

MAINE WOMEN MAGAZINE

MARCH 2022

MAINEWOMENMAGAZINE.COM

MEET

Kat Torina

Mom,
I Found You!
**MAGGIE'S
STORY**

MAYOR
Deqa Dhalac

HOMELESS
to Attorney

Alice Yardley
HANDBAGS

The Maine Holocaust and Human Rights Center



@Capshore

A taste for adventure!

**HIGHNORTH**
MAINE CANNABIS

South Portland
HighNorth
29 Western Ave.

Gardiner
Wellness Connection
31 Maine Ave.

Portland
Wellness Connection
685 Congress St.

Brewer
Wellness Connection
221 Dirigo Dr.

You must be 21 years or older with a valid ID. No medical card needed to purchase recreational cannabis or pure CBD products. Keep product out of the reach of children. License #AMS338.

highnorthmaine.com

STONEWALL HOME

Creators of Specialty Goods



Spruce Things Up

STONEWALLKITCHEN.COM

ORGANICALLY GROWN AND CERTIFIED CLEAN.



the finest flower from the sweetest soil.

RECREATIONAL CANNABIS, 21+.
OPEN DAILY IN PORTLAND AND WATERVILLE.

SWEET DIRT PORTLAND
1207 FOREST AVE.
PORTLAND, ME 04103
207.248.8685

SWEET DIRT WATERVILLE
475 KENNEDY MEMORIAL DR.
WATERVILLE, ME 04901
207.387.0661

PRE-ORDER AT
SHOP.SWEETDIRT.COM

FOR QUESTIONS / CONCERNS CONTACT 207.209.2855 PORTLANDLIASON@SWEETDIRT.COM MJ-002775-2020 | AMS 151

SWEET DIRT™
MAINE, USA.

| FEATURES |



Photo courtesy of Chris Torina

20 HOLOCAUST AND HUMAN RIGHTS CENTER

Teaching knowledge and understanding to all.

30 MAKING MAINE HOME

Kat Torina is grateful to have landed in Maine with her husband and young son.

It's March. Can you believe it? Before you know it, the air will change, the breeze will be warm again. A new beginning. Spring will come and new buds will pop out of the ground. We will be surrounded by the color of nature, bringing us new hope.

I can't express how grateful I am for what these magazines — *Maine Women* and *Maine Seniors* — have brought to me.

It's always the people. Such light shines within each one of you. I have been so privileged to interview folks with such passion and grace. I have always chosen to answer the phone lines here. I never knew who would be calling and what their personal story was, and it turned out to be the greatest of blessings.

Please each one of you — don't forget how your personal story matters. You matter. If you are feeling down, just remember that you are good. The heart within you makes you tick, makes you have the ability to walk down the road, smile at a child, and bring joy. Please make sure you always bring that joy to yourselves as well. Appreciate all you are. Smiling in your own mirror gets a sense of the light within you.

Thank you for all the beautiful letters you have sent to me. You have taken your precious time and energy to let me know how much all the wonderful folks we have featured have moved you.

I am so appreciative of the writers for their stories that have graced these pages.

For now, I am going on my next adventure. Not sure yet what that will be! Maybe reading a good book and enjoying some Irish tea!

I especially wish to honor the folks that have been with me on this journey, including my childhood friend, Jim Kendrick, who graciously gave his time and genius to all of us to create these wonderful magazines for you. Alisha Goslin, an amazing managing editor. She has been a right arm, such a quality editor and a person with amazing caring and compassion. And Christine Dunkle? My word, such talent and such a gift to this world. She has designed and created such visuals for us to enjoy each month in both magazines. And thanks to my past editors — Martha Bustin, for her brilliance — my dear Will Stinson, the talented Abigail Nelson, she was an extraordinary find. To Reade Brower for giving me the opportunity, and mostly all of you.

We will meet again in some story somewhere. Be good to yourselves. Forgive yourselves and remember that God loves you.

Much love, Mary Frances Barstow

P.S. Dear readers and advertisers — I want to thank Mary for her stewardship of *Maine Women Magazine* during this tough period of pandemic. After a short pause, *Maine Women* will be back with a May edition.

We appreciate your continued support,
Reade Brower, Owner



MAINE WOMEN MAGAZINE

EDITOR/PUBLISHER

Mary Frances Barstow
mf@maryfrancesbarstow.com

MANAGING EDITOR

Alisha Goslin

ART DIRECTOR

Christine Dunkle

MARKETING/ADVERTISING

Cyndy Bell
Bob Bird
Robert Cook
Ann Duddy
Laurie Walsh

ADMINISTRATIVE

LeeAnn Gauthier
Tricia Johnson
Marion Burns
Linda Hall-Stone

BUSINESS OFFICE

P.O. Box 1076
Camden, ME 04843-1076
(207) 706-7000

ONLINE

mainewomenmagazine.com
facebook.com/mainewomen
twitter.com/mainewomenmag
instagram.com/mainewomenmagazine

Copyright 2022 by Courier Publications. All rights reserved. No part of this magazine may be reproduced in any written, electronic, recording, or photocopying without written permission of the publisher. The exception would be in the case of brief quotations embodied in the critical articles or reviews and pages where permission is specifically granted by the publisher. Although every precaution has been taken to verify the accuracy of the information contained herein, the author and publisher assume no responsibility for any errors or omissions. No liability is assumed for damages that may result from the use of information contained within.

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.

CONTENT

MORE FEATURES



12

MS. MAYOR

Deqa Dhalac is bringing Mainers together.



18

HOMELESS TO ATTORNEY

Shianne Bowlin refused to let her family circumstances determine her future.



26

IN THE PALM OF YOUR HAND

Experience Maine and The Maker's Galley show us the way life should be.



34

SUMMER CAMPS FOR KIDS

Maine camps are ready, with surging enrollments. Some are already full to capacity.



36

MAGGIE'S STORY

After many years, a mother and daughter are reunited.



39

HANDCRAFTED BAGS

Alice Yardley's creations are perfect for Maine or New York Fashion Week.

IN EVERY ISSUE



10

10 SOLO VOYAGE

Holly Martin's postcard from the Tuamotus.

42 GREAT READS

Downeast Genius
by Earl Smith



44

44 GARDENING

Versatile, Colorful, and Mysterious Begonias

48 LOVE ON A PLATE

Irish Apple Soda Bread
Pudding Pie

50 QUESTIONABLE ADVICE

By L.C. Van Savage

Cover photo courtesy of
Chris Torina

| LETTERS TO THE EDITOR |

I wanted to tell you how wonderful your magazine is. I really enjoyed reading about all the amazing things women in Maine are doing. It was informative and refreshing. In my opinion, and during times like this, we need more publications like yours! Bravo! —*Chris*

I just recently found your magazine and really like reading it. I enjoyed the mosaic piece on Laurie Frazier, and the pictures were great! So full of color and beauty. Nice to look at in the winter in Maine! —*Emily*

I look forward to reading your magazine every month. You cover so many different women and events happening around our state. Thank you. —*Lauren*

MAINE WOMEN TRUST FUND

| CONTRIBUTORS |

Jodi Hersey is a freelance writer from Hermon. She has worked in television, radio and print for more than 15 years. She is a military wife, mother of twins, and a huge fan of vintage cars, especially Ford Mustangs. When she's not writing or deep into a good novel, you will find her and her family participating in a classic car show or cruise in somewhere in Maine.



Sara Lennon is a communications professional. She has created successful strategies for schools, coalitions, campaigns, and non-profits for thirty years. Sara recently joined the Holocaust and Human Rights Center and is honored to be working with an impressive team to build compassionate communities and promote respect for human rights.



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



**PORTLAND VETERINARY
EMERGENCY AND SPECIALTY CARE**

**COMPASSIONATE
CARE & EXPERTISE**
24 HOURS A DAY, 7 DAYS A WEEK

Animal Emergency & Specialty Care
+ Portland Veterinary Specialists
have teamed up to become
**Portland Veterinary Emergency
and Specialty Care**

739 Warren Avenue, Portland PVESC.com 207 878 3121

SeaWeed Co.

QUALITY MAINE CANNABIS



PORTLAND

23 Marginal Way #7
(207) 800-3588

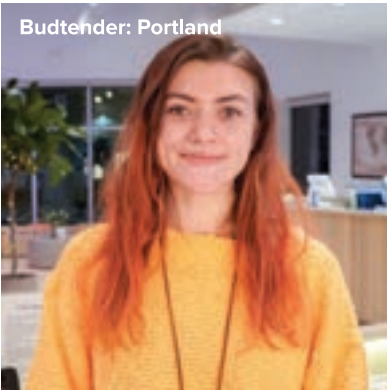
MEET THE MERMAIDS OF SEAWEED CO.

We pride ourselves on educating customers about the right products, the right dosage and the right time for using cannabis to enhance well-being.

SOUTH PORTLAND

185 Running Hill Road
(207) 819-4114

Budtender: Portland



Retail Operations Director



Assistant Manager: South Portland



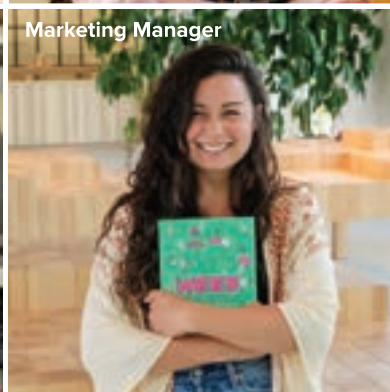
Wholesale Sales Representative



Senior Kitchen Assistant



Marketing Manager



Assistant Manager: South Portland



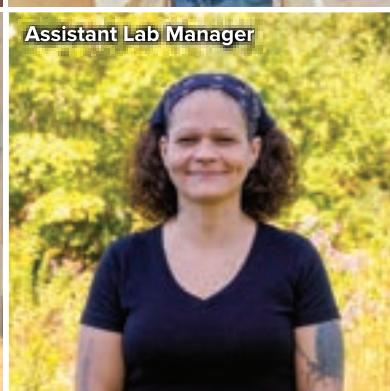
Retail Manager: Portland



Lab Technician



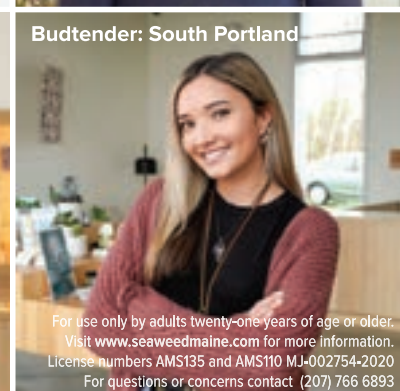
Assistant Lab Manager



Budtender: Portland



Budtender: South Portland



For use only by adults twenty-one years of age or older.
Visit www.seaweedmaine.com for more information.
License numbers AMS135 and AMS110 MJ-002754-2020
For questions or concerns contact (207) 766 6893

POSTCARD FROM HOLLY

BY HOLLY MARTIN

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

THE ONION SCAVENGER HUNT

The remote beauty of sparsely populated atolls comes with one big cost: fresh fruits and vegetables. Usually, the larger atolls have a supply ship every week. The smaller ones see about one supply ship a month. However, there are no shipments for a few weeks around Christmas and New Year's. This in combination with my own schedule means that by the time the first ship of the new year arrived yesterday, I hadn't had a resupply of freshies in two months. There are three stores



in this village; all of them are the size of a small gas station convenience store. Freshies usually only last a few days af-

ter the ship arrives, so yesterday I joined the crowd of sailors and locals eagerly awaiting the arrival of the first vegeta-

bles. Except they never came. It turns out that the store that always has vegetables somehow didn't get their order on that ship. A rumor rapidly spread through the aisles that the bakery down the road might have freshies. We hopped into dinghies, cars, and bikes, and made our way to the bakery. The merry crowd filtered hopefully into the store. There in the back was one tiny cooler. Bruised tomatoes, wilted lettuce, and questionable onions greeted us. It was a cornucopia! Nobody pushed or grabbed. The festival atmosphere reigned as we helped each other and tried not to step on toes. There was enough for everyone as long as we all took just enough for our own needs. Rotten spots could be cut out, damp onions could be dried outside, and limp lettuce was perfect for lunch later that day. A friend stopped by my boat that afternoon and, seeing my flaky onions lined up to dry in the cockpit exclaimed: "ah you stopped by the bakery too. Isn't it nice to have onions again?" Cruising constantly reminds me that everything is relative. An entire island will celebrate soggy onions if they're the first ones we've seen in a month.

A further note on the onions. The last ship to arrive before the Christmas break showed up with no onions aboard. Apparently, there was a shortage in Tahiti. There was a mad dash in the stores for garlic, as it was the closest thing to an onion and people had holiday meals to prepare. This further added to the group excitement when the crate of moldy, freezer-burned onions appeared behind the bakery. As I write this, I'm gazing fondly at the five onions I have swinging gently above me in my food hammock. We don't need expensive things to make us happy. Sometimes all it takes is an onion (or five). •

Switch to an All-In-One Medicare Plan

\$0/LOW MONTHLY PREMIUMS

- ✓ Doctors' Visits
- ✓ Hospital Stays
- ✓ Prescriptions
- ✓ Worldwide Emergencies
- ✓ Eyewear
- ✓ Fitness Reimbursement
- ✓ Comprehensive Dental
- ✓ Over-the-Counter Items
- ✓ And More!



