. There were times when hard choices had to be made between heating fuel and food during the winter months. If she is elected to the Maine State House in November, Misty said she would work on issues like food insecurity.

Misty ran for the same House seat as a Democrat in 2018 and lost by 400 votes. The district includes New Gloucester and part of Poland. She is hoping she will fare better, given the fact that voter turnout should be much higher during a Presidential election year. After all, even in the new normal, politics runs in her family. •



GARDENING |

Everything's going to be coming up dahlias

STORY AND PHOTOS BY LYNETTE L. WALTHER

Truth be told, for a long time I was no fan of dahlias. You know, those big, dinner-plate-sized, over-the-top plants that bloom in late summer. Yeah, dahlias. They seemed so—well so yesterday. Then I learned about the heirloom dahlias. These darling little dahlias are often petite and unique, and there is a good reason that many of them have been around for decades. Some have charming butter-yellow blooms with picot centers (Claire De Lune) or regimented red-and-white striped blooms (Union Jack) or possess brilliant burgundy foliage to color up the garden from the spring through fall when their scarlet blooms pop (Bishop of Llandaff).

Once I discovered them, I fell head over heels for those diminutive dahlias that really are yesterday's flowers. I've been smitten with heirloom dahlias ever since and continue to grow them, and a few other dahlias as well. Now that I've become accustomed to their culture and needs, these easy-to-grow and enjoyable late-bloomers are a standard part of my spring garden routine.

Many fans of these tender plants like to start the tubers early in the spring in pots indoors and set them outdoors when all danger of frost has passed. That practice helps gardeners and their plants get a jump on the season. And come fall, simply lift the pots, dust them off, and store in a basement or other dry place where they will not freeze. Next spring, take them out, put the pots in a warm place in the sun and start the process all over again.

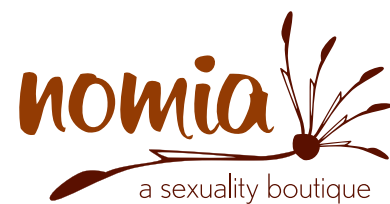
From Longfield Gardens come these tips for growing these perennial favorites:

- Dahlias are sun-lovers and need a minimum of six hours of sunlight per day. The more sun they get, the better they'll bloom, so it's best to plant dahlias in the sunniest location.

- Most plants, including dahlias, grow best in loose, fertile, well-drained soil. To improve the quality of your soil, add compost and an all-purpose fertilizer at planting time. Avoid planting in areas where the soil is soggy or compacted.

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Photos clockwise from top left: The dainty heirloom dahlia Claire de Lune produces small daisy-like flowers with a doily flourish in their centers; Dramatic dahlias are the shining stars of summer gardens; Time to plant some dahlias! Union Jack is a patriotic heirloom dahlia with a unique striped pattern on single-petal blooms.



Dahlia tubers harvested at the end of the season are washed before trimming off the foliage and storing for the winter in a freeze-free location. Yes, just one or two tubers will produce this abundance in one season.

Dahlia tubers are planted outdoors in the spring after all danger of frost. You can start the tubers indoors about a month before the last frost date. Fill pots with growing mix and plant one tuber per pot. Put the pots in a warm, sunny place until the plants are several inches tall and the weather outside is warm. By using large pots to start dahlias indoors, you can simply sink the pots with the dahlias into the soil when it warms up, and then lift them for storage—pots and all—after the first frost. The potted dahlias will produce many new tubers over the summer which makes the larger pots a good choice.

Or to plant tubers in the ground:

1. Dig a hole to four to six inches deep in well-drained soil.
 2. Set the tubers in the hole with the stem facing up.
 3. Replace the soil and water only if the soil is very dry.
- Sprouts will appear in two to four weeks.

WHERE TO PLANT DAHLIAS

1. **Flower gardens:** Dahlias bloom from late summer through fall and hit their stride as most perennials are starting to fade. Consider each dahlia variety's ultimate height when placing them in your borders, with tallest ones in back, mid-size dahlias in the middle, and border dahlias up front.

2. **Entryways, patios, and decks:** Border dahlias are ideal for containers. The compact, bushy plants stay just 18 inches tall and cover themselves with flowers from midsummer to frost.

3. **Along fences or for screening:** Dahlias can be functional as well as decorative. Full-size varieties can be planted along a property line to add privacy. They can also be planted in pots to enclose a space or in the garden to screen an unwanted view.

