

MAINE WOMEN

JUNE 2022

THIS MONTH

WOMEN AT WORK
DEAD-TIRED RECIPE
ART BY VERONICA PEREZ
ODE TO JUDY KAHRL
BURNOUT IS REAL
AND MORE





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worth it

EXTROVERTED

7th Annual Great Falls Brewfest in Lewiston. Join Geary Brewing on **Saturday June 25th** to try beer from 50+ breweries. Food, live music, and vendors. From noon until 5:30pm at Simard-Payne Park. Get your tickets in advance!



80's Party cruise by Casablanca Cruises at Custom House Wharf in Portland. Put on by Girls Just Want to Have Fun, an 80's Ladies Tribute Band. Pull out the neon colors, your mom jeans, and your lacy fingerless gloves on **Saturday June 11th** and dance the afternoon away upon the high seas from 1 - 4pm.

Acadia National Park Half Marathon takes place in Bar Harbor on **Sunday June 5th**. Get your run on in the beauty of Acadia. Stop into the Jordan Pond House afterwards for one of their famous popovers.



SEDTARY

Grammy award winning singer **LeeAnn Rimes** is playing at the Snow Pond Center for the Arts in Sidney on **Friday June 10** from 7:30 - 10pm.



Bangor Pride Festival is back in Downtown Bangor this year on **June 25th**. The parade is 11am-12pm with festivities to follow from 12-4pm. Show your pride!



ACTIVE

Join the **Broadway National Tour of Hairspray** at the Merrill Auditorium **Thursday June 23rd** from 7 - 9pm as 16-year-old Tracy Turnblad dances her way onto 1960 TV's most popular show.



20th annual **Maine Fiber Frolic** from **Saturday June 4** at 9am through **Sunday June 5** until 4pm at the Windsor Fair. Sheep dog trials, fiber workshops and 90+ vendors. Support your local small farms by celebrating fiber, fiber animals and fiber arts.



INTROVERTED

welcome to the new maine women magazine

Fi and welcome to the new *Maine Women* magazine. Each month we will strive to bring you content that will enrich your daily lives, brought to you by your fellow Mainers. We will deliver information on poetry, art, music, movement, reflection, as well as legal, financial, career, and mental health advice. This is just a start, and we would love for you to be a part of it. Please contact us at agoslin@mainewomenmagazine.com with your thoughts and ideas. We also welcome submissions of poetry, fiction, artwork, and photography at the same address. ●

our mission

MAINE WOMEN SUPPORTS THE WOMEN OF MAINE IN TANGIBLE WAYS THAT GO BEYOND JUST INFORMATION AND ENTERTAINMENT. WITH A SOLUTIONS JOURNALISM FOCUS ON THE ISSUES THAT MATTER MOST, THIS PUBLICATION IS SIMPLY A REFLECTION OF WHAT IS TRULY A COMMUNITY THAT CONNECTS AND EMPOWERS WOMEN - AND PUSHES THE SYSTEMS THAT SUPPORT THEM TO BE BETTER.

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Sara Merrill
MPT



Kate Brewer
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Alexandra Laniewski
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TABLE OF CONTENTS

MAINE WOMEN

June 2022

1

WORTH IT
A curated list of happenings
throughout our state

6

YOUR THOUGHTS
How to send us your work and
comments

8

SUSTENANCE
SARAH COTTRELL
"What I Make When I'm Dead
Tired"

10

ART
The Art of Veronica Perez

13

FAVORITE THINGS
Dory Woman Nicolle Littrell's
favorite things

14

THIS KEEPS ME SANE
ALISHA GOSLIN
Q&A with Amy Bernhardt of Mimi's
Little Loveys

16

REFLECTION
BRENNIA SOWDER
"Coming Home"

18

ODE
AVERY HUNT
Judy Kahrl

22

WOMEN AT WORK
ALISHA GOSLIN, WILLIAM L. KING, JR., AND
JODI HERSEY
Profiles of Trailblazing, Talented Maine
Women at Work

32

SIDEBAR
MICK PRATT
Recommended Reading

39

MENTAL HEALTH
SARAH MACLAUGHLIN
Strategies for Managing
Anxious Tendencies

41

LEGAL
DESTIE HOHMAN SPRAGUE
Women In The Workplace, a
Legislative Wrap Up

42

CAREER
HEATHER DOUGLASS
Burnout Is Real

44

MY BIG DREAM
THE TRI FOR A CURE TEAM FOR
MEREDITH STRANG BURGESS
If I had a million dollars...

Acknowledgments

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your thoughts

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WHAT I MAKE WHEN I'M DEAD TIRED

BY SARAH COTTRELL

Like many small towns in Maine, mine has no decent places to call and order dinner when I'm dead tired. If I were desperate enough, I could order a pizza from the local gas station five miles away, but I'd be gambling with 50-50 odds of picking up a burnt or overly oily pie that no one wants, especially not my three picky eaters. So, what do I do? I pre-heat the oven and pretend I'm a better mom than I actually am, and I make my go-to Lazy Night Pizza Bites.

Lazy Night Pizza Bites started one evening when my middle child wanted to make dinner, but I was so exhausted after a tough day of work that I had less than no energy to cook dinner myself, let alone set my second grader loose in the kitchen. He wanted to be Master Chef, and I just wanted to plop down on the couch with a pint of ice cream and the remote control. So, we compromised and looked up a few simple recipes from his kids' cookbook, and we landed on pizza hand pies. The recipe he found was a little more involved than I had the energy or patience for; it called for making dough from scratch and hand-shredding fresh mozzarella. And sure, that sounded absolutely delicious and not terribly difficult, but my eyeballs were melting out of my head from fatigue, and I was already mentally counting the minutes until bedtime, so we tweaked the recipe a bit.

To my great astonishment, we whipped up dinner in under 30 minutes, and my kitchen wasn't totally destroyed in the process. But the best part? All three of my kids, who can never agree on any meal, loved it because they could make their own pizza bites exactly the way they wanted.

These days, I make sure to keep a couple of key ingredients on hand at all times so that should an evening of frayed nerves and drop-dead tired energy levels hit us, we can serve up Lazy Night Pizza Bites and still go to bed with full, happy tummies. ●



LAZY NIGHT PIZZA BITES

INGREDIENTS

- 1 package pizza dough (I like Portland Pie Company)
- 1 bag shredded mozzarella
- 1 can pizza sauce
- 1 package of pre-sliced pepperoni
- 2 tablespoons of butter
- garlic powder
- dried oregano

INSTRUCTIONS

1. Lightly flour a countertop and roll out dough to a rectangle shape, roughly 18 x 12 or whatever works.
2. Use a pizza cutter and cut several rows in one direction, then the other, so you end up with small, hand-sized rectangles.
3. Take one rectangle and layer one or two pepperoni slices (or any filling your kids will eat!) and a pinch of shredded cheese, then fold over and pinch the edges, so you have what looks like a dumpling. Use fork tines to crimp the edges. Repeat until all of the cut dough has been stuffed and crimped.
4. Line a cookie sheet with parchment paper (to prevent sticking and more dishes), then line up the pizza bites, leaving an inch of space between each one.
5. Melt butter in the microwave, brush melted butter on each pocket, and lightly sprinkle with garlic powder and dried oregano.
6. Bake at 350 degrees until golden brown, about 10 to 15 minutes.

TO SERVE

Fill a small bowl with pizza sauce and place in the center of a dinner plate; surround one side with pizza bites. Throw together a quick chopped salad or veggies sticks for the other side of the plate. Even if your kids don't eat it, at least you'll feel less guilty about a lightning-fast dinner. Enjoy!



CANCER TRIES, WE TRI HARDER.

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TRIFORACURE.ORG

Veronica Perez

Veronica Perez's solo exhibition at the Center for Maine Contemporary Art in Rockland will feature a new body of sculptures made from braided and woven artificial hair, a material that Perez has been deeply invested in for the past three years. The artist's intricately detailed works act as monuments to feelings of love, loss, and grief and are symbols for exploring the forgotten and stolen histories of the Latinx diaspora.

Perez's practice is both introspective and community-oriented. Many of her braided hair components are made with communities in Maine through braiding circles: artist-organized gatherings that use the act of hair-braiding to discuss identity, experience, and belonging. Her work is deeply informed by research on the effects of colonialism, gentrification, and the genealogy of her Puerto Rican roots. In its entirety, Perez's work aims to combat identity erasure. She writes, "Erasure causes fractures. I am interested in finding the fractures, illuminating them, and repairing them through braiding."