MARTIN'S POINT[®]

MEDICARE ADVANTAGE PLANS

GENERATIONS ADVANTAGE



Carroll Harper
is authorized to sell
Martin's Point
Generations Advantage.

1-800-539-5133

Calling this number will
direct you to a licensed
insurance producer.

For more information on Generations Advantage, you can also call 1-877-553-7054 (TTY:711). We're available 8 am-8 pm, seven days a week from October 1 to March 31; and Monday through Friday the rest of the year. You can also visit MartinsPoint.org/GAPlans. Martin's Point Generations Advantage is a health plan with a Medicare contract offering HMO, HMO-POS, HMO SNP, Local and Regional PPO products. Enrollment in a Martin's Point Generations Advantage plan depends on contract renewal. Martin's Point Health Care complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

Y0044_2020_108_M Accepted: 9/27/19



Spraul's
FURNITURE

20 Rooms of Casual
and Comfortable
Furniture, Mattresses
and Accessories

76 Main St. Newcastle 563-3535 www.spraulsfurniture.net



Deqa Dhalac

Ms. Mayor Bringing Mainers Together

BY MARY FRANCES BARSTOW

Deqa Dhalac is the first Somalian refugee immigrant to become a mayor in the United States. A Black Muslim woman, she left Somalia thirty years ago, fleeing a tragic civil war. She took with her the courage her parents gave her. Her mother would pray with her this message: “My dear daughter. I beg God for you to be the leader of many ethnicities and help those in need with the pride of your father.” She has made this happen. She is respected and loved and has made a difference, not only for her fellow immigrants, but for all the people of South Portland. Deqa carries with her a positive light that never stops burning. She knows there are always solutions, and she never gives up. Speaking with conviction and pride, she says, “So it’s a long journey, but only in this country—only in this amazing country—can you have this kind of opportunity.” She leads with her wonderful mind and kind heart. It was an amazing pleasure to interview someone we are convinced will change this world.

MARY BARSTOW: Good morning, Ms. Mayor.

DEQA DHALAC: How are you?

MARY: How about you? You have become a superstar.

DEQA: Oh, I tell you. It’s too much. I’m like, I’m just a regular person. I can’t do this.

MARY: We are so proud of you.

DEQA: Thank you.

MARY: I know you have a really big heart. Where did you get this?

DEQA: Maybe by meeting people in different walks of life, and just loving each and every person for who they are, and also working for the city of Portland, by meeting people from all over the world. It’s just humbling to hear people’s stories, and it gives you more to respect in people.

MARY: Now, when did you come to the United States?

DEQA: That was 1992.

MARY: You were a refugee, and you came because of a civil war, correct?

DEQA: Yes. I was a displaced person, but I did not stay in a refugee camp. We

were displaced because of the civil war in Somalia in 1990.

MARY: Did your parents come with you?

DEQA: No, I was just by myself.

MARY: How old were you?

DEQA: Roughly, I think I was either 19 or 20, I believe.

MARY: Did you ever get to see your parents again?

DEQA: My dad passed away in 1989, but my mom is still alive.

MARY: I’m so glad she got to see your success. That’s wonderful.

DEQA: Yeah, she’s in Somalia now, but we talk every day.

MARY: Now when you first came, you went to Georgia?

DEQA: Yeah, I lived in Atlanta, Georgia, where my children were born, and then we moved to Maine in 2005 and lived in Lewiston.

MARY: Were you married before you left Somalia?

DEQA: No, I met my husband in Atlanta. We married in Canada and then he petitioned me to come to the United States because he was a US citizen. So that’s how I came to United States.

MARY: How many children do you have?

DEQA: We have three.

MARY: What made you come to Maine?

DEQA: That is an absolutely wonderful question. In Atlanta, it is a very, very busy city, and raising three small children there was not really giving me what I needed in life. We were raised to have more education. My father was all about education, and I wanted to do more with my education.

I wanted to do more, but I couldn’t do that. My uncle moved to Maine in 2004, because there was an influx of Somalis coming to Maine. For me, it was to get more education. So, he said, “Hey, Deqa, if you want to go back to school, if you want to still work, if you want the kids to have a good education, you need to come to Maine!” And I was like, “Maine? Where is that?” He said, “It’s just right! It’s very cold, it has a lot of snow.”

So I came and visited him the end of 2004, and I really liked what I saw in Lewiston. Small town, not a lot of traffic, but you can do a lot.

MARY: Did you ever in your wildest dreams think that you'd move to Maine and then become a mayor?

DEQA: No, no, and no. I was not even thinking of running for office, let alone being the mayor of this beautiful city. And as you know, in general, women—it does not matter what color their skin is—we always hesitate about running for office. We're like, "Hmm, no. I can't do that. That's not me."

We have other things. But it's easy for men to say, "Yeah, yeah, I can do this." So for me, as a woman, number one, and then a woman of color, an immigrant, and also Muslim, I was like, "Oh, I don't even have a chance." So that was not on my radar.

MARY: How did it happen?

DEQA: I have this huge love of human beings. So ever since I came to Maine, I have been building relationships with people, making sure that I am giving back to my community, the broader community, whether I am sitting on different boards, talking to legislatures about certain bills that are affecting community members, or being part of the community.

And a lot of people got to know me, saw who I am, what I do, and they know that if they need me, I will be there for supporting them or helping them. And then in 2016,

candidate Trump came to Maine and said a lot of bad things about the Somalis. Over 3,000 of us, all Americans, all immigrants, all Mainers came and said no to that. And we condemned that. We said, "No. We love our community."

And my good friend, Kathy Lee, reached out and said, "Hey, Deqa, can you entertain to take a training at Emerge Maine?" And I was, "What is that, Kathy?" She said, "It's just this amazing organization that trains Democratic women to run for office." So, I met with Sarah Woodward, and I learned so much, how to knock on doors, how to talk to constituents, how to listen. I have been helping immigrant communities to become U.S. citizens and vote. Those were one of the big things for me, were people in the immigrant community to register to vote. And, that's one of the biggest rights that they have. And I've been doing that for a very long time.

So, I learned more about how the system works in the United States. And then my city councilor who was elected for three years stepped down after he only served one year.

My phone, my emails, everything went wild. People telling me, it's your time. You need to run.

So, I talked to my kids and my oldest was, "I don't know, mom. You just have all of these identities that are clearly negative, negative Muslim, immigrant, black, woman. But my two younger kids said that if I don't do it, who's going to do it?"

MARY: So true.

DEQA: They said, "If you do it, a lot of kids who look like you will know they can do the same thing." And, what really moved me was the fact that many of those relationships I had been building over the years stepped up and they said, "What can we do? We will knock doors with you. We will take the professional pictures for you. We will build your website. We will build your Facebook."

It was overwhelming love. That was really amazing.

MARY: What year did you run?

DEQA: I ran for 2018.

MARY: 2018?

DEQA: Yeah, 2018. That was my first, because it was a special election. My city councilor only served one year. So, we had to fill two years and we won that by landslide, double the numbers.

MARY: Congratulations.

DEQA: And, then I got reelected again, last November.

MARY: And what do you love most about America?

DEQA: What's not to love? This is a country that gives an immigrant person like me the opportunity to become a mayor in this beautiful city. It's a land of opportunity. It's absolutely wonderful. And we work hard as immigrants to be part of our community. So, if we want to build a community, we have to all come together. And I have that example. I am that example. We are ninety percent white city here, and everybody voted. Most people voted for me.

MARY: Isn't that reason for us all to celebrate?

DEQA: They know who I am. And my peers, six white city councilors then said, "We want you to be our next mayor." So what is not to love in this United States?

MARY: Sometimes people who have been here a long time forget how great the opportunities are here. So who is your hero?



Photo courtesy of Facebook/Deqa Dhalac for South Portland City Council

DEQA: I have so many heroes who were world leaders, from Mahatma Gandhi to Mandela to Mother Teresa. We just lost another giant. . . our Bishop Desmond Tutu. But I would say my biggest heroes were my parents. My father was, in his time, someone from Africa, someone from a Muslim country, who was, I think, the biggest feminist I know. He fought for women's rights, for education. And also my mother who is a poet, but cannot read or write in her own language. But she's a poet. They raised me in a way that is love to everybody and respect to everybody.

MARY: As a Muslim, have you had problems with not being accepted?

DEQA: Yeah. Just now, when I became a mayor, we had a hate email, that came through in our email, that was sent to all the councilors, including me, saying that, "Oh, this woman. Do not trust her. She's going to bring Sharia law." And I was, "Come on, now." We have an amazing constitution in this country. I get all of those things all the time, but I do not really waste time on them. I just ignored those things.

MARY: Good for you. You have the ability to look beyond people's—usually—their own sadness. They didn't have the love from parents like you did, obviously, to learn that. Now, where do you see your future? Are you going to run for the senate?

DEQA: Well, if the opportunity comes, why not?

MARY: Why not, indeed.

DEQA: Right now, we have a great state representative and a state senator. But if the opportunity comes, I will entertain it.

MARY: I feel great things for you.

DEQA: Thank you.

MARY: Now, are you a poet like your mom?

DEQA: Oh no. It's said that it skips a generation. It skipped me, but I think my daughter can put things together, some words. But with my mom, she will create some poetry or something and she will say it. It just comes to her naturally.



Photo courtesy of Facebook/Deqa Dhalac for South Portland City Council

MARY: How old are your children now?

DEQA: Oh, my oldest is 28. My second son is 22, and my daughter just turned 21 last week.

MARY: They must be so proud of you.

DEQA: They are really good kids and they are happy.

MARY: In your dreams at night, do you ever have a wish to go further in the political arena?

DEQA: When I first came to the United States, I worked with this amazing couple. The wife was a Democrat and the husband was Republican. They love each other. The family has decent conversations. But when they vote, they vote different. And that is how it should be.

MARY: That's the way it used to be.

DEQA: And I want that back. I want that back. I have been here for a long time, and I've seen that. It's just that we are not communicating. We are not talking to each other.

MARY: What do you think you could do to make that difference?

DEQA: I think I'm doing my part. At least, we have community gatherings. Well, thanks to COVID, now we don't do it. We had Muslim women and non-Muslim women discussions. And this particular woman said, "I thought all Muslims are terrorists. And I'm afraid of Muslims." Then, she just talks with three other Muslim women, they talked, they end up having all kinds of things in common, and they laughed. So, we're doing our part. We're just bringing our



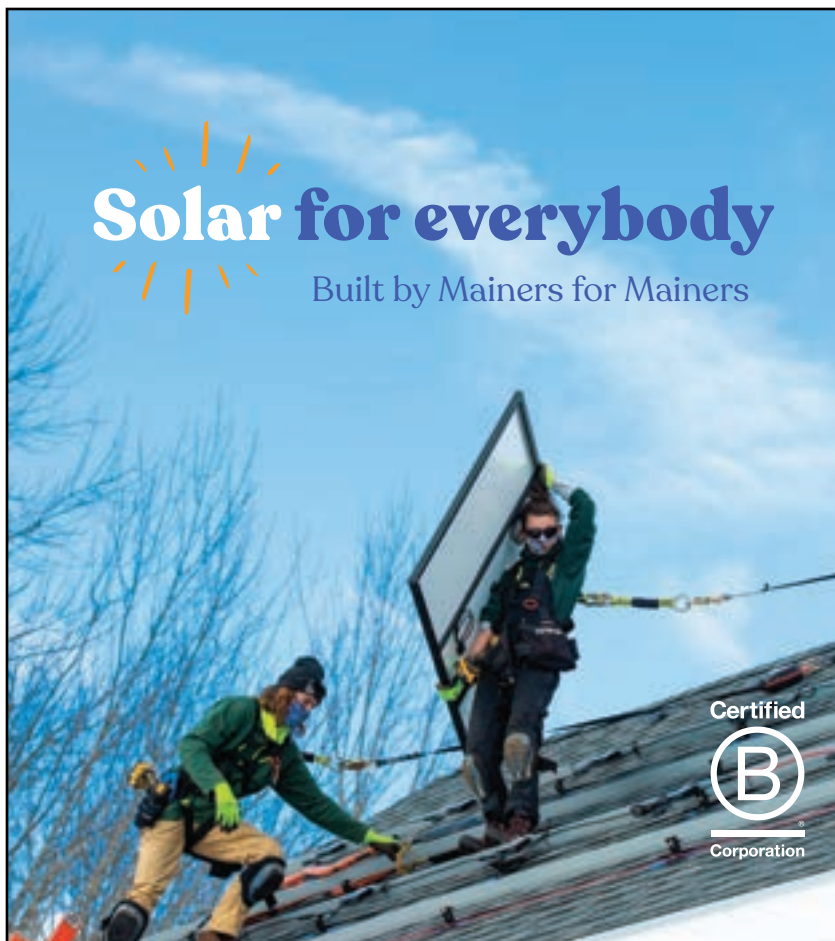
communities together. And I think that's what we need to do. I think Lewiston is doing some good things, too, bringing Lewiston and the French speaking Canadian folks together. There's a lot of good things happening, and I am so, so, so happy that we are in Maine, where we can talk and see that it—our backgrounds, color, gender, or religion—don't matter as much.