4. **Vegetable gardens:** Dahlias are great companions for almost any vegetable. Just plant them at the same time you're planting tomatoes and peppers. When you harvest your dinner, you can also harvest fresh flowers for the table.

5. **Cutting gardens:** Dahlias are fabulous cut flowers, and just a few plants will give you armloads of blooms. Planting several different flower styles will give your bouquets a professional look.

HOW TO PINCH AND STAKE DAHLIAS

Dahlias don't need any special care to put on a great show in your garden, but there are two easy techniques that will give you even better results. Pinching or "topping" young dahlias will produce stronger, bushier plants with more flowers. This technique holds true for all types of dahlias, whether they are border dahlias, decoratives, or dinnerplates.

PINCHING OR "TOPPING" YOUNG DAHLIAS

1. **When:** The best time to pinch is when the plant is between 12 and 16 inches tall and has at least four sets of leaves on the center stalk. At this stage it is growing rapidly and will quickly recover from being pinched.

2. **How:** Locate the upper-most sprout on the main stem and snip it off with your fingers or scissors. Take care not to tear the stem or damage the nearby leaves. See the image at left.

3. **Why:** Removing the plant's terminal bud will stimulate lateral buds (lower on the stem) to develop into new stems. Where the sprout was removed, the plant will generate two shoots rather than one.

STAKING OR CAGING DAHLIAS

There's no need to stake border dahlias and other types that are under two feet tall. Full-size dahlias, and especially those with large flowers such as dinnerplates, perform better when their branches and blossoms are supported. Those growing dahlias in a cool, cloudy climate (or in partial sun) will find that the plants will get taller than they would in a hot, full-sun location. A cool, cloudy climate makes staking even more important.

The best time to stake or cage dahlias is before or right after planting. That way you won't accidentally damage the tubers when inserting the stakes. But even if you don't get around to it until the plants are several feet tall, it's still worth doing. Choose wood stakes, bamboo poles or metal cages such as tomato cages.



These brilliant dinner-plate dahlias, grow to nearly six feet tall, and like all dahlias, bloom late in the season.



An excellent cut flower, this sparkler of a dahlia makes a nice arrangement with a pale pink gladiolus. Both flowers bloom in the late summer.

These small investments at the start of the growing season will ensure that you get to enjoy a bumper crop of beautiful blooms. Dahlias are tender plants that will not survive in the ground here over the winter. Looking for dahlia tubers now? Check out Longfield Gardens (<https://www.longfield-gardens.com>) for new spectacular hybrids; Old House Gardens Heirloom Bulbs (<https://old-housegardens.com>) for heirloom varieties; and Endless Summer Flower Farm (<http://www.endlesssummerflowerfarm.com/>) for a large variety of dahlia tubers.

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

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WRITTEN & PHOTOGRAPHED
BY AMANDA WHITEGIVER

Sarah Lapine of Watershed Floral.

GOLDEN YELLOW SWEATER
babaa; was kind of a splurge, but I got it on sale, like I do with most things.

GREY LINEN TUNIC
My brother made it with a piece of linen I got from the remnant bin (Miss Resourceful over here) at z fabric.

JEANS
Gap. have had forever; they're my absolute favorite.

CLOGS
Purchased at Curator in Rockland: Westbo Toffeln, Made in Sweden.

Sarah Lapine is the founder, owner, and lead designer of Watershed Floral. She loves Maine, flowers (of course), ice cream, the ocean, and yarn. She lives with her family in an old farmhouse in Pownal, where they moved in late 2019. Already a proponent of using what she can source locally, Sarah has spent much of this spring preparing her extensive new gardens and workshop and buying produce from farm stands whenever possible.

As a small business owner, finding ways to pivot her business during the pandemic has been essential. Much of her business is focused in the wedding industry, and not unexpectedly, clients have been rescheduling many of their weddings for 2021. Sarah's thoughtfully devised offerings of color-themed bouquet subscriptions are a perfect alternative for friends, clients, and neighbors to support her business, without breaking the bank.

I caught up with Sarah in her temporary workspace and greenhouse (mid-renovation) for our interview.

Describe your style in one sentence. (It can be a long one.)

Farmer, artist, and busy mom who considers dressing a form of self-expression and likes to look good but is also pretty practical, and likes to be comfortable, and has to be able to wrangle a young child at any given moment while administering a snack, applying a band-aid, or wiping a nose, while simultaneously crafting an Instagram post to promote my floral design business and making dinner.

Is it "Maine" style? If so, how? If not, how does it deviate?

I guess so. I think if you live in Maine, then whatever you are wearing—whatever makes you feel like you—is Maine style.