Veronica Perez has exhibited in Maine at Colby College (Waterville), and in Portland at Cove Street Arts, Portland Museum of Art, SPACE, and New Systems Exhibitions. In 2020 she was awarded the Ellis-Beauregard Fellowship in the Visual Arts and is currently a fellow at the Lunder Institute for American Art at the Colby College Museum of Art. Perez received an MFA from Maine College of Art and a BFA from Moore College of Art and Design (Philadelphia, PA).

Veronica Perez created the works on view during a year-long residential fellowship at the Colby College Museum of Art's Lunder Institute for American Art.

This exhibition is made possible through a grant from the Andy Warhol Foundation for the Visual Arts as well as support from individual donors and members. ●

Erasure causes fractures.
I am interested in finding
the fractures, illuminating
them, and repairing them
through braiding.



'YOU MAKE ME FEEL,' 2022,
ARTIFICIAL HAIR, BOBBY PINS, 112 X 45 X 15, DETAIL
BY VERONICA PEREZ

IF YOU GO: VERONICA'S WORK WILL BE ON EXHIBIT FROM MAY 28TH - SEPT 11TH AT CMCA.
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nicolle littrell

A RENEGADE ROWER'S FAVORITE THINGS
 BY MICHELE CHRISTLE

Nicolle Littrell is an ocean rower, Licensed Maine Guide, filmmaker, and photographer. She's also the sole proprietor of Dory Woman Rowing out of Belfast. A former gender studies professor and domestic violence advocate who has also dabbled in midwifery, Littrell is a true renegade. Through Dory Woman Rowing, Littrell invites anyone interested in rowing to join her in her traditional wooden boat, from which she offers rowing lessons, guided tours, and workouts. Littrell is launching an initiative to increase rowing opportunities for people who wouldn't otherwise be able to participate. Follow along at @dorywomanrowing or visit www.dorywomanrowing.com. And now, a few of Nicolle's favorite things.

1 ROWING As a single mother and middle-aged woman, rowing is a source of fitness, wellness, community, connection, and freedom. It makes me feel strong. I can really work out some stuff on the oars. When I get out on the water, all of my concerns or stressors are neutralized. Every single time. It's like magic, a total mind-body-soul experience.

2 MY SON My son Leo is my heart. Being a single parent early on in his life was not easy—it often felt like it was me and my child against the world. I love coming to know him as his own person. He's intelligent, funny, creative, a talented music producer and performer—he's my favorite person in the world. And, he likes to row.

3 SORCIERE Sorciere is the name of my boat, a 19 and a half foot Swampscott dory. She's a traditional-style wooden boat originally used for fishing cod. I was prompted to buy her at the beginning of the pandemic when Come Boating, the incredible rowing and sailing group I was a part of, shut down. At a time when things felt so constrained and confined, Sorciere gave me access to another world. "Sorciere" is French for witch. When I was a little girl, I was very drawn to all things magic and mythical. Sorciere continues to be a source of playfulness. It also gives a nod to my Franco-Canadian heritage. Through Sorciere, I've gained freedom. I row a boat for a living and get to share that experience with others—I don't think there's anything better.

4 GLASS WATER One of the most amazing and otherworldly experiences when you're rowing is when it's calm and you can see across the Penobscot Bay to Islesboro and Castine. I'm a filmmaker and photographer and I document all my rows. The interplay of the sky and light and sometimes fog or clouds—it's like Xanadu and yields such amazing captures.

5 JOHN'S ICE CREAM I've been eating John's Ice Cream since I moved to Maine 23 years ago. It's the best ice cream I've ever had—a toss-up between their lemon custard and coffee toffee supreme.

6 REPRODUCTIVE FREEDOM My body is my choice.

7 THE MOON I'm very oriented to the moon—I regard myself as a devotee. I actively gaze at the moon, walk in moonlight, row in the moon, and take a lot of inspiration from it. I also offer a full moon row.

8 SEALS I'm out on the water all the time and I'm always looking for seals. I haven't seen any for a while but hopefully the menhaden/pogies will come back soon—an important food source for all the creatures in the bay. I'm so lucky that I get to see all of this wildlife from the water—seals, loons, osprey, loons, eagles, otters, herons, kingfish. I love taking people out on the water with me so they can see all the wildlife, too.

9 MAPLE LATTES AT DOWN SHIFT COFFEE I love going to Down Shift Coffee after a row, sometimes with a client. They're so nice and make everything right to order—I like half-caf maple lattes with oat milk.

10 SWITCHEL Switchel is like a natural Gatorade that old farmers used to drink—they'd drink it after haying to replace electrolytes. There are a few brands at the Belfast Co-Op I like, made with apple cider vinegar, honey, ginger, lemon, and maple syrup.

THIS KEEPS ME SANE

AMY BERNHARDT SEWS SUSTAINABLE PRODUCTS FROM THE HEART
 INTERVIEW BY ALISHA GOSLIN

How did you find this activity? My paternal grandmother taught me how to sew when I was little. Grammie B. grew up on a farm in Maine, was an avid quilter, and loved her family most of all. I am the oldest grandchild on my dad's side of the family, and my gram would have all of the older grandchildren participate in making a quilt for any new baby in the family. Grammie helped each of us make our own quilt squares, and then she would sew them together into a beautiful, one-of-a-kind, heirloom gift. The thrill of sitting at the sewing machine with my grandmother, her loving, patient hands guiding me, coupled with the extreme pride of standing with my cousins to present our newest baby cousin with our joint gift - these memories are with me today as I sew gifts for other peoples' children.

When did you first start? The beginnings of Mimi's Little Loveys actually started back in 2013, when my oldest nephew was born. I was going through a difficult time personally. I am chronically ill and disabled, and deal with severe chronic pain. At that time my illness had reached a point to where I could no longer work. I was a preschool teacher in the Boston area, and working with young children had always been my passion. When I had to stop working, I went to stay with my sister, brother-in-law, and baby nephew. I was able to help out with my sweet nephew, K. It was a bittersweet time for me. One day, somewhat on a whim, my sister suggested that I help her with the problems she was having with baby K's bibs. She challenged me to make something better, I think to keep me busy mentally. I took up the mantle, and got out my trusty sewing machine. Those prototypes became what is now our Everyday Bib. After baby K had more bibs than any baby should, my sister started paying me to make them for her friends and colleagues. The rest, as they say, is history.



When did you officially go into business? MLL took shape as it is today sometime in 2017. I decided to go ahead and pursue it seriously with the help of my partner, Dan Ashton, without whom none of this would be possible! He definitely ensures everything runs smoothly.

What does this venture fulfill for you? It's hard to put exactly into words how MLL fulfills me. I've always been a creative person with a need to express myself. Sewing certainly allows me to do that, by choosing fabrics, creating my own patterns, and looking at color schemes. It goes a lot deeper than that, however. After I became disabled in 2013, my health continued to decline, and there were a lot of things in my life that shifted. My identity seemed in question, I was incredibly isolated, and frankly I felt like I was going out of my mind. I was used to being very busy and needed. The business allows me the opportunity to interact with people in ways that I would never have the chance to do as someone who is mostly housebound. The joy I get from knowing the items I make are used by families over and over again, that they will bring joy with bright patterns and designs, this brings me a sense of purpose. They may "just" be blankets or dinner napkins to other people, but to me they are pieces of myself, carefully crafted, and sent out with love. I don't know how else to say it, really.

Where do you see this going in the future? My hope is that Mimi's Little Loveys will continue to have sustainable growth. I would love to see our online sales continue to grow. We are hoping that in the next 5-10 years MLL will be an all organic cotton line. We are continuing to look for other ways to lower our environmental impact, and we are excited about attending our first fabric trade show this summer! ●

FIND AMY'S WORK AT MIMISLITTLELOVEYS.COM AND ON FACEBOOK AND INSTAGRAM @MIMISLITTLELOVEYS.

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coming home

For a long time, I resisted the idea that home was a fixed location. Home traveled with me. In my 20s, I could fit all my belongings in the trunk of my red hatchback. People would raise an eyebrow at me when I told them, as if to say: that tiny thing?

In those transient years while I held seasonal jobs after college, I would occupy my current landing pad like a blank canvas, made into home by minor amendment. I would tack greeting cards to the wall and hang tapestries to decorate. Taking it all down would be a matter of minutes.

Over the years my sense of home became more complex, absorbing my husband and two children. Even so, I remained proud of our ability to create home in each place we lived, and of our ability to pick up and move with the winds of adventure.