MARY: You make Maine really proud. You're a great example. Have you been contacted by any national TV stations? Are they trying to get you on CNN or anything?

DEQA: CNN already interviewed me for their website, or online version. That's the one that came out first. And I did talk to BBC. Anybody who wants to talk, I'm fine with that. I want them to know that in Maine, we might be the whitest state in the country, but we have diversity, and we have respect for one another, and I want to make sure people really understand how we do things in Maine.

MARY: You make us proud. And I am going to watch you close, because I know you're going to change this world.

DEQA: Thank you for saying that. •



**REVISION
ENERGY**

Generate your own power on your home or business, or own community solar & access all the benefits— with no panels on site.

Learn more about our employee-owned solar company at:

ReVisionEnergy.com

LIVE-IN HOME CARE

Maine's Seniors Can Stay In Their Own Homes Thanks To FCP Live-In's Affordable Live-In Home Care!

Maine's seniors can now stay in their homes and live life on their own terms, something FCP Live-In, an in-home care provider, strives to give every senior.

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

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

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

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

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

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

"Micheline has been an answer to a

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

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

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

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

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

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

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

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

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

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

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

HOMELESS TO ATTORNEY

BY JODI HERSEY

Shianne Bowlin is living her dream. The 27-year-old from Portland went from homeless to attorney in five short years all because she refused to let her family circumstances determine her future. Now, she spends her days working for Disability Rights Maine, helping others navigate a better life for themselves and the communities in which they call home.

“It was a long journey,” Shianne says. “I could’ve quit school and got a full-time job and probably got myself out of that [situation], but the only positive thing I had in my life was school. So, I just wanted to keep going.”

Shianne studied at the University of Southern Indiana where she attended classes and dutifully completed her assignments throughout the day. Not having enough money to live in the dorms or afford an apartment of her own, Shianne made the complicated decision to shelter in place. Finding well-lit areas where she could safely park and sleep in her car at night.

“When it was cold or there was a storm, friends would let me stay on their couch or cook me a hot meal,” she remembers.

Not once did Shianne allow homelessness to define her or

become a distraction from the better life and brighter future she so eagerly desired. By the end of 2017, her efforts paid off when she successfully earned a degree in psychology. However, Shianne says she soon discovered there were limitations when it came to the fields of therapy and psychology. Craving to do more for those in society that were overlooked, forgotten, handed a raw deal or were a byproduct of bad choices, Shianne decided to turn her attention toward the law field.

“I learned the best way to give these people a voice was to go into law,” she says.

In 2018, the Indiana native moved to Maine and enrolled in the University of Maine School of Law. She also landed an externship [job shadowing] at Disability Rights Maine, a non-profit whose mission is to ensure autonomy, inclusion, equality, and access for people with disabilities in Maine.

“So, I worked and went to law school, yet I found myself at risk of being homeless again due to my roommate up and leaving,” Shianne recalls in disbelief. “It was a scary time in my life because I had worked so hard to have stability and it was going to be taken away again.”

Through hard work, Shianne avoided repeating history. She stayed focused, investing countless hours on the job and in her studies and in May of 2021 she earned her law degree. In July, she was hired as a full-time mental health attorney for Disability Rights Maine.

“I reached my goals. I actually made it,” Shianne says smiling ear to ear. “And I love being able to help people get the help I wished I had.”

From her Falmouth office, Shianne is able to connect people with services or agencies so they too can reach their own personal goals.

“A big part of my job is connecting people with community mental health resources,” she explains. “So, if someone is struggling with finding a case manager to help them find housing or needs help to go back to school, I can help with that. And that is something that is near and dear to my heart.”

Shianne hopes others won’t let their past or their circumstances ever become a barrier to all the opportunities that are available for those who believe in themselves.

“I hope other people who feel they’re at their lowest part, who feel they don’t have help will just keep pushing through and that they will see that they will overcome that hurdle as well,” Shianne says. “I didn’t go through this with the intention of giving people hope, but I hope it does.” •





Shianne at her swear-in ceremony in October 2021.
Photos courtesy of Shianne Bowlin



Holocaust and Human Rights Center

Teaching Knowledge and Understanding to All

BY SARA LENNON



Gerda Haas with Governor John Mckernan and Governor Joseph Brennan.

PASSION & PURPOSE

Maine Women Magazine tells stories about women motivated by big ideas. Undeterred by obstacles, these women forge ahead. This is what Holocaust and Human Rights Center (HHRC) has done, too. From its determined founder, Gerda Haas, to the impressive people who have carried its purpose forward, the HHRC thrives because of this spirit of unstoppable passion and purpose, thankfully. Because the next generation, who shape the future of our country and world, needs to be challenged, encouraged, and educated. Simply put, an equitable and sustainable world depends on today's students gaining knowledge of the past and learning skills to improve what they have inherited. And they are eager to do just that. People feel the urgent need to protect the environment, create greater equality for all citizens, and build compassionate communities. The HHRC is proud to be involved in that work.

OUR WORK

There are twelve fully developed educational programs offered to schools across the state and free of charge. All of them can be customized to age group, subject and grade level, even reconfigured to align with a particular unit or project. Middle and high schools in Maine have participated in the HHRC programming, some for one session, others for more extensive learning. Adult programs are offered to community groups, senior colleges, universities, and informal gatherings at the Center. In addition, Education Coordinator Erica Nadelhaft is working at a policy level, collaborating with the Maine Department of Education to create online modules on the Holocaust and other genocides. The stunning Michael Klahr Center, home to the Holocaust and Human Rights Center, displays exhibits and hosts events, celebrations, and commemorations. Poised to be a respected voice for tolerance and equality, the staff is often asked to speak about incidents of bigotry or violence.

This year saw the continuation of the Vision 2020 project to commission original art pieces for the Michael Klahr Center highlighting the contributions of Maine's Black and Brown heroes. 2022 will see a Distinguished Lecture Series featuring three prominent scholars who will explore aspects of Jewish history and the Holocaust: Silvia Foti, Anne Knowles, and James Richter. HHRC will benefit from the Violins of Hope visit to Maine next October with an exhibit at the Center and a closing reception featuring a presentation by the project's overseer and a concert by the Portland Symphony Orchestra.

HOLOCAUST AND HUMAN RIGHTS CENTER'S FOUNDING

How did it all begin? With a visionary founder and Holocaust survivor named Gerda Haas. Born in Ansbach, Germany in 1922, Gerda Haas witnessed the brutal murder of her mother and sisters at a Nazi concentration camp in Riga, Latvia, before arriving at the Theresienstadt concentration camp in the Czech Republic in 1943. After the end of World War II and liberation, she was reunited with her father, who had survived and was then living in New York. Once in the United States, Gerda met and married Dr. Rudolph Haas and later moved to Maine, where they had four children. She graduated from Bates College in 1971 and worked as a librarian there for many years. It was during a summer seminar held on the Bates campus in 1984 that Gerda and others established a task force that would engender the founding of the HHRC. As the leader of the group, Gerda had started to organize other survivors and allies to speak out and realized, to her horror, that many Maine schools were not even teaching about the Holocaust. So, on a day in April 1985, after attending a tea hosted by Governor Brennan at the Blaine House to commemorate Yom HaShoah, Gerda and her colleagues walked down the hallway to the Secretary of State's office and filed papers to officially launch the Holocaust and Human Rights Center of Maine. Thirty-six years later, Gerda's dream of peace through knowledge and remembrance is stronger than ever.

In October 2005, the HHRC broke ground on its permanent home, the Michael Klahr Center, a Maine architectural highlight designed by Harold Hon and Son Wooten and situated on the UMA campus in Augusta. Naming donor, Phyllis Jalbert, another powerful woman connected to the HHRC, spoke at the public opening about her late husband Michael Klahr and his lasting legacy. The doors opened to the public in May 2008, into a soaring entrance and interactive mixed-media installation called Michael's Story, greeting the visitor with vivid murals, archival photographs, an original film, and numerous artifacts. The immersive experience brings to life the story of a hidden child of the Holocaust whose legacy continues in the splendid Center that bears his name.

EXECUTIVE DIRECTOR

The woman who orchestrates all of this is Executive Director Tam Thanh Huynh, the first BIPOC leader of the organization, former participant in HHRC's educational programming through the Diversity of Leadership Institute, and the youngest board member in organization's history. Tam's equanimity, patience, and devotion to the cause is evident in all she says and does. She is quick to compliment, give credit to others, and often pauses during meetings to smile at the ideas pouring out. This is an executive director who delegates freely and with confidence, offers guidance when asked, sprinkles gratitude liberally, and has that rare ability to focus on future ambitions while remaining com-



Executive Director Tam Thanh Huynh.

pletely engaged in the day-to-day work. Her long days may include meeting with board members to map out a five-year strategic plan, reaching out to thank some donors (who often respond by thanking her back), checking in with partners or affiliated organizations, answering staff questions, and heading up to the Center in Augusta to be in the epicenter of it all. She is deliberate in her choice of words: favorite phrases include “I’d like to be very thoughtful about this” or “What do you think about that?”

Tam grew up in Winthrop, a small community in central Maine where her family of Polish and Vietnamese descent had deep roots in the community. When her parents enrolled Tam in a school in South China, Maine, a teacher recognized her curiosity and intellect, introduced new approaches to learning to her, and gave her the time and encouragement that nurtured her confidence and growth. Within two months, Tam accelerated ahead a full grade and was entered into the gifted and talented program. Her aptitude with languages and obvious intelligence earned her a place in the Diversity of Leadership Institute, a program that brought together high school student leaders of diverse perspectives, thought, and ethnic and racial backgrounds statewide to combat biases and address prejudicial attitudes in high schools. Tam was the first person in her family to attend college, earning a B.A. in international affairs from the University of Maine and an M.S. in management and organizational development from the SIT Institute, a school she chose deliberately instead of a more conventional business school. From there Tam launched her career, focusing on bringing people together, including work as a consultant, creator of humanitarian programs, mediator to bring groups together, and college administrator working with international and students of color at Colby College. In 2017, twenty years after her introduction to HHRC, she returned to the board for a second time and then accepted the invitation to become the next Executive Director. Her institutional history and both professional and personal experiences make her uniquely qualified.

EDUCATION COORDINATOR

Central to the organization’s mission is education. At the helm is Education Coordinator Erica Nadelhaft, who has found her dream job at HHRC. “Every day I get to do the work that I feel so passionately about. I grew up in a tradition where one is obligated to try to make a piece of the world better. But obligated is the wrong word because this work is a privilege and a joy. It’s difficult, it’s emotionally and physically draining, and I often spend many more hours on it than I should. But this work is not a burden—it’s an extension of who I am. I think all of us who work at the HHRC feel the same way. We do this work because we can’t not do it.”

What exactly is this work? It’s teaching people of all ages how to live with a universal respect for human rights by helping them understand the consequences of prejudice and stereotyping. It’s helping communities become closer and more compassionate by inviting their members to explore biases, to think about the way words can divide and threaten—or heal and unite. One might

imagine an expert in human being’s capacity for evil would be stymied by despair. But not Erica. This teacher is quick to smile and laugh, brimming with optimism, eager to discuss any and all subjects from a wellspring of confidence that to investigate and understand history offers the courage to make the present world a more just and peaceful place. As she says, “Education and using the lessons of the Holocaust and other events encourages individuals and communities to reflect and act upon their moral responsibilities to confront prejudice, intolerance, and discrimination.”

Erica credits her parents for igniting a passion for scholarship, adventure, and human rights. As a young child they visited Washington, D.C. and San Francisco for peace marches, socialized with other academics, traveled in a camper van, even got to see concerts of the early folk singers and activists, including Pete Seeger in Friendship, Maine. Her family moved from New York City to Bangor when she was four years old for her father to teach history at UMaine Bangor and her mother at the community college and then run the honors program at the university. They returned often to Manhattan to see family, visit museums, soak up the people and culture of a big city. During summers, they lived in Cambridge, England, where she attended primary school and traveled across the United Kingdom, delighting in the ancient castles, churches, and museums. Scotland beckoned, so at age 13, her parents took a sabbatical and they settled in Edinburgh, where she attended and loved the local high school. On holidays they crisscrossed the United Kingdom because her family loved to travel.



Education Coordinator Erica Nadelhaft.



...Family owned and operated
...Fiercely independent
...130 Years of combined experience



Call us to start a conversation...
207 • 873 • 2200
www.goldenpondwealth.com

Securities offered through LPL Financial, Member FINRA/SIPC



A financial future to count on.

For personalized options and the lowest fees guaranteed, people like you choose PeoplesChoice.

Saco | Biddeford | Sanford | Wells | Windham
peopleschoicecreditunion.com



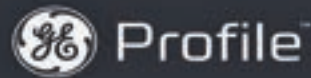


**Full service
with a wide array
of cabinetry and
countertops.**

**Free estimates
and design services.**



670 Main Street (Rte 1) • Saco • 207.283.1811 • heartwood.biz • Mon-Fri 9-5 • Sat 9-2



This is smarter innovation.™

**THE
INNOVATION
REBATE**

GET UP TO \$2,000*
BACK ON SELECT SMARTER
INNOVATION APPLIANCE PACKAGES.