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

I had a couple of outfits in high school that were Cher Horowitz-inspired and made me feel pretty awesome.

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

In my early thirties. I actually went back to a style that I discovered and loved in my early twenties, the hippie farmer look. Jeans + tees + flowy dresses. I had moved away from this style during the "must go to grad school and start a career" phase of my life. And then I realized I could wear the clothes I love and still be a successful, respected professional. I've discovered in recent years that you can do denim and t-shirts in a more grown up, refined, "can actually go out in public in them" kind of way.

Last memorable outfit:

Oh gosh . . . pass. I have no pre-COVID-19 memories. It's all sweatpants and hoodies these days.

Favorite bricks and mortar place to buy clothing in Maine?

I honestly don't have much time to shop, but when I do (and it is such a treat!), my top two spots for clothes are Curator and Haberdashery. Also, Portland Trading Co. I like Fleet Feet for running gear.



Do you thrift? If so, where?

Absolutely! Almost exclusively! Curator. Haberdashery. Goodwill sometimes. Although without a lot of time to shop, I prefer going to stores where the selection has been carefully chosen and I know I'll find things I like. I've bought some of my favorite things to wear from folks on Instagram. Also clothing swaps. I'm all about second-hand goods.

Most you ever spent on something to wear?

My wedding dress. Although true to my thrifty ways, it was a sample and 50 percent off. I think I spent almost as much on the alterations as on the dress itself.

Who is your style icon of all time?

I really don't have one. I've never looked at one person and thought, "I want to dress like that." I draw inspiration from all over the place.

Mountains or coast?

If forced to choose, coast. Glad I live in a place with both.

What would you refuse to wear?

Fur. Tassels. Anything with shoulder pads. And I look pretty terrible in hats, so I generally avoid those.

Do you own Bean boots?

If yes, how many pairs?

If not, what do you wear in the snow?

No. I used to, but I couldn't deal with the laces. I love the look and especially

love the shearling lined ones, but I need to be able to put on a pair of shoes without engaging my hands and in under ten seconds. If L.L. Bean came out with a slip-on boot, I'd be really psyched.

For playing in the snow, I wear Bogs. For day-to-day winter wear, I have a pair of Danskoo booties that I absolutely love.

Where do you get your style inspiration? Magazines, movies, social media?

All of the above. I've always loved flipping through magazines, soaking in visual inspiration. I think my style is a bit of this and a bit of that, from a lot of different inspiration sources.

What is your current "go to" outfit or item of clothing?

Considering that we are in the midst of COVID-19 induced social isolation, my current go-to is pretty much sweats, leggings, etc. In a non-COVID-19 reality, my summertime outfit is shorts, t-shirt, and flip-flops or Birkenstocks. Shorts are my all-time favorite article of clothing. If I didn't love Maine so much, I'd probably live somewhere with a longer shorts-wearing season.

Non-summer go to is t-shirt (x karla is my fave), jeans, and clogs or booties. Spring and fall, I layer with a down vest. Winter, it's a sweater. I love wool. And sunglasses. Always sunglasses.

What do you change into after a long day?

My COVID-19 social isolation wardrobe—sweats, leggings, hoodies. •



| LOVE ON A PLATE |

GETTING THE MOST WHEN YOU ROAST

WRITTEN & PHOTOGRAPHED BY CANDACE KARU

June can be considered the start of Maine's short but bountiful vegetable season. Whether you grow tomatoes on your deck, tend a full garden in your yard, or simply enjoy abundant local produce from the market or a CSA, veggies are a swoonworthy staple of warm weather menus.

While there is so much to enjoy about colorful summer salads and crisp, raw vegetables, I have found that roasted veggies have become my go-to for creating side dishes with unparalleled depth and flavor. Here are two of my favorites.

◀◀◀◀ ROASTED GARLIC AND BALSAMIC TOMATOES

I love to roast tomatoes all year 'round. Less-than-perfect winter tomatoes are improved by roasting and perfect summer tomatoes are taken to a whole new level of delicious when put under low, slow heat. The caramelized sweetness and bits of char make them irresistible. They make a tasty side dish, are perfect when added to mozzarella for a roasted tomato Caprese salad, and simply divine when chopped and used for a quick pasta topping.