I had favorite places along the way, don't get me wrong. Places that spoke to some part of me through the soles of my feet, that sang in my heart, and stuck like dirt under my fingernails. Places that I could feel resonate in my bones. The meaning I found in those homes, I tucked into my heart and carried with me. I left those places with a wink, and the assured belief that I would be back someday, maybe.

Then, sometime late in my third decade on this earth, I felt the ground shift. I started to hear a drumbeat for rootedness. The adventurer was joined by another voice, once that sang with longing.

The house on the dead-end street, the one with the phone number I can still remember, was the place where I lived on my first day of kindergarten. It was where I learned to ride a bike, where I buried the dead voles dragged in by our cat, and discovered lady slippers hidden away like treasures in our shaded garden. That was the place I felt some credible claim of where I was from.

Later, I moved inland to green mountains and lakes. I grew to know dirt roads, and learned to drive donuts in snow-covered parking lots. That was a place I dearly loved, but didn't tug at my heart like other geographical touchstones.

Then there was Maine. Every summer of my childhood we migrated downeast to its far northeastern tip where the rocky coast meets the wild North Atlantic. In that place I knew what a spongy bog felt like between bare toes, where saltwater moved like a raging river, where an accent could sound as thick as syrup, and belonging is earned. I was an outsider, a person from away, and I knew it.

And yet. I knew the steps between my front door and the town beach. I knew the best secret beaches for sea glass, only accessed by skipping through the corner of the neighbor's yard. I knew what it smelled like when the ocean was ripe with plankton, the food of mackerel and whales. I knew the dance of the phalarope, and the stars that hung so bright and low in the summer sky you could almost touch them.

That place was home, but I felt unable to claim it. I believed someone else could tell me that I didn't belong. I believed that home was supposed to be one solid thing, a sturdy address in a place where one could claim generational lineage. So, for a while, I ignored that sense of longing, chalking it up to nostalgia.

Then, after two years of being separated from my northeast family by 3,000 miles and a global pandemic, the call became impossible to ignore. Like a bell buoy at a harbor entrance, I trusted the beacon in my heart to bring me to a place where I could root down through seaweed and salt-brined granite.

It is strange to say I have come home to a place I have never lived full cycles of the seasons. It's not where I am from, as some people are sure to remind me. They will be right, but I am finding that it doesn't matter.

This little corner of the world in midcoast Maine is the place I now claim as home. This is the home that I will care for, as it has nurtured my heart, even from afar. It is a land I will steward for my children's children's children, and for the ancestors of others whose bones rest in the layers of dirt and rock below my feet. It is an ocean I will carry in my veins, whose tidal pull will set the rhythm of my commitments and my gratitude.

Choosing home, rooting down with intention, I have at long last found belonging. For that I am grateful. ●

BY **BRENNA SOWDER**

BRENNA SOWDER IS A WRITER LIVING IN MIDCOAST MAINE. HER WORK AND MORE INFORMATION ABOUT HER CAN BE FOUND AT WWW.BRENNASOWDER.COM.

JUDY KAHRL

Every minute, somewhere in the world, a woman dies of a pregnancy-related trauma. For Judy Kahrl, this horror is something she refuses to ignore.

Now 88, Judy has been a passionate supporter of women's reproductive health issues. It's in her DNA. Her father, Dr. Clarence Gamble was raised with a sense of social responsibility. While he could have been a wealthy playboy, Gamble instead became a brilliant doctor, choosing to become deeply involved in issues of birth control and women's reproductive rights. His motto was "every child a wanted child."

As a wife and mother of four – earning a PhD in adult education along the way – Judy has championed improved maternity care and served on many non-profit boards, including Pathfinder International, a global women's health organization.

Over the years, during her travels abroad with Pathfinder, she witnessed the strong influence of grandmothers in their communities. In 2013, she launched GRR! (Grandmothers for Reproductive Rights) from her farmhouse kitchen in Arrowsic to encourage older women in Maine to voice their power, buttressed by years of experience and wisdom. Today, a thriving organization, GRR! has been replicated in 8 other states from California to Florida, as "grandmothers" rally to protect reproductive freedoms they had fought so hard to win in the past.

Asked about the impending overturn of Roe v Wade, Judy minced no words. "Are we angry? You bet! Misogyny is now undeniable in the Supreme Court. Justice Alito, supported by the other conservative justices, believes that when a sperm and an egg join in a woman's womb, she loses any right to terminate that pregnancy. The government is trying to take control of every woman's uterus. It invades our privacy. It's just plain wrong. GRR!" ●

THIS SPRING, JULIA "JUDY" KAHRL WAS NAMED TO THE MAINE WOMEN'S HALL OF FAME, ALONG WITH ASTRONAUT JESSICA MEIR. **HERE IS JUDY'S STORY.**

BY **AVERY HUNT**



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WOMEN AT WORK

The ways in which Maine women make a living are as diverse as Maine women themselves. From paramedics to corrections officers, marketing executives to construction managers, what follows is an inspiring collection of trailblazing, talented women at work.



TALKING THE TALK AND WALKING THE WALK

Becky Brown of Braincube

BY ALISHA GOSLIN

When Becky Brown of South Portland first interviewed at Braincube, she thought it would just be a trial run. Becky was eight months pregnant at the time. “There wasn’t any put-a-blazer-over-it, or anything like that, it was obvious I was going to have a child soon,” Becky said. She thought for sure they wouldn’t go through with actually hiring a woman who was so close to giving birth. “I met with the CEO, CSO, and head of North American sales and a couple other people, and just walked into the room, like, hello everyone!” Becky laughs. “It was great. They weren’t concerned about it. I think part of it is (the company) having European roots, maternity leave and being a parent is very different there. So, I think it’s a different cultural norm. But even the head of sales said they would rather have the right person, if they had to wait a couple months, who cared?”

The day Becky went into labor, she was offered the job by Braincube. “I

was a little concerned at first. I mean, any company can talk the talk, (saying) we support work/life balance, we care about working moms, care about working parents. But what was really interesting was not only was I able to take the kind of leave that I wanted, but in my first year I was able to get a parental leave policy established so that we do cover parents to have time at home with their kids, and it extends not just to parental circumstances, but to adoption or if they have a sick family member. We created a policy that is more inclusive,” she explains.

Maine has no parental leave policy. Becky states, “You hear about it on the news, but you don’t actually realize it, you think no, that can’t mean corporate America. And I quickly learned that yes, it does mean that, too. So, then you learn that you have to go on short term disability, and find out that even then they are only going to cover a portion of it. It was a big wake up call.”

Now, Becky has a one year old and a three year old. She knew that she was going to want more kids, and of course, they had hired her when she was pregnant, but it is still one of those things that many working mothers worry about. "Everyone can say they have flexible working conditions. It's kind of a blanket statement, so I didn't know how they would be. Braincube followed through. They made sure I had an area to pump, made sure that I had privacy for that. They were very accommodating. And then, within the first week back, my boss said to me, I know in a year or two, you're probably going to want to have another child. We know all of this, and we are happy. It makes you a more robust human. You're a mother first, and a director (at the time) second and that's how he's always approached it. Which is really refreshing, especially as a male boss...I think in general, regardless of gender, male, female, non-binary, it comes down to company culture. What is accepted, and set as exemplary at your company...So, it really does start at that executive level. They set the pace, they set the culture. Then the rest will follow."

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We created a policy that is more inclusive.

FROM BARTENDER TO NATIONAL CORRECTIONS OFFICER OF THE YEAR

Lori Marks of York County Jail



BY **WILLIAM L. KING, JR.**

Lori Marks' dad was a long-distance truck driver, and her mom was a homemaker. Her mom was busy with her sisters and a brother that needed special attention, so Lori, the youngest of four children, learned quickly to be self-sufficient.

Growing up in Sanford, a gritty mill town, she graduated from Sanford High School and took some classes to become a certified nurse's aide (CNA.) As a young newlywed, she started her family and quickly

discovered that her CNA job did not provide enough income, so she began moonlighting, working in bars and restaurants. Her husband did not share the same work ethic and that created a schism in the marriage, and, after their third child, the marriage ended. Lori took on extra jobs, one of which brought her to a local bar where she faked a skill as a bartender! She wanted to be the best provider she could be because she grew up with the uneasiness of not having much and wanted more for her children.

One night while closing the bar, a regular patron, who happened to be a corrections officer, suggested she apply to the jail. The officer mentioned that she could handle people very well and commented on her ability to deescalate the toughest patrons. Lori wasn't sure if he was joking or not, but when he told her about the pay and benefits, 4'11" Lori called the very next day.