OFFER VALID JANUARY 1, 2022 THRU JUNE 30, 2022



L.P. APPLIANCE SALES & SERVICE
54 Bridgton Rd., Route 302, Westbrook
(207) 797-3621 • (800) 797-3621
www.lpapplianceme.com

Store Hours:
Mon-Fri 9am-5pm
Sat 9am-2pm

By college, she had the interest and confidence to do it on her own. So, she returned to Edinburgh for her junior year and then backpacked through Europe on a Eurail pass, staying in youth hostels and soaking in the art, architecture, cultures, languages and people of each place. Settling in Israel, Erica lived on a Kibbutz for a year, studied Hebrew until she was fluent, and then earned M.A. Magna Cum Laude from the Institute of Contemporary Jewry at the Hebrew University of Jerusalem. She was there in turbulent times: during the first Intifada, as terrorism was on the rise, and left just days before the first Iraq War began.

To say Erica is qualified for this work is an understatement. She reads four languages: Hebrew, Yiddish, Polish and German. She earned a B.A. Magna Cum Laude from Brandeis University; an M.A. Magna Cum Laude from the Institute of Contemporary Jewry at the Hebrew University of Jerusalem; and an A.B.D. from the Department of Near Eastern and Judaic Studies at Brandeis. She studied Polish at the University of Warsaw, Yiddish at Oxford University, and history at the University of Edinburgh. Professionally, Erica has taught a breathtaking variety of courses in history, Hebrew, Judaism, Genocides, Antisemitism, World Civilizations, and the Middle East. No surprise she has received eleven fellowships and scholarships for further study.

EDUCATOR

Educator Piper Dumont exudes energy and joy. Her rapid-fire speech is punctuated with exclamations and questions, musings, and wide-eyed enthusiasm. She gesticulates a lot; every topic generates an outpouring of possibilities and plans. She describes her early years, “As a queer kid growing up in a rural community, my transformation came through education. Insightful and talented teachers expanded my sense of myself and the world. I became the first in my family to attend college, which further solidified my commitment to education’s vital role in promoting the dignity of all human beings and our collective responsibility to each other.” So, in 2019, when an Educator position opened, she applied and was hired. Since then, Piper has taught classes to students of all ages, facilitated projects and programs in schools to help students understand the damaging impact of prejudice and healing results of acceptance and encouragement.

Piper has worked in a wide array of communities and developed a multifaceted set of skills. She holds a core commitment to the vital role education plays in collectively examining the roots and consequences of prejudice and discrimination—as well as our enormous capacity for compassion and moral action. This has driven her academic pursuits—from her time as a student in the teacher certification program at College of the Atlantic focusing on human rights education to a Peace Education master’s program at Columbia University’s Teachers College. Her doctoral work brought together Cultural Studies’ critical cultural analysis with the broader view of education at the heart of Family



Educator Piper Dumont.

and Community Education. While teaching social studies and English at the Community School, Piper designed and taught U.S. history courses focusing on the immigrant experience, the history of groups excluded from civil rights protections, and teaching slavery only using the narratives from people who were formerly enslaved.

In addition to teaching and developing programs, Piper recently created an anti-bias toolkit that helps schools explore and address bias in their communities to create more welcoming, respectful, and safe places to learn and grow.

MISSION & VISION

“The mission of the Holocaust and Human Rights Center of Maine is to promote universal respect for human rights through outreach and education. Using the lessons of the Holocaust and other events, past and present, we encourage individuals and communities to reflect and act upon their moral responsibilities to confront prejudice, intolerance and discrimination.” The work to achieve this aspirational mission is broad reaching, varied and impressive. Fueled by the talents and passions of some powerful women, the HHRC is spreading knowledge, improving schools, creating community, celebrating survivors, and opening opportunities for people of all ages, races, religions, and backgrounds. Because when everyone is their truest selves, we all shine. Please get in touch — we would be delighted to offer one of our educational programs to you.

For more information, please visit hhrcmaine.org. •

The **WAY** **LIFE** **SHOULD** **BE** in the Palm of Your Hand

Experience Maine and The Maker's Galley are the key to making your Maine experience great.

BY MARY FRANCES BARSTOW

Maine, the way life should be, right? This beautiful state, no matter the season, has so much to offer to both travelers passing through and the natives seeking to make some memories. The abundance of activities and sights can be overwhelming, especially for those who are not native to these rocky coasts and sloping mountains. How are you supposed to do, or even know, all that this state has to offer? This idea, seeking to make Maine's treasures accessible, is how Experience Maine was created.

After twenty years working in the marketing and experiential planning world for restaurants and large corporations such as Time Warner and WEX, among others, Rachel Sagiroglu was ready to begin a business of her own. "I was getting a massage in one of the treehouses at Hidden Pond, and I'm sitting there going, 'Oh my God, Maine has so many crazy, cool experiences.' And so I'm getting my massage and I'm like, 'Experience Maine. That's the name of



Executive chef
Arianna Stefanilo
and owner
Rachel Sagiroglu.



LOBSTER LETTUCE WRAP

with Lemon Parsley Aioli

Any time of year is a good time for lobster! Here is The Maker's Galley's recipe by Executive Chef Arianna Stefanilo.

INGREDIENTS

For the Lobster Filling

Makes 25-30 lettuce wraps

- 12 oz lobster meat, approx. two 1 lb lobsters
- 1 bunch of asparagus
- 2 cups butternut squash, medium diced
- 1 cup cucumber, medium diced
- 1 cup red onion, medium diced
- 1 cup celery, small diced
- 2 ears of corn, or 1 cup sweet can corn
- 3 tablespoon vegetable oil
- 3 packages of bib lettuce

For the Lemon Parsley Aioli

Makes 1 cup

- 1 egg yolk
- 2 cooked garlic cloves
- 1 tablespoon white vinegar
- 1 tablespoon Dijon mustard
- 1 cup vegetable oil
- Pinch of salt
- 2 tablespoons parsley chopped
- 1 lemon, for juice and zesting

INSTRUCTIONS

• To make the aioli, blend egg, vinegar, garlic and mustard in a food processor on high speed. Slowly add your oil, a few drops at a time to start to create an emulsification. This process should take 5-7 minutes. Once the aioli starts to thicken, add the rest of the oil. Add parsley, the zest of half the lemon and 2 teaspoons of lemon juice. Season aioli as desired with salt and pepper. Set aside.

- Cut lobster into small pieces and set in refrigerator to keep cool.
- Cut the asparagus into pea size pieces and sauté in 1 tablespoon oil until tender. Season with salt and pepper and set aside to cool. Repeat this step with the butternut squash.
- Dice the cucumber, celery, red onion into their appropriate sizes.
- Cut the raw corn off the cob and sauté in a pan with 1 tablespoon of oil until tender, add salt and pepper and set aside to cool.
- Once everything is cool, mix in a bowl. Season salad with one heaping tablespoon of aioli, add more as desired.
- Pick the lettuce from the root and clean as needed. Set lettuce on plate so it forms a cup. Spoon filling into the center. Garnish with lemon.

my business,” she said. She bought the domain that night and the following year, in August of 2019, Experience Maine officially launched as a travel planning, concierge, and a corporate social event planning company. Experience Maine creates custom Maine experiences for tourists, families, and company retreats down to the smallest detail of rental cars, food excursions, hotels, and exciting activities. In addition, they work with vacation rental companies in the state to assist in planning vacations for their residents. “That could be planning lobster bakes or renting boats or kayaks to get a whole 26 multi-generational family on a lobster cruise,” said Rachel.

2020 was going to be their banner year, but then COVID hit. Quickly shifting gears, Rachel and a long time colleague created Experience Maine Made, where they sold custom gift boxes full of Maine products. “We started basically sending Maine to people who couldn’t come here because of COVID. We donated 20% of sales to the Maine Tourism fund that was helping support workers in the hospitality and tourism industry. And so it just kept myself relevant, I knew that I had to do something or I was going to lose my momentum and probably not exist after COVID, being a travel and events company,” she said.

The name of Experience Maine spread and 2021 proved to be a successful year. So much so that Rachel even had to turn people away because they were so booked. “I will be absolutely staffed up and ready to go for the next season because I think it’s going to be just as crazy,” Rachel said. To add to the excitement, Rachel is adding another business to her resume. What if there was one place where you could experience little pieces of Maine all at once? “I think Maine’s ethos, the community, is really big on supporting other Mainers and Maine makers and artisans and so forth. And so my thought was, well, why not just provide a place for tourists and locals that can come in and experience Maine?” said Rachel.

Using her knowledge from the experiential business realm, Rachel opened



the Maker's Galley, an experiential retail shop and restaurant in Portland, open Tuesday through Sunday. Experiential retail is becoming more and more popular in Europe as high retailers are hosting engaging events to get people away from online shopping and actually come into the shops. Finding inspiration in this style, The Maker's Galley is an inviting place where locals and tourists can experience the five senses of Maine.

Everything sold in the store is made or sourced by a Maine company, artist, author, or farm, from books to locally grown groceries. There's an inviting children's section and a comfortable couch area where people are able to sit down and hang out and have a glass of wine, in addition to three large tables

and two high tops. There is also a Food Network open-style kitchen countertop available for seating where people can watch executive chef Arianna Stefanilo prepare her distinctive Maine influenced menu. Arianna grew up on Chebeague Island in Casco bay, heavily influenced by her Irish and Italian family. From a young age she was baking alongside her Grandmother and cooking with her Sicilian relatives. She received her hospitality management and culinary degree from Southern Maine Community College where she had the opportunity to travel to Austria and study under three different chefs.

After a chance meeting, Rachel and Arianna have worked together to create a unique eating experience for their



customers starting in the morning. At the beginning of the day, they offer coffee, pastries, and to-go breakfast sandwiches along with baguettes made from Arianna's perfected sourdough recipe. "We're making fresh bagels and fresh muffins every morning too. And then when we switch over for lunch and dinner service, we'll take those pastries away and flip over to that menu," Arianna said. "We mostly do prep in the morning and have things prepared, ready to be plated when people order them. So, there's a lot of seamless efficiency there. Plating is within four minutes."

Staying true to their experiential roots, The Maker's Galley will be hosting an all day Meet the Makers event and a Meet the Authors event once a month. People will be able to come in that day, shop, meet the author and get a book signed, or meet the maker and learn more about what they are creating. In the evening, there will be a cocktail reception with light bites and hors d'oeuvres honor of that maker or that artist. On top of that, they plan to host different culinary events each week.



So far the feedback from the community has been positive. “Our first day went extremely well. People responded very well. They absolutely loved the food. They’re very interested in the whole concept of the establishment itself. I think people, once the word does get out of what the space is, I think we’re going to be a very popular business,” Arianna said. With Portland’s growing food and hospitality scene, the Maker’s Galley is a special addition to the cobblestone streets. “We’re right next to where the boats come in on the ferry terminal there. And somebody said, ‘Your space is the first place that people see when they get off the boat and come to Maine and the last place that they see when they get on. So, thank you because it’s a great representation of Maine and all things Maine,’” Rachel said.

On their opening day, people also asked if they planned on extending this idea up the coast to other tourist towns such as Camden and Bar Harbor. “Right now if I said yes, my husband and my daughter might kill me, but I foresee, if this concept is successful, I’d have no problem with opening something in some other towns in Maine so that they can have the same opportunity to have this experience,” Rachel said. •



ATTENTION MEDICARE BENEFICIARIES!

Does Medicare have you frustrated and confused?

How and when to sign up for Medicare? Still working beyond age 65 and covered by a group plan, and not sure when to sign up? Not sure of your Medicare benefits? Turning age 65 and don't know where to turn? Then turn to us!

Since 1975, thousands of Maine Medicare beneficiaries have turned to us for guidance with their Medicare options. Medicare continues to be confusing for most and we understand your frustration. Our entire staff, as well as our state-wide professional producers offer a depth of knowledge and experience unlike no other.

From our one-on-one personal guidance and claim assistance, to our advocacy on your behalf at the legislative level, we have become the trusted name in navigating your Medicare options.

**At Carroll Harper & Associates Inc.
you are never alone!**

We are authorized to offer Martin's Point Generations Advantage Medicare Health Plans!



**Call us today and
Experience
Our Experience!**

**Celebrating our
45th Anniversary**



Carroll Harper & Associates, Inc.
396 Main Street
Southwest Harbor, Me 04679

**Call 1.800.539.5133
or 1.207.244.5133
www.harperltc.com**

Carroll Harper and Associates Inc. are licensed insurance producers and not affiliated with the Federal Medicare program. (This ad is for the solicitation of insurance. A Licensed Insurance Producer will be assigned to answer your questions and to make an appointment).



Photo courtesy of Chris Torina

Kat Torina Makes Maine Home

BY MARY FRANCES BARSTOW

Kat Torina says she loves everything Maine offers her and her family. Our unique helpful people, the vast outdoor areas, and low population is so appealing, especially during the pandemic. Jetting frequently from coast to coast for her fascinating work, she is grateful to land back here in Maine, where her mother's ties have lured her.