INGREDIENTS

- 2 lbs ripe tomatoes (I find Backyard Farms – a Maine company – cocktail tomatoes a perfect size for roasting, but you can use plum, beefsteak, even grape tomatoes)
- 3 tablespoons olive oil
- 2 cloves garlic minced (I put mine through a garlic press)
- 3 teaspoons Balsamic vinegar
- 2 teaspoons sugar
- ½ teaspoon red pepper flakes (optional)
- 2 tablespoons fresh basil, chopped for garnish
- Salt and pepper to taste



ROASTED MUSHROOMS WITH SOY AND BALSAMIC

These roasted mushrooms have a robust, meaty flavor that goes well as an accompaniment to grilled beef and well as a welcome addition to creamy dishes like risotto or fettuccine alfredo.

INGREDIENTS

- 1 lb mushrooms, cleaned and quartered if large, halved if smaller (I like cremini or button)
- 2 tablespoons olive oil
- 1 clove garlic minced
- 2 teaspoons Balsamic vinegar
- 2 teaspoons low sodium soy sauce
- 2 tablespoons chopped chives (for garnish)
- Salt and pepper to taste

INSTRUCTIONS

- Preheat oven to 400°.
- Combine olive oil, garlic, vinegar, and soy sauce and toss mushrooms until coated. Do not salt prior to cooking, as this will cause mushrooms to quickly release their moisture and get soggy instead of brown with crispy edges.
 - Arrange mushrooms on a sheet pan. Do not crowd.
 - Roast for 20 minutes. At 10 minutes, take the sheet pan out and drain liquid into a container. (Save this deliciousness in the freezer for use in soups or gravies.) Return to oven for 10 or 15 more minutes until mushrooms are a rich dark brown.
 - Salt and pepper to taste then garnish with chopped chives and serve warm.

INSTRUCTIONS

- Preheat the oven to 300°.
- Combine olive oil, garlic, vinegar, sugar, red pepper flakes (if using) and salt and pepper in a bowl.
 - Cut the tomatoes in half and toss tomatoes in the olive oil mixture until all are coated.
 - Arrange tomatoes, cut side up, on a sheet pan in a single layer.
 - Roast tomatoes until they collapse and begin to caramelize and brown around the edges – about 1 to 2 hours.
 - Serve at room temperature as a side dish or use in salads, sauces, or for healthy snacking.

QUESTIONABLE ADVICE

BY L.C. VAN SAVAGE

I'm 24 and independent, and my boyfriend is 39. My family tells me it's a weird gap, but he and I have hit it off really well. Is my family right? Should we call it quits?

— Carla

Well, Carla, before any of us makes a GLD (Giant Life Decision), we should ask ourselves all the usual questions:

1. Will your family be sleeping with this man?
2. When you wake up in the morning, do you want to see your family on the pillow next to you?
3. Will your family be your children's father?
4. Would your boyfriend be willing to spend the blithe-some forever with you, if you were the one 15 years older?

If numbers 1, 2 and 3 are a "NO" and 4 is a "yes," my advice is to tell your well-meaning (yeah, right) family to stuff a sock in it, that you love this dude, and it truly matters not one jot to you if he gets incontinence and dentures before you do.

I'm really bad with video calls! The screen always freezes, and no one can hear me. One time, after everyone else hung up, I overheard two of my friends talking rather rudely about my computer skills (or lack thereof!), not realizing I could hear them. While they're not wrong, they put it rather hurtfully. Should I confront them about it?

— Faye

What? No! People gossip. It's what we do, and if anyone ever says they never do, they are worse than gossips—they are lying gossips. Sometimes we get busted or overheard. Hey, **** happens, Faye. Ignore what you heard, but quickly sign on for a class in Video Calls 101. Make them see that you're actually a talented geek and better than they are, and get really, really sugar sweet with the ones who dissed you. All this new-and-improved stuff about you will really upset them and their opinions of you, and you will have achieved sweet, life-long, leave-no-marks revenge.

My friend is taking a long sabbatical from his work, and he's trusting me with running his small business. It has two employees, and one of them has made it very clear how little he respects me. Normally I'd let him go for some of the things he's said, but he's my friend's nephew. Help!

— No Nepotism Nellie

You are absolutely right Nellie, you do need help. This jerk gets a pass because he shares your friend's DNA? He's 1/3 of the workforce there? All this gives him permission to be a card-carrying, disrespectful jackass? And you are letting this happen? Nellie dear, if your friend is really your friend (and he must definitely know about this idiot nephew's attitude issues) he will agree with you about canning him. Your friend will be supportive, and even if he asks you to cool it because a huge inheritance happens to be in the mix, do it regardless. After all, money isn't everything. Well, kinda it is, but sack the numbnuts anyway.



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