Fifteen years ago, she was offered the job but faced the challenge of having to attend an academy several hours away. She made arrangements for her children and Lori attended the five-week academy, scoring the highest score that remains unbeaten. Matched, but not beaten! While others were snapping pictures and making plans for a celebratory dinner, Lori rushed home to her children to celebrate with a large pizza.

Lori worked her shifts and took special care to avoid drama that ensnarls many workplaces and the byproduct of negativity. Lori was able to maintain a positive outlook. Corrections is a depressing place – those incarcerated are either awaiting trial

or are serving their sentences. Correctional residents are masters at manipulation and feed off negativity, but Lori gave them no fodder and was known throughout the facility as being fair and consistent. Although very small in stature, she held a very large image among corrections residents.

She wanted to be the best provider she could be.

She listened attentively to the residents, some who told her about personal problems, problems that paled in comparison to what Lori faced at home but never shared. She had her own set of challenges and became the primary earner for her family, two of whom failed to launch – she wanted her children to attend post high school, but the grandchildren kept coming.

Lori applied and was selected as the Classification Officer. This required additional training in calculating sentences, assessing good time, making recommendations for furloughs, and helping with placement and finding work outside of the facility. She got to know the inmates like she knew her children and her placements avoided facility conflicts between rival gangs as well as

feuding neighborhoods.

Lori was in place as the Classifications Officer when the heroin epidemic was in full gear and York County was the transshipment county for all heroin entering Maine. One particular character was arrested transporting heroin and found himself behind bars answering Lori's questions. Only his answers did not seem to add up when she was asking some chronological, historical questions – later research found the inmate had served time for aggravated assault on a police officer, which would have changed his classification level. When she confronted him about the information, she discovered that he altered his name on newly created identification and he told Lori that he had "moved on" from that crime and he believed she should too!

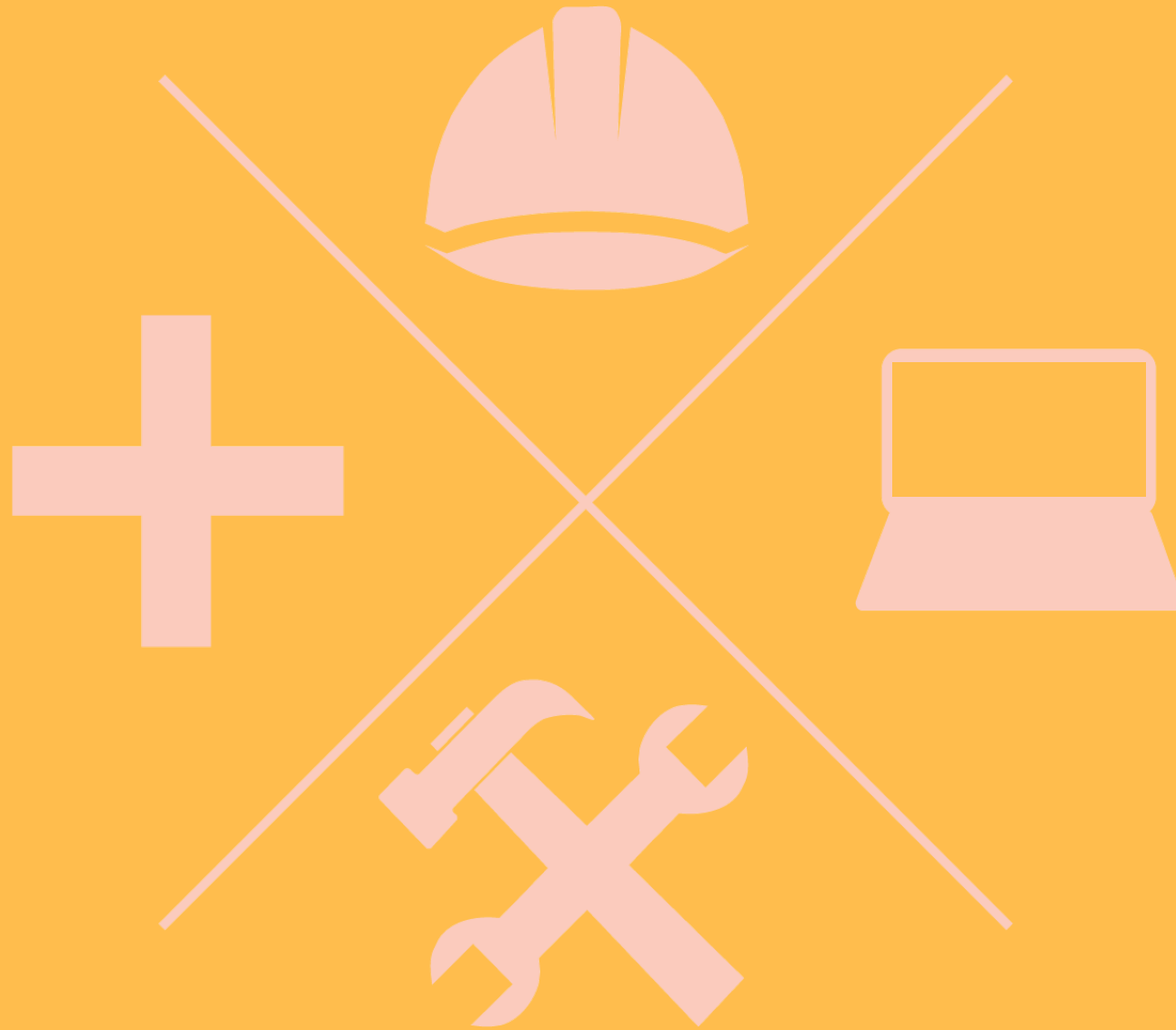
Although she holds no formal rank at the sheriff's office, she is clearly an informal leader, mentor, and an ambassador for the sheriff's office. She has appeared on a television show, radio ads, television interviews, and a recruitment video for the sheriff's office.

When the command staff were advised that the AJA were soliciting nominations for Corrections Officer of the year, they petitioned the sheriff to submit her name. This was the first time somebody from the York County Jail was ever submitted and the first time anybody from Maine secured a national AJA Award.



HELPING PEOPLE REALIZE THEIR DREAMS

Dee Dee Germain Woodhull of Maine



INTERVIEW BY ALISHA GOSLIN

DEE DEE GERMAIN WILL SAY THAT JOANNA GAINES IS HER INSPIRATION – IF THAT’S WHAT IT TAKES TO GET OTHER WOMEN TO THINK ABOUT A CAREER IN CONSTRUCTION. WE SAT DOWN TO TALK ABOUT WHAT DEE DEE’S WORK ENTAILS.

So, have you always been into construction and building things?

Well, I’ve always been kinda handy, my whole life, and always interested in making things work. Then, when I was young, just out of high school, I started working for a painting contractor, painting houses. This is when I first got into the trades, more or less. From there, I met a general contractor, and he was like, you should come work for me and learn how to be a carpenter. And I was like, well, that sounds cool. So, I did that for a while. I ended up doing some project management with him, in Virginia, working on older houses. Then, I got out of it for several years, not any specific reason, I still liked it. So, a couple years ago I decided to go back into construction.

Are you from Maine originally, or how did you end up here?

I’m from Virginia. I wanted a change, so I just got in my car and started driving around the country for a couple of months. I landed in Maine, and I really liked the vibe here. So, here I am. I’ve been here for 20 years. I enjoy the people.

Have you had any strange experiences or people who were surprised to see that you were in charge?

Honestly, I haven’t really experienced any of that. Here in Maine, people aren’t really like that. I mean, I know what I’m doing, and obviously, if I didn’t, that would be different. People around here don’t want to suffer fools. So, honestly the reaction is very - typically, it’s good. If anything, I have more people say it’s great to see a woman doing this work for a change. It’s more affirming than it’s ever been negative for me.

What are you working on right now?

One small project in Harpswell that we are buttoning up right now, a large new build house also in Harpswell and then I have one in Cape Elizabeth. It’s a 70’s house we gutted and are renovating. Spending time in Harpswell has been a lot of fun. It’s a little slower, a little quieter.

What is a typical day for you?

I usually get to the job site around 7-8am. I try to do some emails before I get there. I spend a lot of time walking around with subcontractors, making sure everyone knows what they are supposed to do, telling them where things go, or how we may want to see things done differently than how they have done it. I meet with my site supervisor. We will talk about the things coming up and poten-

tial issues. He’s my go-to guy. Construction is, well, there’s a lot of back and forth and brainstorming. Construction is never an “if” it’s a “when”. Things can go wrong. It’s a lot of figuring out. I just got off the phone with a HVAC contractor before this. We have a chase, a mechanical chase, we run pipes through there. Well, they took up all the space, so now we have to figure out where these other ones go. Or do we have them come back and move theirs? I keep schedules on track. I do a lot of projecting budgets for the next year.