Some of us were given the gift of being born in Vacationland. She wasn't raised here, but knew she was home when she arrived from Los Angeles with her husband and young son.

Kat thinks that Maine is the perfect backdrop for her family's life.

MARY BARSTOW: Tell me about yourself. You're originally from Boston?

KAT TORINA: I'm originally from downtown Boston, but my mom was raised in Cumberland Foreside. So, I have a lot of roots in Maine, but it's exciting that we now live here because being raised in Boston and then living for twenty years in Los Angeles, we were looking for a new place. Portland was really interesting to us and having a really good public school system was important. We're really, really happy that we found Yarmouth. We just love it here.

MARY: You worked with *American Idol*?

KAT: Yes, *American Idol*. That came full circle. I went to Boston University, and I had already been working in TV because during my senior year of high school my dad encouraged me to sign up for a job at Cable Vision. I started off by having a teenage talk show, a live call-in show run by an educational programming executive, and it was meant to encourage kids in high school to call and talk about educational issues like SATs. This was in the '90s, so you certainly weren't talking about things you would today.

I dipped my toe in television and I worked for them all four years of college. I ended up doing a lot of camera work for them and I actually got an Emmy — a New England Chapter Emmy — for a piece that we did on the Alvin Ailey Dance Club in New York. I was technically a film student, and I had an amazing internship opportunity with Kodak, the film company, and they brought aspiring filmmakers to the Cannes Film Festival. And that was an eye opener for me to understand the marketplace and the business behind films, not so

much the creative side of it. And that's when I was inspired to move to Los Angeles.

As time went on, I got a job at a company that started a poker tour, and they didn't know what they were doing. I knew poker through my mom playing petty poker with friends, but I'd never even been to a casino. I started running the actual tour around the world and I managed all the events. And then after a few years I got a little tired of traveling. I literally spent my twenties in a suitcase accruing miles and had some really great experiences and decided I didn't want to be in the poker world anymore.

I met my husband Chris and he had just started his company. I eventually left that company and started working at Fremantle, a global production company best known for *Idol*, and *Got Talent*, and *X Factor*. This is my ninth year there and I ran the revenue partnerships division, which is just sort of a fancy way of saying that we licensed shows. You see it on Apple TV or Netflix. So, I'm tasked to work on whether it's finding those Coke cups for the judges' desk on *American Idol*, or most recently I launched a stage show in Las Vegas on the strip. They had looked to license the *America's Got Talent* brand and to bring-in former contestants from the show to create a really exciting big show.

MARY: That's fascinating, Kat.

KAT: It was probably one of the harder things that I've done just because I didn't know stage shows. I only knew television and it's a different beast. We just launched that this November and that was really also hard to do in the middle of a pandemic.

Maine is very inspiring because I feel like the Maine work ethic is just you pick yourself up and figure out what you need to do.

MARY: We're all trying hard in this difficult time.

KAT: Through the first few months of *American Idol*, I called up Apple and asked them to partner with us and send us a lot of iPhones and we never went dark. We immediately came up with some cool technology to connect our contestants at home with what we were doing and filmed the entire show remotely, which took about twenty hours a day, seven days a week for the last ten weeks of production. It was really hard.

MARY: That must have been an unbelievable challenge.

KAT: Truly the hardest thing to pull off. It was so nice to have that show come to an end and there was a little bit more flexibility in the Los Angeles area to film *America's Got Talent*, which was the in the summer of 2020. We had learned a lot of lessons from *Idol*, and we were able to carry them into *Got Talent*, so we never went dark on that show either. Our company, by the way, is run by all women and they're all really successful family women who believe in success at home translates to success at work.

They are very in tune with their employees, making sure that we have that quality of life. I approached our HR and asked for permission to move, and they said yes instantly. So, we're here and super excited. And that's my story in a nutshell.

MARY: That's wonderful. So, tell me about how your husband. Did he have a business in LA as well?

KAT: We sold the company that he originally started. And then he had a lot of other consulting projects lined up, but they immediately shut down when COVID hit and so did (our son) Carter's school, and Carter's School never reopened. So, I feel really fortunate that we were able to divide and conquer and Chris really spent all the time with Carter while I worked seven days a week.

MARY: What's your schedule now? How often do you have to travel?

KAT: I oversee a team of people and most of us have actually left the LA area. What we did to promise our employer that we really are still here banded together is we're going to once a quarter go back to Los Angeles and have a two or three day in-person, but I fly to sets all the time. When I was launching the show in Las Vegas I spent a conservable amount of time there in October and November. And we moved here the first week of August and I have already gone back to LA two or three times.

MARY: I really applaud what you have done. What shows are you currently working on now?

KAT: I oversee all of our projects — *America's Got Talent*, *Family Feud* and *Price Is Right*, *Let's Make a Deal*. And then more recently *Supermarket Sweep*, a big project that over the last few years translates our television shows into stage experiences on cruise ships. We were working with the Carnival Corporation right before COVID hit to bring *Family Feud* to their largest ship. It literally was supposed to launch in March of 2020. You can imagine that never happened, but then in August they called us saying, we're ready to, the CDC is allowing us to get out there. So, we hustled to get that out there.

But what I'm excited to share is that we just signed on with Norwegian Cruise Lines five game shows as part of a game show experience in their largest ship that's going to be launched this upcoming summer.

MARY: I can sense you have incredible vision. Good for you!

KAT: It's fun. I mean, the projects we work on are super fun and you always learn something. There's also a part of me that secretly wants to take a long nap and just rest for a little bit. And Maine is very inspiring because I feel like the Maine work ethic is just you pick yourself up and figure out what you need to do. I'm excited to see what this new chapter is for us as a family and for me as a working mom.

MARY: Do you want more children or, I don't know how you're going to have time for that?

KAT: My husband would really love to have another kid and I just turned forty-two this past weekend. So, I'm not totally excited about hitting the reset button all over again, but I'm quite happy with our son. He is a vibrant, smart little whippersnapper and I'm so happy with being his mom.

MARY: Has your husband had some crazy jobs too?

KAT: Oh, my gosh. My husband's story is fascinating. He was an undercover narcotics detective in Florida for ten years and he also trained the SWAT teams down there. He left that job to start his own poker company, so he is an entrepreneur way more than I am. I also had some interesting failures in my twenties and thirties with startups, one of which was actually a formal bankruptcy, which was very humbling.

MARY: I hear you.

KAT: And so, he just jumps right into this, and I sit back, and I say I'm glad to have the steady job with the health insurance and you can go off and take some wild risks. This year he started a real estate investment fund project with a friend, so he has great exciting projects coming up that he's working on and it's nice to see him back at it because he was truly Carter's caretaker for two and a half years. And my mom? She retired but she's busier than she was when she was working. I mean, it's exciting to see that energy. I think it's a New England thing.



Photo courtesy of Chris Torina

MARY: Coming from New England, then going to Los Angeles and coming back to Maine, have you noticed anything about the area or the people that have made you just glow inside? What is it about Maine?

KAT: When we really circled Maine on the map for us to really look at, I didn't want to move out to Boston. And at first, I was a bit cautious about the lack of major cities in Maine, but Portland was just so sweet, and has come a long way in the twenty years that I've not been in New England. With Maine it felt like it had this incredible amount of energy complimented with peace and a sort of outdoors ener-

gy. It was really lovely to find that Maine offered so many great communities and the public schools here are just so good. But my biggest thing was that I knew Maine as a kid and what I'm blown away by everyone here is how kind and welcoming everyone is. And so that has been I think my biggest eye opener. Everyone is so happy to help, and happy to share.

MARY: It's an amazing place and I am so glad you made it your home. Maine is lucky to have you.

KAT: Thank you. •



Summer Camps for Kids are Filling Up Fast

BY KRISTINE MILLARD

With the pandemic over the past couple of years, experts say kids have never needed summer camp more than they do this year. Maine camps are ready, with surging enrollments. Some are already full to capacity.

From isolation to remote learning to distancing and pandemic protocols, youngsters have endured a myriad of challenges since the COVID-19 pandemic began. Add to that an increasing reliance on technology and immersion in social media, both children and their parents are looking to the summer camp experience for a much-needed change in landscape and return to the basics.

As a result, camps are filling up fast, and many day camps are already at maximum enrollment. According to Ron Hall, executive director of Maine Summer Camps, a Portland-based nonprofit representing more than 150 member camps, many southern Maine day camps have closed registrations. Camp Ketcha, a day camp in Scarborough, was full in ten minutes, he says. Many parents are distressed, Hall said.

Day camps are in higher demand than ever because more and more parents are returning to their offices to work and need summer childcare, Hall said. But he adds that families also are “really very concerned about [children’s] lack of social and emotional growth during the pandemic.” This is driving high enrollments not only at day camps but also at Maine’s scores of residential camps.

Catriona Logan Sangster, who with her husband, Andy, owns and directs girls’ residential Camp Wawenock in Raymond, says enrollment at the single session, seven-week camp is nearly full. Parents’ bandwidth for creating summer experiences at home – or “patching together day camps” is strained, she said. “And they want to get their kids off technology,” she said.

“I do think, especially for girls, social media has really become embedded in their life in a way that’s not healthy,” she said. “It is really important for young people to be reminded of how to interact in a real authentic relationship, in person, with others, for an extended period of time.”



The DaVinci Experience

Science & Arts daycamps for girls & boys ages 4-15

THE DAVINCI EXPERIENCE

REGISTRATION IS OPEN!

FOUR LOCATIONS!

Falmouth

Cousins Island

Freeport

Westbrook

Counselor-In-Training Program

Experienced Teachers

Half-day, Full-day & Extended day

207.541.9171

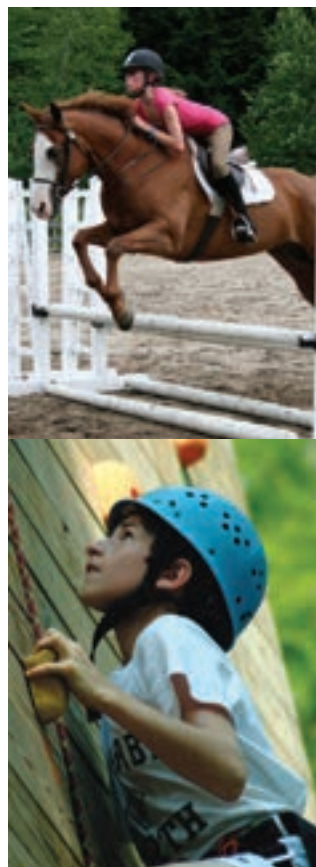
WWW.DAVINCIEXPERIENCE.COM

Camps foster those relationships, Sangster said, where children can “learn and practice the hard stuff, like having conversations about when you don’t see eye-to-eye or learning and trying new things.”

Hall said camps will certainly need to implement COVID-19 protocols, similar to last summer, and many camps will likely require vaccination, he said. But those requirements are not feasible for all camp populations, he said, so mandates will not be universal.

“Camps know this summer will be different,” he said, “and they also know they’ve been able to adapt over the past year or two to operate and operate safely.”

Parents should act quickly to seek and secure camp placements for their children, Hall said. Maine Summer Camps’ website (mainecamps.org) includes a “Find-A-Camp” tool that families can utilize. In addition, the organization will host a camp fair on March 27 at East End Community School in Portland. Information about this is also available at www.mainecamps.org.



Camp Nashoba North

Fresh Air and Fun!

Traditional Sleepaway • Boys & Girls 7-16
Raymond, Maine

Experience all Nashoba North and Crescent Lake have to offer.

Sailing • Paddleboarding • Waterskiing • Wakeboarding
 Soccer • Basketball • Baseball • Tennis • Pottery
 Woodworking • Drama • Dance • Guitar • Drums
 Photography • Animal Care • Rock Climbing
 Hiking • Archery • Kayaking • Golf • S.T.E.A.M.
 Horseback Riding • Community Service
 and more! • 1:3 Ratio



www.CampNashoba.com

www.NashobaGatherings.com • Rentals



MAGGIE'S STORY

After many years, a mother and daughter are reunited.

BY MARY FRANCES BARSTOW

When I started spending winters in Florida, I remembered hearing that my new neighbors were from Vermont. I am a snowbird as well, enjoying the summer in my New Hampshire lake home, which is very close to the Vermont border. So, when I heard that Maggie and Ron were from Vermont, I thought to myself, "Isn't that such a grand coincidence!"

Shortly after I arrived, Maggie and Ron came over and welcomed me as their new neighbor. We spoke of how funny it was that we lived only 35 miles apart in New England.

The next morning Maggie stopped by again. She looked

at me and said, "We share a couple of other things that are coincidences, in addition to living close to each other in New England."

She said to me, "My name is Mary Frances, just like yours."

I asked, "How did you get Maggie out of Mary Frances?"

"Oh," she replied. "I just always wanted to be called Maggie, so in my early twenties I changed my name — much to the chagrin of my parents."

"Why Maggie?" I asked. She said she did not know.

"I just wanted that to be my name. That was all."

The second coincidence was that Maggie had been adopted as a baby. And personally, being so interested in this subject, I asked Maggie if she had ever found her biological Mom.

She explained that she never did this because she had such a lovely caring relationship with her parents, who have now both passed. She didn't want to hurt them, she said.

"And," Maggie said, "I didn't really think I could find out anything." But she was always curious, she told me. She wondered where she was originally from and if she had any siblings out in the world.

I told her I could help, or at least try. She was excited to hear that we could easily get what's called "non-identifying information" about her adoption.

Basically, I could discover where her parents were from, her nationality, and what they did for work. This first step, however, would not reveal names or current locations.

We sent away for this information, and after it arrived, I went to work doing my thing.

I don't have the answers as to how I find names, but I do. There's nothing logical or scientific about it. I always have believed that it's a "God thing."

After many hours of computer-searching and phone calls, I found a name I thought might be a possibility. I had shared with Maggie that her biological mom would be in her 90s, and like her adoptive parents, had probably passed away. But I suggested that we might be able to locate siblings, if there were any.

I was able to confirm that Maggie was born in New York City. What was puzzling, though, was the fact that she had been adopted in the state of Michigan. I continued to search after receiving the non-identifying information.

It became so difficult. At one point, I feared that it was becoming impossible.

The summer came quickly. Maggie went back to Vermont. I followed a few weeks later to New Hampshire.

I called Maggie to come and visit. When she did, I told her of one possible person who might be a first cousin. Maggie called this man. He could not confirm that the person I thought was her mom ever had a child given up for adoption. We just could not confirm.

During my search for the woman that I had come to believe was Maggie's mom, I kept seeing the name of one person who had been a caretaker for her. However, I could not find him either.

After Maggie visited, I tried calling once again ... and BOOM! I found a number that was brand-new to the information directory. I called. A man answered. I immediately recognized his name as the caretaker for the woman whom I suspected was Maggie's mother!

I asked him if he knew the woman I thought might be her mom. He said, "Yes!" This was so exciting!

I next asked if he knew if she ever had a child that she gave up for adoption. He asked me, "When was this child's birthday?"

I told him October 1, 1946.

At that moment, he told me, "Yes. That would be her."

I was beyond excited. I asked if Miss Hartford ever had other children. He said, "No. The girl was her only child." I was disappointed, but asked this man if Maggie could call him, so she could ask questions about her Mom since he had known her.

"Can Maggie call you?" I asked.

He said, "Why would Maggie call me?"

It was difficult to understand this man's hesitation. I told him that I was not the daughter, and that I was calling on behalf of a friend.

The man sounded strange. Then he said, "I'm not sure why you are asking this. What is your friend's name?"

I said, "Maggie."

The man said, "I can see the confusion here. Maggie is her mother's name, too!"

He asked, "Why don't you speak with her. She's right here."

I was so shocked! She was still alive and well! When I told Maggie that her Mom was still alive, she was the one who was in shock. She immediately called.

When they first spoke, her mom said — in her quiet little voice, "Is this Maggie?" Maggie confirmed this.

The sweet lady responded, "My name is Maggie, too." This was a miracle!

Within two days, Maggie and Ron drove all the way to Michigan from Vermont to visit her birth mother. She was greeted at the door by a friend, who took a huge breath at seeing Maggie. She said, "Oh dear! You look just like your Mom!"

Maggie told me that she went in and sat next to her Mom. They held hands. They were both overwhelmed. Then her Mom got up, went to a drawer and pulled out a box. In the box was a perfectly kept baby book that was Maggie's, and also her baby bracelet and her beanie hat that she wore at her birth.

Her Mom said, "I have been keeping these for you. It took you so long to come home."

Maggie's mother, Maggie, was a captain in the Marines. She gave birth to Maggie and kept her for eight months. But she wanted her daughter to have two parents. In those days it was very much frowned upon to have a child out of wedlock.

And so, her mother made the ultimate sacrifice and put baby Maggie up for adoption. She wanted the little girl to have a better life with a mother and father.

She kept her baby book perfectly. Every day she wrote in it how much she loved her little daughter Leslie (which was the name she had given Maggie). She kept cards and her love was so present on every page.

Maggie's mother never had other children. She just waited for her girl to come home. And she did! •

Maine Veterinary Medical Center

A specialty and 24/7 emergency animal hospital in Scarborough, Maine

For 24/7 emergency pet care, call 207.885.1290



Open every day, seven days a week including weekends and holidays



1500 Technology Way in the Enterprise Business Park Off Route 1 • mvmc.vet

European Auto Service
AUTOWERKES
Maine

Maine's Premier European Auto Service Facility

The Dealership Alternative

We Confidently Repair Even the Absolute Newest Cars
BMW • Mercedes • Audi • Porsche • Volvo • Mini • VW
US Route 1 Freeport, Maine
www.autowerkesmaine.com
207-865-6600




Servicing Finer European Cars With Personal Regard

Allison V. Bishop, CPA FINANCIAL COACH



WHAT CAN FINANCIAL COACHING DO FOR YOU?

Make thoughtful, conscious, and mindful decisions around your money

FREE Initial Phone Consultation

allison@allisonbishop.com
207.805.8400


For more information:
allisonbishop.com



Visit Us Online!

MAINE WOMEN MAGAZINE

mainewomenmagazine.com

A woman with long blonde hair is sitting in a modern black chair with a beige cushion. She is wearing a black long-sleeved top, light blue denim jeans with a tear at the knee, and black and orange sneakers. She is smiling at the camera. The room is bright and airy, with large windows on the left and right. On the windowsill, there are four small potted plants. A yellow and white striped blanket is draped over a chair to the left. A large, patterned beanbag chair is on the floor to the right. A small round table with a vase of greenery and some items on it is also visible. The walls are white with horizontal shiplap. A hanging plant is in the corner above the woman.

“My all-time dream would be to go more high fashion and to have a line where I can create the first one myself.”

Alice Yardley



ALICE YARDLEY Handbags

Unique handcrafted bags perfect for small town Maine or New York Fashion Week.

BY MARY FRANCES BARSTOW

Never underestimate the power of a useful accessory. Alice Yardley, raised in Portland, not only understood this ideology, but capitalized on it by selling unique hand-made leather bags. It all began in 2016 when Alice took up making bags as a hobby while learning to use her sewing machine. “I had a very, very tiny studio apartment in Brooklyn and made room for my sewing machine, which was difficult,” Alice said, “But then I visited a bunch of upholstery shops in Brooklyn, just to see if they had scrap leather. I kind of did it out of the necessity of being a relatively poor person in New York, paying way too much for an apartment that was pretty small.” At the time, Alice was working as a high school art teacher in New York.

“My students would always ask, “How can you teach art and not ever make anything?” I took that as kind of a reality check and started to do things I really liked.” Alice said. Her hobby soon became more than that. Packing her things, Alice returned home to live in Maine. It had been several years since she had lived in the state. After graduating from Deering High School, Alice left for the University of Richmond, where she received her art



Photos courtesy of Alice Yardley

degree. Not long after her college graduation, Alice joined Teach for America and moved to New York to start an art department at a high school in the Bronx. Teach for America is an AmeriCorps project part of the Peace Corps that offers students right out of college grants or stipends to continue their education for a master’s degree. They seek to place these students as teachers in underprivileged communities. After passing all of the teaching exams, the students

are sent off for a two-year commitment to bridge the education gap for low-income communities.

Upon returning home, Alice created a website and began to sell her handbags online. “It’s exciting. I’ve always been interested in art and design and fashion, so I design everything myself and I make everything myself. So it’s 100% just me.” She said. Each bag is uniquely crafted with remnants of materials bought from local upholstery shops. Because of this, Alice has been able to keep her prices relatively low in comparison to other leather products. “It took off from there. And I would say the biggest push towards making it a real success has just been having the store and studio space in Portland.” Alice said. Located on Washington Ave in the Black Box of Portland, Maine, Alice has her own retail space with a workshop in the back, one much larger than her previous room in New York. There she keeps her sewing machines, leather scraps, and heat press. “People can kind of watch me make things while they shop around. It’s been really great.” Alice commented. Foot traffic along the street for other small businesses and restaurants has helped Alice get off the ground.



Alice also had the opportunity to be featured in New York Fashion week of this past year. She found an application one day through a company called Flying Solo, who has their own show at New York Fashion Week to allow smaller and independent designers to showcase their work, and decided to go for it. “I had a suede color block collection that was based on different geometric shapes and was super bright and oversized and just very different. Because I’m a handbag designer, they placed me with three different clothing designers. And then they placed a jewelry designer and a shoe designer with us,” Alice explained, “Because of Covid, they had to separate it into four different shows, and I was one of the only designers who was in three of the four. It was really a cool opportunity to be able to work with three very different designers.” This experience opened the doors for several new connections with the press, influencers, photographers, other designers, and clients. In addition, Alice often participates in events, especially around the holidays, hosted by companies by making items like envelope clutches the companies can give their clients. These events help Alice to spread the word about her brand.

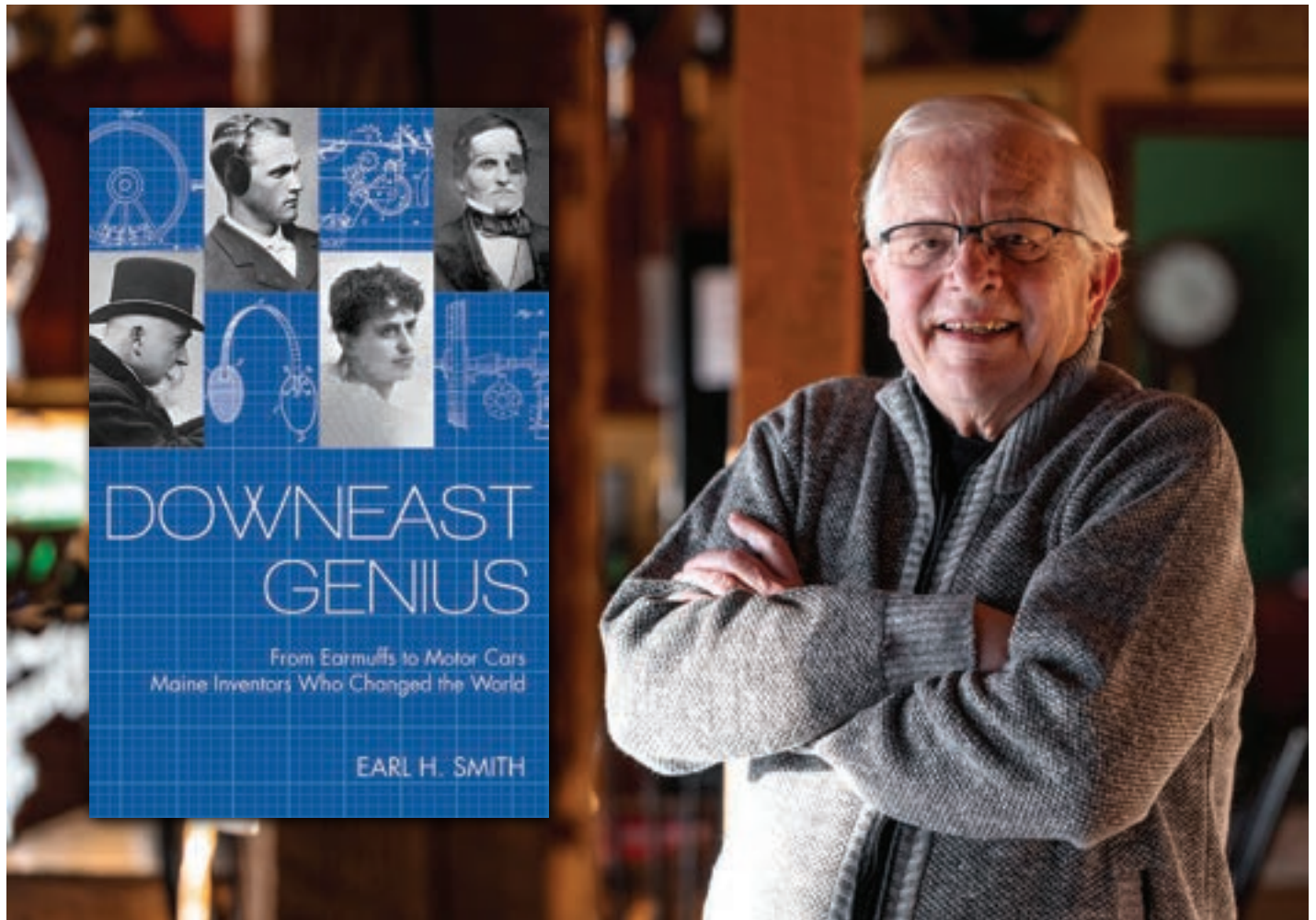
“My all-time dream would be to go more high fashion and to have a line where I can create the first one myself, much like a lot of the high-end designers. You create the first line yourself, all hand-done by you, and it walks the runway of some sort of fashion show.” Alice said. However, Alice deeply loves being a small local Maine business. “There’s always a dream of becoming famous or having all these celebrities hold your bags and how exciting that could be. But then there’s also a part



Photo by Matt Licari

that I think I would lose, personally, that I love so much, which is individually making everything, talking to all of the customers, and keeping my products at a low price

point for the community that I grew up in and that I love.” Alice is excited to continue to foster her creative passions and give back to her community. •



Earl Smith

Photo by Dave Dostie

DOWNEAST GENIUS

By Earl Smith

\$17.95
softcover,
nonfiction

Published by
Maine's
Islandport Press.