Do you work with any other women?

Not on the construction side, much but in the office, yes. I use a female sub-contractor who is a wallpaperer and I know one that installs drywall. But as far as out in the field, not really.

What can you tell women about this field that may get them thinking about going into construction?

I really like creating things. I am part of a team that creates homes for people. It’s so nice to help people realize their dreams. The couple I’m working with in Harpswell, they get so excited about it. I sent them a little video today. We installed a super awesome little wood burning stove that has 3 sides made of glass. You load it by lifting the glass up, and sticking the wood in. So, I sent them a video of it. And they just got so excited about it! I would say to other women that are thinking about it, yes, it’s typically a very male dominated field, obviously. But there are aspects of it that women are so much better at. My relationships with my clients are better than a lot of my coworkers because I’m not afraid to have a personal relationship with them. As a woman, maybe it makes those connections a little easier. It feeds that side of me, too. That nurturing side. The helpful side. There are a lot of aspects to it that people might not think about.

Definitely. So, is there anything else you would like people to know?

Well, I was joking at work, I was saying, should I tell them that Joanna Gaines is my inspiration? And obviously, I was joking, because I’ve been doing this way longer than she has been around, but it got me thinking. With all these fixer-upper TV shows today, I wonder if it has maybe lit a fire under some women, to say, oh, there’s a woman that’s in construction. I’m just interested to see how that’s going to look in 20 years. Will it lead to more women being involved with construction? I hope so. Aspects to it that people might not think about. ●



A Formidable Female Force: Northern Maine Community College Paramedics

Women are making history at Northern Maine Community College (NMCC) in Presque Isle. For the first time in the college's creation, the school presented degrees to its first all-female class of paramedics at its commencement in May. EMS Department Chair Andrew Gagnon said these ladies are more prepared for the field of healthcare than any previous class of graduates.

"This group started when the pandemic first emerged and they spent their entire college career dealing with COVID and I think that speaks to this group's unique ability to change, adapt, and hit the ground running," explained Andrew. "They have shown a tremendous amount of grit and determination, and I think those are all traits that are all going to serve them well in the EMS profession."

For two years, Shelby Barnes, Angela Fuller, Tara Peterson and Amber Sandstrom have studied side-by-side in the classroom, online, and aboard the school's ambulance to earn their associate degree in paramedicine; all while simultaneously working as firefighters, an EMT and a CNA.

"This is a dream I've had since I was a little girl," said 19-year-old Shelby Barnes, a firefighter in Fort Fairfield. "My Grampy was a fire chief at Loring Air Force base, and I would go and visit him after school and see the fire trucks and ambulance. I remember when he was a paramedic, he would tell me all the stuff he did. It really solidified for me that this is what I was going to do."

Making history during college is something Shelby and her classmates never expected.

"I've talked with colleagues and reached out to other colleges, and I don't think there has ever been an all-female graduating class [anywhere]," explained Andrew. "This is very unique, and this is a first for our department."

Forty-three-year-old Angela Fuller started her college career years ago before life got in the way. Working as a firefighter now in the neighboring town of Caribou, Angela realized becoming a paramedic would not only help her employer but

also her community.

"It's an older population here [in Aroostook County] so we have a lot of elderly residents," stated Angela. "The locations of the fire departments and ambulance services in correlation with the patients we see can sometimes be quite a commute."

Healthcare professions throughout Maine and the country have shared the exhausting toll COVID has placed on hospitals everywhere. So, the need for extra hands, that have been trained and certified, is in high demand.

"We are so proud of these graduates," said Andrew. "Most of them plan to stay in Aroostook County which is great because there's a shortage of paramedics nationally and in the state of Maine, but I would argue rural areas in particular are more affected. So, I think these four choosing to work here in the County is going to make a big difference."

Shelby and her classmates can't wait to put their education to work to benefit their neighbors and their community.

"We are all really excited to use our skills and provide better care for our towns and surrounding communities," said Shelby.

For more on Northern Maine Community College, log onto www.nmcc.edu ●



it's never too late to be yourself: mick pratt of bull moose

AS TOLD TO **ALISHA GOSLIN**

If you follow Bull Moose on social media, then you are already familiar with Mick Pratt's work. She is the sole content creator for their Facebook, Instagram, and Twitter, and they have quite an online presence. Mick is a transgender woman. Sometimes, it is very difficult for her, as her mere existence can upset anti-trans people. She doesn't understand how that can be, as all she wants to do is exist and hopes for a world where one day the word trans will be accepted just the same as the color of your hair.

Alisha: I appreciate that you were able to connect with me. We've been busy lately with our new magazine, so thank you for your flexibility. Mick: I think it's cool that you are including trans women in your conversation because we are not always included.

I agree. How long have you been working at Bull Moose? I started at Bull Moose in 2010. Way back in the day, I was a part time clerk in Scarborough, then an assistant manager for a while [in Scarborough], then a store manager at the Mill Creek store, then marketing and promotions assistant for a couple of years. Since then, I have grown that position into something bigger and different than what my predecessor did. Our head of marketing and finance - small business, right? - was getting too busy on the finance side. So, I took over all the marketing. If you have seen anything online in the past few years, Instagram, Facebook, Twitter, that was me, all of it. I am the sole content creator for those channels. I also design a lot of our stickers and T-shirts and other merch.

Oh wow, that's wonderful. So, what is your day to day like? I visit the stores a couple times a week, taking pictures, helping with merchandising. We had a big Record Store Day event with Bonnie Raitt, which I coordinated. I monitor the social channels, answering questions online. I do the email newsletters and am always scheming up stickers and designs. We recently have been getting more into brand partnerships. So, like exclusive vinyl releases and merchandise collaborations. We did a big project with an online retailer called The YeTee. They are an independent artist collective that does a lot of video game stuff, so one of their artists designed something for us. We made a T-shirt of it, and a sticker, and a record-player slip mat. We also recently just did a series of TCG card sleeves partnered with Dragon Shield. They don't usually collaborate with other stores, but we had an in because their rep was our old rep from Sony Pictures. I think we were the first store to get a specially designed sleeve from the best in the business. It's kind of amazing what's possible if you just ask people. And now we have 60 or so exclusive vinyl variants. That's the big thing right now.

Do you feel that Bull Moose has been nurturing to you, supportive of you, throughout your transition? I would definitely say so, yeah. Of course, it's one of those things that definitely doesn't come without anxiety. I knew beforehand that everyone was going to be supportive, and it was going to be really smooth; but it's still nice to be proven right because you never know, right? Not everyone is so lucky. I know a lot of people outside of work too, so there was a period that I was out and transitioning to my

close friends and my acquaintances on Twitter or Facebook and they were all very supportive too. After coming out there were some people who were like, "yeah, we know". Which is always kinda funny. I mean, you reach a certain point, and it's obvious that something is going on right? There's obviously a lot of physical changes but a lot of it is just mental and emotional. It turns out when you are more authentically yourself, people notice that you're happier and more 'alive'. But anyway - Bull Moose has been a very nurturing environment. We have trans folks at all the levels. There are lots of trans folks that work at the stores. And not just transfems but also transmascs and non-binary folks. I think it's really good that we have that little community here.

I think so too. It's also a good thing for younger people to know, that may be trans as well. To know that it's a safe place for them. It definitely would've meant a lot to me, at 12 or 14. Even here in Maine, it's certainly more accepting, and more, sort of safe. It's not entirely safe. I think the thing about transition, it is impossible to extricate it from the "politics" behind it. It is very difficult. But that is why it is so important to just be myself. Just exist. Because one of the things that made me anxious about pursuing this opportunity, to be completely truthful and vulnerable for a moment, is any time a trans woman does anything in public, there's the opportunity for backlash. Remember when Amy was on her big winning streak on Jeopardy!, there was this whole backlash to her. People were saying that she is a "biological man" - a common pejorative used against us - that it was taking away from "real" women with her accomplishments. As a more personal example, have you heard of Furrries? Do you know what a Furry is?

Yes, well, I think so. It's a bedroom kink? Well, Furry is not a kink, it's more of a community or fandom, it's more about costuming and characters than anything. And the reason I bring it up, is because myself and another trans woman were interviewed for an article in the Lewiston Journal about Furrries awhile back, and you can well imagine the ugliness that happened in the comment section on social media...and you know, it sucks. Are you sure you want to interview a trans person? You have the potential that people are going to get really upset and be like, I can't believe that Maine Women magazine is featuring a "biological man", and I don't want to invite that into your home or be the target of harassment myself.

I don't want that either. I'm all about light and love. That's good. The only reason I brought it up, is that it appears to be becoming more of an issue now. When I started transitioning, the national temperature on trans people was somewhere between positive and

sidebar

mick's list of recommended reading:

ambivalent. Not any longer. It's very heated now. It has now become a topic of conversation, and the conversation is not always very positive. That's the only reason I brought it up. Part of it also is existing on the internet as a trans person, you will get the hateful comments every single day. And they do sort of wash over you at a certain point. But it's still not great. It's not great.

I understand. It's something that needs to be talked about. If we can help make a trans teen feel more comfortable or feel that they aren't alone. Yeah, I mean, when I was 12 or 13, I didn't even know it was possible. Transition was just not something that anybody talked about. The only time that trans people were even mentioned in pop culture was to make fun of them or show that they are disgusting in some way. So, I have all these adolescent memories, being like, something about me is messed up, and I don't know what it is, but I know that it's bad. So, in that respect, just existing can be really, really powerful for other people because you get to see what is possible. Even within the (transgender) community there's all kinds of misconceptions, like saying if you have transitioned after the age of 25 you won't have a good outcome, which is not true, because it's never too late to be yourself!

So true. So, is there anything that you would like to say to our readers? Or say to someone that says they don't understand? I think so much of what people know about trans people is what they have heard from other cisgender people. So, I think the best thing I can say is: listen to trans people, and hear our stories, in our words; especially about what transition means to us. I think that a really consistent thing among people who have transitioned is they feel better, they feel more at home in themselves. All that trans people really want is to exist. It's not about special treatment, or special access more than anyone else gets. I think that's a good way to understand it. We are just people trying to do the best we can. For me, one of the things that is particularly heartbreaking about people that are anti-trans is my ability to transition in a supportive environment - my access to trans healthcare - it has completely turned my life around. This brings me joy, happiness, and fulfillment that literally was not possible before. It was locked behind a door. And that's incredibly powerful. To think that someone would deny that joy and fulfillment to me and my trans brothers and sisters is tough. So, I guess the call to action here is to remember that we are your brothers, sisters, and friends and that every person is a complicated sum of all their parts. Being trans is an important part of my identity, but I also like B movies, comics, and games, hanging out with my friends, and photography. Maybe someday we can get to a point where trans is as normal an adjective as blonde. ●

1

GENDER: YOUR GUIDE BY LEE AIRTON
A good resource book for family and allies to understand the basics of gender.

2

TRANS BODIES, TRANS SELVES BY LAURA ERICKSON-SCHROTH
A comprehensive resource guide for transgender and questioning folks to help understand their feelings, their bodies, and their communities.

3

LOVE LIVES HERE: A STORY OF THRIVING IN A TRANSGENDER FAMILY
One of the most heartwarming trans memoirs out there written from the perspective of a spouse & parent.

4

TRANSGENDER HISTORY BY SUSAN STRYKER
A History book cover Transgender topics in America from the mid 20th century. An especially good read for anyone who thinks of trans issues as being "new" topics.

5

WHIPPING GIRL BY JULIA SERANO
This is THE book on transgender feminism. A little dense, but incredibly powerful.

ALL-FEMALE C-SUITE: THE WOMEN OF SPINNAKER TRUST


BY ALISHA GOSLIN

"To my kids, I'm a stay-at-home-mom, I get them on the bus, and basically within a half hour of them getting home, I'm there," says **Jessamyn Norton, CFA, Chief Investment Officer, Treasurer and Principal at Spinnaker Trust.** "They don't know, they don't feel that I have a job. We can do our work anytime. All of us work at night I am sure of it, and it just doesn't matter as long as we're doing what you're supposed to do. I love my job. The flexibility is an outstanding feature of what we have. I think we're really ahead of the curve that way."

Amanda Rand, Esq., President, Chief Executive Officer and Principal says, "We are all working moms, with kids ranging from 4 to 19 years old." The leadership team at Spinnaker is different from others. With fewer women choosing to embark upon a career in finance during the pandemic, these four women are breaking the mold as their whole leadership team is female, and mothers as well.


"We don't have any regular days here," **Ainsley Gleason, CTFA, Senior Vice President and Chief Operating Officer,** laughs. "That's what keeps it exciting, too. I feel like there's always something that comes up. I think we all have our individual lists of intentions when we start off our workday. But you have to be prepared to pivot and reset your agenda for the day. More often, it's an on-the-fly workday, as opposed to having a set checklist of events you're walking through each day."

When asked if this is something that she would seek out in the future, **Caitlin DeMillo, Esq., Senior Vice President and Chief Trust Officer,** says, "The culture here is so great, it's not something that I feel the need to seek out elsewhere. It's such a team approach, and there is collaboration we have with each other all the time. Yes, to the extent that we are involved in boards and things like that in the community, it's great to also continue those partnerships with women, too, but I think the work we do here with each other is fulfilling in and of itself, too." *Spinnaker Trust is a financial planning and wealth management company out of Portland. FMI please visit spinnakertrust.com* ●



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4 Reasons to Consider a 529 Plan for College

By Katie Brann, CFP®



Katie Brann

Higher education is one of the biggest expenses families face, and tuition costs are not expected to drop any time soon. Education after high school is so important to your child or grandchild's future, but putting money away for that big sticker price is no easy task. A working couple with young children in daycare may have little room in their budget for college saving, whereas retired grandparents might have the means to make substantial contributions. In either case, families saving for college should consider using a 529 plan to make it happen. Here are the top four reasons:

The opportunity to invest. Saving cash in a bank account will produce very little growth. In fact, during this period of high inflation, most money sitting in the bank is losing purchasing power by the day. A 529 plan, however, offers investment options that range from conservative to aggressive, similar to a 401k. If you start saving while the child is very young, you can invest 529 contributions in a diversified portfolio of stock mutual funds which typically produce higher growth than cash or bonds over extended time periods (past performance does not guarantee future results). As the child grows and college nears, the 529 should become more conservative with a smaller and smaller stock allocation.

The tax advantage. Using a simple example: if you put \$100 in a 529 and 7 years later, it's grown to \$200, you can withdraw the full \$200 tax free if it's used

and won't need their money (we can all dream, right?), you're free to transfer their balance to another family member.

High contribution limits. The annual gift tax exemption limit (\$16,000 in 2022) is often cited as the "contribution limit," however individuals can contribute five years' worth of contributions (\$80,000) in one year without needing to file a gift tax return.

And one bonus reason: the opportunity to pass on valuable financial lessons. The parent or grandparent should discuss the college fund with the child every year, from age ten onwards. While family money conversations might feel awkward, the child will build financial knowledge and an appreciation for their family's investment in their future.

As a mom to a young child barreling towards the terrible twos, I subscribe to the idea that "the days are long but the years are short." There are only so many holidays and birthdays before little ones fly the nest. Maybe for the next holiday, you drop some cash in a 529. Better yet, start today! •

for eligible expenses. Additionally, there's no tax on growth along the way. The tax savings can be significant especially when the alternative is a taxable investment account. A 10% penalty and income tax applies on the growth if funds are not used for education.