In his book, *Downeast Genius*, Earl Smith explores the many inventors—both well-known and obscure—that have shaped the landscape of Maine ingenuity. Several of these inventors are women and Smith, a thorough, succinct historian, has given them the recognition they deserve and yet so rarely receive in the annals of invention and creation.

Margaret E. Knight, a Maine woman who filed more than eighty patents in her lifetime and one of the few to pave the way for future female inventors to claim their intellectual property, invented a machine that could create flat-bottomed paper bags when she was just thirty-two years old. Over one hundred and fifty years later, with Maine's recent statewide plastic bag ban, Knight's nineteenth-century invention has become even more significant. Knight was so prolific that she was dubbed a “woman Edison” in her 1914 obituary.

Helen Augusta Blanchard also took advantage of the industrialization of the United States in the 1800s, patenting a factory sewing machine that made sturdy

buttonholes with zigzag stitches. Although the zigzag stitch is her most regarded creation Blanchard invented many other things but, like Knight, she faced a male-dominated patent system. After filing twenty-eight patents, Blanchard spent her golden years providing support and opportunities for the women workers who had been displaced by her machine improvements.

Blanchard is not the only woman acknowledged for using her influence and success for good in *Downeast Genius*. Isabel Greenwood, the wife of Chester Greenwood, inventor of the V-shaped hinge that kept earmuffs tight to the head, spent her life fighting for the rights of working women in textile mills and women's suffrage. She may not have patented inventions like her husband, but she, like Blanchard, is a shining example of a Maine woman who benefited from a time of unchecked industrial growth and chose not to leave other women behind.

Smith discusses female inventors, as well as those whose contributions to their loved ones' creations and legacy were vital, but never recorded in a US patent office. It was often the women of the industrial revolution and early twentieth century who sought to prevent technological progress from being beneficial to some and such a detriment to so many others. So often, the accomplishments of women go unnoticed and unacknowledged—their names ephemeral and their legacies anonymous. *Downeast Genius* offers readers an opportunity to learn a few of those names and helps to restore a few of those legacies. •

YOU MIGHT ALSO LIKE
ISLANDPORT PRESS

THIS DAY IN MAINE

By Joseph Owen

\$18.95, softcover, nonfiction

Since achieving statehood in 1820, Maine has developed into a sometimes mythical vacationland of moose and lobsters and lighthouses set against breathtaking vistas and endless natural beauty. But the state's history is more real than postcards; replete with tragedy and triumph, and boasting powerful politicians, brilliant inventors, successful athletes, and talented creative professionals. Although a small state, it has often touched the world in an outsized way, from the heroics of Joshua Lawrence Chamberlain at Little Round Top during the Civil War to the inspiration and sadness of young Samantha Smith during the Cold War. Along the way, Margaret Chase Smith has inspired, Stephen King has scared, and the Ice Storm challenged. This fascinating book from Joseph Owen, a long-time newspaperman, chronicles day-by-day, from January 1 to December 31, the highlights, and lowlights, the famous and infamous, and the big and small of everyday life in Maine.



WILD! WEIRD! WONDERFUL! MAINE.

By Earl Brechlin

\$18.95, softcover, nonfiction

So, you think you know Maine? Think again! It is not just the woods, waters, mountains, lobsters, and lighthouses that define Maine. From Kittery to Eastport, from Fort Kent to Monhegan, Maine is home to natural wonders, quirky characters, remarkable inventors, and haunting ghosts and legends. Whether it's Moxie Nerve Food, the North American Wife Carrying Competition, UFO abductions along the Allagash, or Katahdin's role in creating Bambi, this book by long-time journalist Earl Brechlin celebrates all that makes the state unique—both real and imagined. Brechlin not only recognizes the historical giants of Maine and its natural beauty, but brings to life the myths, legends, truths, and tall tales that have been shared around Maine's campfires for generations.



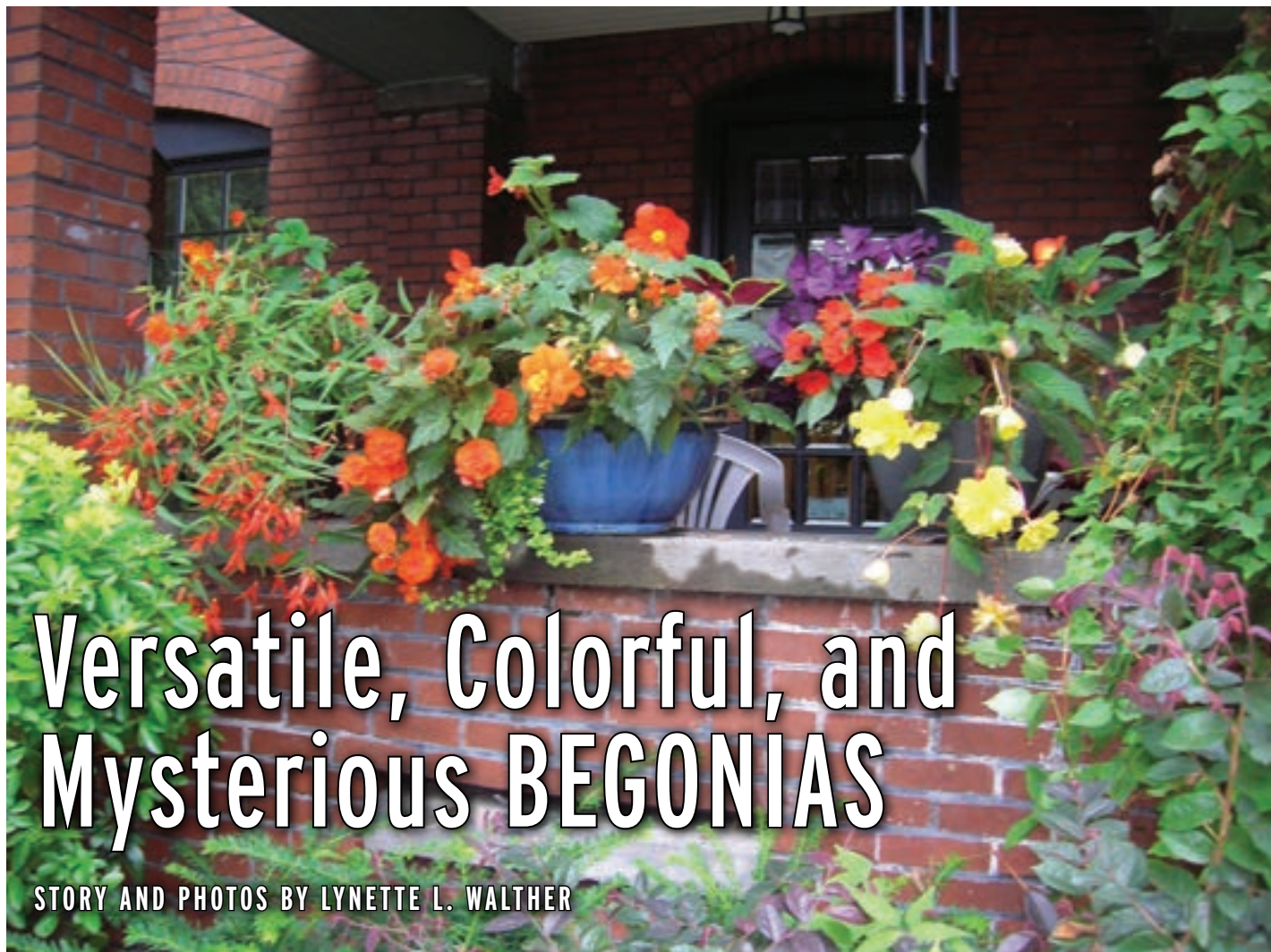
HERE FOR GENERATIONS

By Dean Lawrence Lunt

\$24.95, hardcover, nonfiction

Here for Generations tells the remarkable tale of a town and a bank that have moved in concert for one hundred and fifty years. The book captures their sweeping history through triumph and tragedy and brings to life the fascinating people and events that have shaped their journey. The bank's roots were set in the 1830s, when the bustling city of Bangor lured the best and the brightest of Maine's adventurers to its port and commercial center. Bangor was the Lumber Capital of the World, complete with all the intrigue of a riverfront boomtown-potential riches and busted dreams, wealthy lumber barons, and rowdy lumbermen and sailors. Among those who arrived in this city on the rise were Elijah L. Hamlin and twenty-three other men. Most came from humble origins, but all came with a dream. Through hard work and vision, they built businesses and institutions and emerged as the city's great leaders. In 1852, these men—businessmen, lawyers, artisans, and merchants—came together in a philanthropic effort to create Bangor Savings Bank.





Versatile, Colorful, and Mysterious BEGONIAS

STORY AND PHOTOS BY LYNETTE L. WALTHER



One of our most popular and diverse ornamental plants — begonias — hide a mystery. While begonias are frequently found growing wild from South and Central America to India, experts have been unable to pinpoint exactly where they originated, according to the National Garden Bureau (NGB). Historical records of plants matching their description date back to Chins in the 14th century.

For many of us, begonias are dependable bloomers soldiering through heat and humidity with color and contrast. Varied leaf forms and bloom colors along with many varieties make begonias a choice for all situations — sun, shade, and container gardening, and as houseplants as well. Today these Victorian favorites are enjoying renewed interest and use.

Begonias represent the fifth most diverse class of plants (family Begoniaceae) and include more than 1,700 different species. Begonias officially got their name in 1690 when a French botanist, Charles Plumier, named them after a fellow French botanist, Michel Bégon.

Above: Tuberous begonias are well suited for container culture with several colors and bloom varieties available. Start tubers indoors soon for summer enjoyment. *Left:* Filling a pot or hanging basket with a dragon wing begonia is a sure way to non-stop colorful blooms.

PRODUCTION:

Seed production of begonias can be challenging, and consequently many types of begonias are produced from cuttings. Begonia seed is barely larger than dust particles. In 1873, Benary, a developer and breeder, introduced Magnifica, the first tuberous begonia from seed but it did not branch well so they were not easy to produce, NGB reports.

Then in 1909, Benary introduced the world's first heterosis (F1-hybrid) ornamental begonia, *Begonia semperflorens* 'Prima Donna' bred by Gustav Besoke. A F1-hybrid is the selective breeding of a plant by cross pollinating two different parent plants. The introduction of F1 hybrid begonias revolutionized the horticulture industry by allowing growers to produce begonias reliably on a commercial scale. Due to the seed size and environmental requirements for germination, today's begonias are usually grown by a professional grower in a greenhouse and sold as a small plant. Ounce for ounce, begonia seeds are more expensive than gold so special care must be taken with every seed.

TYPES/CLASSES:

Since the development of the F1 hybrid begonias, many types of begonias have been commercially produced. Here are the major classes that you will see in North American garden retailers:

- *Begonia semperflorens-cultorum* or "wax begonias" are the most common. Plants are small (8-12") mounds with rounded leaves and blooms. Flowers range from white to scarlet red.
- *Begonia tuberosa* (tuberous begonias) typically have large flowers in a broad color range. Flowers can be huge and double. Since the plants are monoecious, there are always both single (male) and double (female) flowers on the same plant. The leaves are usually asymmetrical, hairy, or fuzzy and have a serrated edge.
- *Begonia boliviensis* is more heat tolerant than other types. The plant branches cascade down in hanging baskets or window boxes. The leaves are similar in shape to tuberous begonias but are narrower and smoother. The flower has long, strap-like petals forming a soft trumpet.
- *Begonia hiemalis*, also called elatior or Reiger begonia, typically have small to medium double flowers in a wide range of colors. These are often sold around the holidays.
- *Begonia masoniana* has bold color patterns on leaves that are textured with puckers and appear coarse.
- *Begonia rhizomatous* has thick, fleshy stems with large, colorful leaves. The leaves can be round or heavily lobed like a grape leaf. Some have small white flowers in the spring, and a few varieties bloom all summer.
- *Begonia rex* are grown for their beautiful leaves, which are quite hairy or fuzzy and usually covered with multicolored, intricate swirled designs.
- *Begonia hybrida* is used by plant breeders to show that a variety is a cross between two different classes.

GROWING REQUIREMENTS:

One of my gardening pals is a big fan of perennial begonias, and she has amassed an impressive collection. Her advice for growing them outdoors, or in, is to go easy on the water. "Only what Mother



Top: The color and form of the foliage in this snail-pattern begonia shows why this diverse group of plants continues to captivate gardeners everywhere. *Bottom:* One of my favorites, the lily pad begonia makes a grand statement in the shaded garden with leaves that are often a foot wide. Like all begonias, this one is cold sensitive.

Nature provides," she cautions. Begonias' thick stems and leaves are susceptible to rot when given too much moisture. Better to err on the dry side when it comes to begonias.