Flexibility. If penalties sound scary, you should remember that the definition of eligible expenses for 529 plans is very flexible. College tuition counts of course, but so do books, computers, and room & board. Trade school and community college expenses are generally eligible. Maine also allows you to use up to \$10,000 from a 529 towards private K-12 education. Lastly, if your overachiever child gets a scholarship

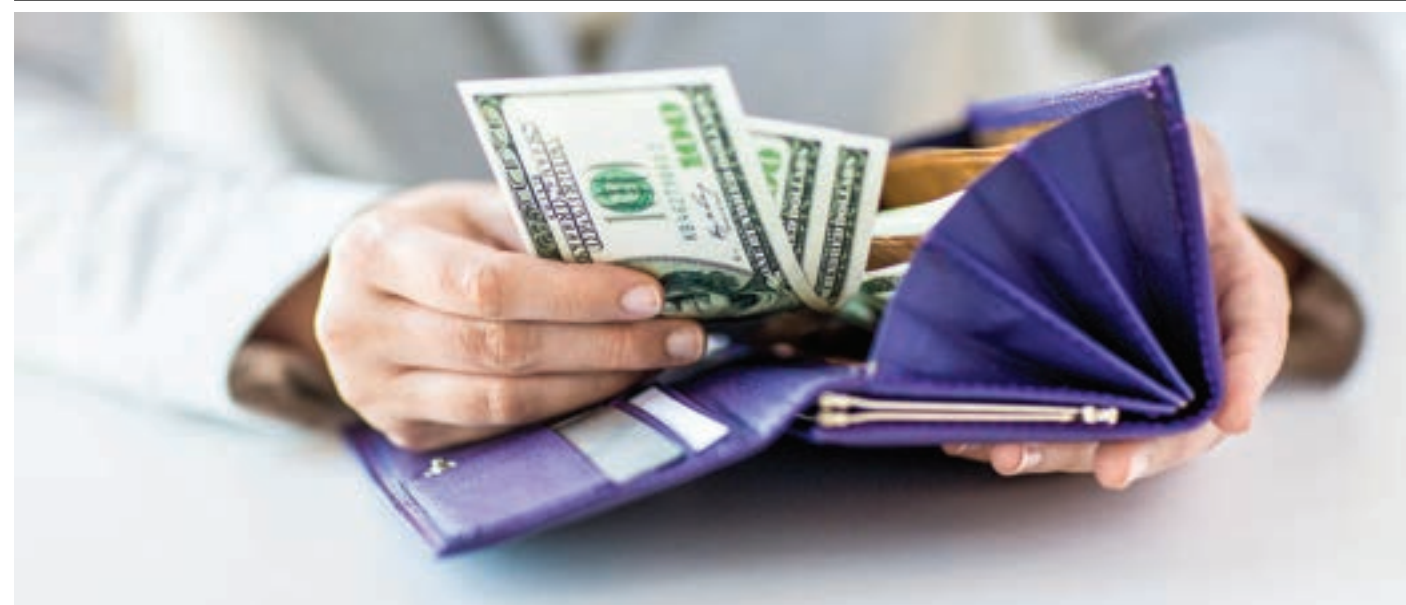


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MENTAL HEALTH strategies for managing anxious tendencies

Even if you don't consider yourself an anxious person, you have to admit that the last couple of years have been...a bit much. Civic-minded people with concerns about climate change, war, and the erosion of our civil and reproductive rights are left constantly on edge in this volatile environment. Not to mention the realities of the pandemic. If you often feel nervous and unsettled, you are not alone. Anxious states and tendencies are on the rise.

Perhaps your anxious feelings push you to plan a lot and grasp for control. Many of us like to know what is coming and be prepared (and we somehow manage to convince ourselves that this is possible). Even if you have more of a roll-with-it style, the uncertainty of life as of late has taken its toll. If you tend to problem-solve and fix things that need mending, try to let this include your own worried heart. Turn toward yourself and offer some compassion and care. There are many potentially helpful practices to consider.

Remember the power of community and connection. As noted, you are definitely not alone. The pandemic has heightened our general sense of separation, but sometimes that's just a sneaky lie we're telling ourselves. Reach out to someone you think might understand what you're personally up against. Even if they can't entirely relate, you will feel less alone in the sharing. That's because storytelling in all its iterations is isolation-busting. If you can't reach another live human and your nervous system is blinking in overdrive, try a podcast that addresses the foibles and realities of being human. There are plenty to choose from (Brené Brown and Glennon Doyle come to mind).

Practice habits of mind that bring relaxation. Rest and leisure are very underrated. In hustle culture where everyone is always striving, it is a revolutionary act to stop and do absolutely nothing. If you can find even one or two minutes to pause—actually stop doing entirely—it will shift your perception of what is happening in the moment, and in your life. In the same vein, take an honest look at what is on your plate. Is it possible you are doing too much? Practice saying “no” to any requests that don't light you up. Assess your work and mental load and aim to find at

least one thing to let go.

Create time and space for processing feelings. This suggestion doesn't mean just having emotional intelligence (EQ) or literacy, i.e., knowing how to name, moderate, and appropriately express emotions. It's more in reference to a deeper acknowledgment of feelings—making time and space for emotional expression. You might invite sadness with a certain song, story, or film. You may want to journal about the primary emotions and your relationships with them (consider the main characters from the 2015 Pixar movie, *Inside Out*: Joy, Sadness, Anger, Disgust, and Fear).

The breakneck pace of life—and the stress and anxiety it causes us—is not likely to relent anytime soon. It is up to us to readjust our pace and nurture ourselves. You could also find time to talk things through with a trusted friend or mental health professional who will listen and hold space if anxieties, fears, or other difficult emotions continue to bother you. ●

SARAH MACLAUGHLIN IS A SOCIAL WORKER AND AUTHOR; HER MOST RECENT BOOK IS *RAISING HUMANS WITH HEART: NOT A HOW-TO MANUAL*.

BY SARAH MACLAUGHLIN

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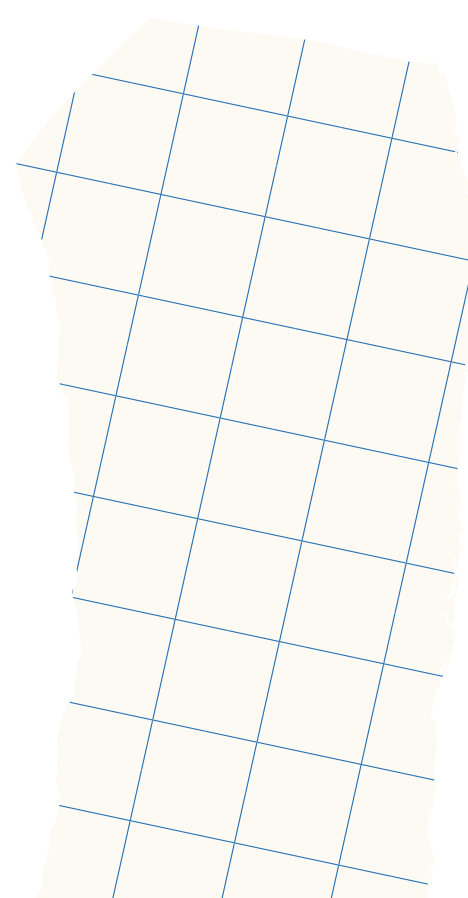
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LEGAL ADVICE

women in the workplace: a legislative wrap-up

The 130th Maine Legislature wrapped up in May, and the forward momentum of women's place in the workforce continued. Here's a recap:

Three critical bills passed in this legislative cycle to **increase protections against workplace discrimination**:

- LD 956 prevents employers from requiring nondisclosure agreements as a term of employment. Employees often sign these agreements as a condition of employment, protecting harassing or discriminatory employers when it is too late to revoke consent.
- LD 1688 added gender identity and family status to the Maine Human Rights Act, key protections for women caregivers and transgender women.
- LD 1786 creates consistent language throughout the Maine Human Rights Act protections for sex, gender identity, family status, and other classes.

Childcare and direct care workers are overwhelmingly women and often earn far below a livable wage. **Two bills ensure that female-dominated care workforces are more adequately compensated, and keep women in the workforce**:

- LD 1626 provides a state-sponsored salary subsidy to childcare workers.
- LD 1573 requires the state to reimburse direct care workers at least 125% of the minimum wage.

Still, some critical bills to support women at work did not move forward. A bill which would have provided protection against retaliation when people access the new paid sick leave law was vetoed. A Constitutional amendment which would have provided protection against discrimination based on sex didn't have the votes it needed to move forward. A Commission to establish a paid family and medical leave program did not meet its February deadline for a plan and will try again next year.

Women's experiences in the workplace and their lifetime economic security continue to be dominated by themes that no single bill or legislature can address:

- **Maine women - especially women of color - still make less money than men in virtually every sector and across the lifespan.** Latina women, for

instance, still make only 57 cents for every dollar a white man makes.

- **"Women's roles" continue to be undervalued and underpaid occupations**, and research shows that when women join higher pay industries, wages go down as employers value the work less. Women are roughly 49 percent of Maine workforces, and they are more than two-thirds of frontline workers, roles with the lowest pay and least protections.
- **A defining feature of women's lives is that most women will step out of employment to provide unpaid care labor** for children, aging parents, or other family members. This has a lifelong effect on employment history, and means women retire with less savings and social security. A recent study shows that older Maine women are far more likely to live in poverty than their male counterparts. Only infrastructure like paid family and medical leave - a program which exists in nearly every country in the world, plus ten states - can address this gender equity challenge.

The progress made during the 130th Legislature has made a real difference for many women in the workplace. Still, until we address the social and cultural norms driving gender inequity and invest in common-sense infrastructure solutions like paid family and medical leave, we will continue to see workforce and economic security gaps that harm Maine women. We must think bigger about building public policy that supports gender justice for all Mainers. ●

BY DESTIE HOHMAN SPRAGUE

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DESTIE HOHMAN SPRAGUE IS THE EXECUTIVE DIRECTOR OF THE MAINE WOMEN'S LOBBY. FOR MORE INFORMATION VISIT MAINEWOMEN.ORG

CAREER ADVICE

burnout is real...

BY HEATHER DOUGLASS

Does this sound familiar?

I feel tired and irritable lately.
What did I walk in this room for?
Why am I having such a hard time deciding?
I can't juggle everything as easily as I used to.

Burnout existed pre-2020, but a recent pandemic made it a buzzword of sorts. So, what is burnout, exactly? And why are four in ten Americans experiencing it right now? (HRExecutive.com) Laura Robbins, CHES, CWWS, Health & Wellbeing Manager with MaineHealth Human Resources, provided insights into why burnout is real.

"Burnout is a normal stress response that can look different for everyone," said Laura. "It can manifest physically in things like changes in appetite or headaches; emotionally with feeling anxious or substance use; cognitively with forgetfulness or losing focus; and behaviorally with symptoms like irritability. Burnout can vary in severity."

She shared a staggering statistic: **70% of 18–34 year-olds say they're just trying to get through the week.**

Nationally, health care workers and other industries have experienced high rates of burnout. Laura and the HR team at MaineHealth are focused on providing its care team members the resources and tools to build resiliency, adopting the motto "the best care begins with caring for you."

Stress can zap energy levels. Here are the top five tips Laura recommends to keep energy up, stress levels down and combat burnout:

1. **Practice daily morning positivity.** Start your day with yoga, meditation, deep breathing or reflecting on what you are grateful for.
2. **Sleep.** Restores energy and boosts the immune system. Start a wind-down routine 15 minutes before bed, limiting screen time.
3. **Hydrate.** Aim to prioritize your water intake throughout the day.
4. **Microbreaks.** Standup. Stretch. Go for a walk. Schedule 2-5 minutes on your calendar if you must. Breaks boost energy and reduce fatigue.
5. **Support.** Talk to a friend, contact a health care provider, or investigate an online therapy program, like Talkspace.

Prioritize self-care. Burnout is a real reminder that mental health is a major part of our overall health. ●

HEATHER DOUGLASS IS THE WORKFORCE COMMUNICATIONS DIRECTOR FOR THE MAINE COMMUNITY COLLEGE SYSTEM.

Care Connection

LIVE-IN HOME CARE

FCP Live-In's Live-In Caregiver Services Helps Maine's Seniors Stay In Their Own Homes!

Dr. Walter F. Keller knows the importance of staying active, adopting good nutritional habits, and other ways to keep healthy that would lead to living independently as long as possible.

After all, Dr. Keller was a thoracic surgeon in Portland, Maine, for more than 20 years. He received his medical degree from Philadelphia College of Osteopathic Medicine and later became affiliated with multiple hospitals in Southern Maine, including Mercy Hospital of Portland and Maine Veterans Affairs Medical Center.

A few years before retiring, Dr. Keller was diagnosed with muscular dystrophy, a disease that causes progressive weakness and loss of muscle mass. Over time, Dr. Keller needed around-the-clock care in order to live independently in his own home.

While in a rehabilitation facility, Dr. Keller met with Constance McFarland, care coordinator at FCP Live-In, a leading live-in home caregiver provider that services families throughout the New England area. Constance conducted an interview with Dr. Keller to determine

his needs and completed the paperwork necessary for him to have a live-in caregiver to help him maintain his independence. An FCP Live-In caregiver was assigned to him promptly.

Dr. Keller thinks the world of his live-in caregiver, Joey, who is proficient in assisting Dr. Keller in using a motorized wheelchair and a Hoyer lift, which allows the safe lift and transfer of patients. Joey also helps Dr. Keller with his



"My caregiver is one of the nicest people I have ever met! He cooks for me and helps me with whatever I need help with. I could not go to a nursing home. It is wonderful to be in my own home."

Dr. Walter F. Keller

daily routine and does light housekeeping, cooking meals, laundry, and other household needs. Plus, Dr. Keller says if he ever has a question, he can call Sarah Levesque, FCP Live In Field Supervisor, and she always responds promptly

and helps him with anything he needs.

"My caregiver is one of the nicest people I have ever met," Dr. Keller said. "He cooks for me and helps me with whatever I need help with."

"Dr. Keller is a beloved and retired medical director. He is such an interesting man," Constance said. "It was wonderful and rewarding to help him return to his home. More than a few of his former co-workers reached out to thank us for helping him remain independent and at home!"

FCP Live-In helps families navigate the unknown by walking them through the process of live-in caregiving and knowing when to make necessary adjustments, particularly when a loved one's health condition changes.

David Anthony, FCP Live-In's Founder and CEO, said he started the company because options are limited when it comes to caring for a loved one.

"I could not go to a nursing home," Dr. Keller said. "It is wonderful to be in my own home."

"In Memoriam"

Dr. Walter F. Keller

FCP Live-In sadly mourns the loss of Dr. Walter F. Keller.

A client and close friend of the FCP Live-in family, Dr. Keller will be missed by all!

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

IF I HAD A MILLION DOLLARS.....

meredith strang burgess

The 15th annual Tri for a Cure, Maine’s largest one-day fundraiser, isn’t until July 10, but we already know who will come in last: Meredith Strang Burgess. It’s almost impossible to predict what magic will happen on race day but you can place your bet that this champion cancer fighter crosses the finish line last. Since 2008, Meredith has volunteered herself as the honorary last-place finisher so that each Tri for a Cure participant can ease her mind and never have to think, “I just hope, I’m not last.”

For Meredith, Tri for a Cure represents a community of women who not only support each other physically and emotionally, but through the challenge of cancer. “They’ve done enough up to this point, all the fundraising and all the training. I just want to make sure they have one less thing burdening them on a day we all should be celebrating - from start to finish.”

Meredith Strang Burgess, mother to three fabulous grown men and owner of Burgess Advertising & Marketing, was diagnosed with breast cancer in the Fall of 1999. By the end of that year, she had every single female part of her removed, and a few things replaced, and over the next year had chemo and radiation. Today she continues to be a cancer advocate and mentor to other newly diagnosed breast cancer patients. In the Maine Legislature, she helped create the successful pink ribbon license plate program that directly benefits the Maine Cancer Foundation and the Maine Breast & Cervical Health Program.

THIS IS HER BIG DREAM:

“I can’t help but think of the past, those we’ve lost, and the cancer advancements we’ve made, as I consider my Big Dream. Being part of an event that has impacted so many women and knowing that we are close to raising \$20 million during this time, just makes me so proud as we prepare for year 15. Yet, my Big Dream is that we aren’t doing this for another 15 years. I hope that one day the Tri for a Cure isn’t needed anymore, and Maine Cancer Foundation can close up shop because this terrible disease no longer impacts us all in the ways that it has. It’s been an incredible ride, especially watching all the women finish in front of me. I truly feel like I have the best seat in the house, and none of us will give up until we cross this most important finish line.” ●

WRITTEN BY
THE TRI FOR A CURE TEAM



Creamy Orange Vanilla Smoothie

Reminisce in the flavors of citrus and vanilla, just like the frozen treat you grew up on! This simple-to-make smoothie will satisfy your morning sweet tooth without a lot of added sugar, and keep you full thanks to the protein and better-for-you fats.

SERVES 2

Ingredients:

- 1 1/2 cups Silk® Og Sugar Oatmilk
- 2 Oranges, peeled
- 1 tsp. McCormick® Pure Vanilla Extract
- 1/2 scoop Cabot® Plain Unflavored Whey Protein Powder
- 1 5.3 oz. container Two Good® Vanilla Greek Yogurt
- 1/2 Avocado from Mexico, peeled and pitted
- Ice, if desired

Directions:

1. Add all ingredients to a blender and process until smooth.
2. Add ice to thicken or additional oatmilk, if needed, to reach desired consistency.
3. Pour into two glasses and enjoy.

Source: Recipe adapted from silk.com



Nutritional Information (amount per serving):

Calories 250; Fat 11 g; Saturated Fat 2 g; Cholesterol 15 mg; Sodium 105 mg; Carbohydrate 26 g; Fiber 7 g; Sugar 13 g; Added Sugar 0 g; Protein 14 g

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