A rich growing medium and proper sun exposure for the variety are two more ingredients for success with begonias. If you would like more information, here are several university sources for tips on growing begonias:

Clemson: <http://www.clemson.edu/extension/hgic/plants/indoor/flowering/hgic1552.html>

Cornell: <http://www.gardening.cornell.edu/homegardening/scene018.html>

University of Vermont: <http://pss.uvm.edu/ppp/articles/begonias.html>

No matter which type of begonia you choose, these plants are sure to deliver beauty and interest to gardens or for indoor growing. •

Scarborough Physical Therapy

Associates, P.A.



51 U.S. Route One, Nonesuch River Plaza, Scarborough | (207) 883-1227
www.scarboroughphysicaltherapy.com

Announcing the opening of our new State-of-the-Art Pelvic Floor Rehabilitation Wing.



Susan Ramsey
PT, MA



Sarah Elia
MPT



Alison Ouellette
DPT



Marjorie Haney
PT



Melissa Auger
PTA

At Scarborough Physical Therapy Associates, PA, we have a team of pelvic floor rehab experts who are here to help our patients find clinical solutions to their pelvic health concerns. Our therapists have private and professional treatment rooms and spend close to one hour of direct one-on-one time with our patients every visit. In addition, we have a Pilates Rehab Studio and two well equipped gym spaces that support our patients' pelvic floor treatment goals.

Women and men come to pelvic floor rehab for many reasons. Some common concerns include bladder issues such as urinary leakage during cough, sneeze or exercise, bladder pain, going to the bathroom frequently or having problems starting a urine stream; bowel issues such as longstanding constipation and straining on the toilet or pain during bowel movement; sexual issues such as discomfort or pain during sexual activity, decreased feeling during sex or inability to obtain an erection; or spinal issues such as pain during sitting, sports injuries or chronic low back pain. We treat women and men of every age and stage of life.

Our pelvic floor therapists will teach you about your pelvic floor muscles that reside in the center of your body and are a key part of your bladder, sexual, bowel and spinal function. We will address your immediate concerns and teach you how to connect with your pelvic floor and core muscles throughout your day so that you can maintain the gains you make in therapy. Our team has over 75 years of combined experience in treating pelvic floor patients and our clinical outcomes are excellent. Our treatment approach is gentle and highly individualized. The next step is yours!



Careful Carol and Greedy Gail

By Katie Brann, CFP®

If you've kept an eye on your 401k or IRA statements over the past two years, there's a good chance you've seen your balance grow. After the brief bear market of early 2020, stocks went on an upward streak, fueled by the power of government stimulus, low interest rates, and resilient consumers. This type of market attracts excited, enthusiastic, and even greedy investors who often take more risk than they should.

Lately, we have seen stock prices head in the opposite direction. It is normal and expected for the market to drop during any given year, but volatile markets always lead to fear among investors (which in 2022 is amplified in our various news feeds).

In light of these conditions, I am revisiting a favorite article at the Golden Pond office titled "Father Fear and Uncle Greed," written by my colleague, Brian Bernatchez. But this time, I give it a feminine update: meet "Careful Carol" and "Greedy Gail."

Right now, the Careful Carols of the world are saying, "I told you so." They are scolding investors for taking on so much risk and proudly stating the benefits of conservative assets, like bonds and cash.

The Greedy Gails have ignored Careful Carols the past few years. They did not rebalance their portfolios to keep their stock & bond mixes in check, believing that stock prices will rise forever.

I recommend listening to both Carols and Gails at all times but never letting one completely dominate your strategy. Careful



Katie Brann

Carols go quiet when risk is highly rewarded, and Greedy Gails hide away in defeat when markets drop. Investors must be disciplined and always consider these conflicting perspectives and attitudes.

More importantly, investors need to think critically and take some emotion out of the equation. (In our experience, this is something women are quite good at!) I prefer to let another variable drive investment strategy: time. When do you actually need to access this money?

Money that will be used in the next five to seven years should be in Careful Carol's favorite investments: bonds and cash. Historically, bond prices have not fluctuated nearly as much as

stock prices, and should be the first thing you liquidate (sell) in your portfolio when markets are unsteady.

Greedy Gail typically wins when it comes to longer term investing. Consider investing money you won't need in the next seven years in the stock market. Avoid selecting a handful of trendy stock picks and aim for diversification. Many stock mutual funds or ETFs are highly diversified. If you allocate funds appropriately based on your time horizon, you are inherently preparing for market swings and in most cases, don't need to "do something" when the market drops.

This might mean that the allocation for your 17-year old's college fund will look very different from your own Roth IRA – and that's perfectly ok. Just remember to check on each of your accounts regularly, consider what Careful Carol and Greedy Gail have to say, and revisit your long-term strategy.

Securities and advisory services offered through LPL Financial, a registered investment advisor. Member FINRA/SIPC.



IRISH APPLE SODA BREAD PUDDING PIE

BY JIM BAILEY, THE YANKEE CHEF



Photos courtesy of Jim Bailey

This bread pudding is anything but typical. It is beautifully sweetened, less dense and ‘gummy’ than many other equivalent puddings and the sweet, caramelized crust that forms make you want to just pick it off first then eat the middle later.

INGREDIENTS

- 4 large plain or cinnamon muffins*
- 4 teaspoons butter or margarine
- 3 large Granny Smith apples
- 1 cup of apple juice or water
- 1/4 cup maple syrup
- Nonstick cooking spray
- 3/4 cup milk
- 3 eggs
- 1/3 cup brown sugar
- 1 teaspoon cinnamon
- 1 teaspoon vanilla or almond extract
- Juice and grated rind of 1 lemon
- 1/2 teaspoon dried ginger

INSTRUCTIONS

- Slice muffins horizontally about 1-inch thick. Butter all cut sides and grill over medium heat until well browned. Place on a plate and let cool in refrigerator for an hour, preferably overnight to dry out.
- Meanwhile, add 2 apples that have been peeled, cored, and diced into a saucepan along with apple juice and maple syrup. Bring to a boil over medium heat, stir, reduce to low and simmer 6-8 minutes, or until it has thickened, and apples are done, but still firm. Remove from heat and set aside.
- Spray a 9-10-inch cake pan with nonstick cooking spray liberally and set aside. Preheat oven to 350 degrees F.
- Cut muffins into cubes and add to a bowl along with remainder apple that has been peeled, cored, and diced.
- In another bowl, whisk together milk, eggs, brown sugar, cinnamon, vanilla, juice and grated rind and ginger. Pour over muffin cubes and gently toss to evenly coat. Transfer to prepared cake pan, evening out the top. Spoon cooked apple mixture over the top evenly and bake 40-45 minutes, or until it is firm when touched in the center with a spoon or fork.
- Remove pie to cool slightly before running a dull knife around the edge to loosen. Cut into wedges and serve.

**Use whatever muffin you desire, I just happened to adore cinnamon but regardless of what you choose, make sure you have 5 cups total after cutting.*

WILL YOU HELP US FINISH THE POOL?



With your support, we hope to open the pool in 2022!

Light of Life Ministries

Donate at:
HealingWatersMaine.com

Mail a check to:
Healing Waters Pool
160 Riverside Dr., Augusta, ME 04330



Healing Waters Pool is a division of Light of Life Ministries, a 501(c)(3) nonprofit organization.

FEDERAL JACK'S
WORLD CLASS ALES, INSPIRED FOOD & ONE OF THE BEST VIEWS IN MAINE

BREWS & VIEWS

HAND-CRAFTED ALES | SEAFOOD SPECIALS
POOL TABLES, GAME ROOM & MUSIC
WATERFRONT DECK | OPEN YEAR ROUND
KID'S MENU | EST. 1992

SHOPYARD KBC STORE
Visit our unique gift shop for daily tours and tastings!
Shopyard Beer | Capt'n Eli's Soda
Shopyard Logo Wear | Nautical Gifts
Gourmet Food | Children's Toys & Books
Homemade Fudge

Located below Federal Jack's 207-967-1261 WWW.KBCGIFTS.COM

SHOPYARD SHOPS • 8 WESTERN AVENUE • LOWER VILLAGE • KENNEBUNK
WWW.FEDERALJACKS.COM 207-967-4903

10% OFF YOUR ENTIRE PURCHASE OF \$50 OR MORE!

IN-STORE ONLY – COUPON VALID 3/1/22 - 3/31/22 – COUPON CODE: MWM22MAR

Valid on regular-priced merchandise. One coupon per customer. Coupon is not transferrable and must be surrendered at the time of purchase. Offer excludes Benjamin Moore, Stihl, Big Green Egg, Ego equipment, Weber grills, lawn mowers, appliances, snowblowers. Other exclusions may apply. Cannot be combined with any other sale or coupon.

ACE The helpful place. **ARIENS**

Milwaukee **STIHL**

DEWALT **EGO**

CRAFTSMAN **Weber**

THE POWER TO DO IT YOURSELF!

MAINE HARDWARE WWW.MAINEHARDWARE.COM
EST 1934

274 ST JOHN ST PORTLAND, ME 04102 207-773-5604

FIERCELY INDEPENDENT

SUN 9AM-5PM
MON-FRI 7AM-6PM
SAT 8AM-6PM

QUESTIONABLE ADVICE

BY L.C. VAN SAVAGE

I work at a local gift shop down on Main Street that sells novelties and vintage dish-ware. Every other week, we have new stock delivered by UPS. The UPS driver, let's call him the Total Package, has been the same one to deliver our supplies for the past few months. I have had the biggest crush on him ever since he first delivered our vintage teapots, but every time I see him, I cannot seem to get any words out or even introduce myself! He always flashes me a smile and I stand there like a buffoon. I have even started having my own personal packages delivered to the shop, specifically by UPS, just so he can come into the shop more often. I totally think he is on to me, but I am too nervous to say anything to him! What do I do? —Lost In Love

OK, here's what you do after you've carefully examined his ring finger, left hand. If it's not adorned, get to work. But first, you say you "totally think he is on to you." That has a couple of meanings—one is that he totally gets you and the other is that he is having wonderfully impure thoughts about you. Let's go with the latter. So, he shoots you a big toothy grin when he arrives with the packages and you'd like it to go a bit farther, but you're shy? No problem. Buy a box of decent agenda-free candy and when he shows up next time, instead of swooning when he shoots you the big grin, bravely and casually hand him the candy and say "Y'know, you are so good at bringing us all these boxes all the time and it's gotta be hard work, so this is just my way of saying thank you!" And then immediately turn back to your office chores. Maybe humming a bit. The next time Mr. UPS'wonderful shows up, say "oh—I just remembered—did you like that candy? I want to get some for my mother—what did you think?" And then back to work, smattering of humming. Stay cool and casual and not eager. You see, this will open a dialogue and eventually you can say "hey, wanna go for coffee sometime? There's a good coffee joint right down the block. When's good for you?" and the rest is up to you. Come on, you can make this happen. We women have all this stuff in our DNA. Work it, girlfriend!

My family and I moved into a small neighborhood about a year ago. Everyone has been very welcoming except the elderly man that lives to our right. One day his mail was accidentally placed in our mailbox, so I brought it over to him. I knocked on the door, but the man simply opened the door, groaned, snatched his mail, and then slammed the door in my face. Since then, he has built a 6-foot fence in between our properties, placed his garbage cans in front of our driveway, and gave my children cat food on Halloween. I have absolutely no idea what we have done to anger him in this way. Do I confront him about his behavior or let it be? —Neighbor Nuisance

I get it that we all have to be so forgiving these days, fuzzy warm and kind, but there's always the danger factor so be careful. Sorry if he had a bad childhood but that is not your fault and this behavior is not acceptable, especially the cat food part. You have done nothing to anger him but he's looking for people to pay all those old bills for him. He enjoys being a victim. It's his personal comfort zone. Do NOT confront him—wave, smile, be polite and stay clear until he makes a kind and apologetic gesture. He won't. Keep a wary eye on him, do nothing to provoke him (although it seems everything provokes him and he wants that to happen) and if his behavior escalates, call the cops. Get things documented. Maybe in time he'll become kindness itself, (I'll wager it'll never happen) but in the meanwhile, stay clear. And alert.

My in-laws have always taken the grandchild that is graduating high school on a trip as a gift. They did it for my first two daughters when they were seniors, and both of my girls really enjoyed and valued the time they had alone with their grandparents. My son is a senior this year. I thought because of the pandemic that my in-laws were going to forgo the trip with him. They informed me they would still like to take my son on his "Grandparent Senior Trip." I don't know if I feel comfortable with travel right now—for my son or my in-laws. What are your thoughts? —Concerned with Covid

Simple. Thank them profusely, tell them you're deeply afraid that they, and your beloved son will catch one of the dreaded plague things out there so you'd really like a postponement until the coast is clear and the diseases are gone for good. Tell them how much you love them and your son, and tell them, you really want him to go on that trip—just not now. Too risky for everyone. And then if they get ornery and cranky, tell them your doctor told you to say all that to their son and to them. It's common knowledge these days that when one must, one always blames the doctor. Let him or her deal—it's somewhere in that Hippocratic oath they take. Kinda small print. You have to search...

A toast to you!

How do you improve on a classic? Start with the heart-healthy fiber in whole grain toast and add your favorite toppings for a breakfast that packs a punch - quick, delicious, nutritious!

Start with 1 slice of your favorite whole grain bread, then choose your toppings.



“Everything” Seasoned Avocado Toast

Serves: 1



Ingredients:

1 Tbsp. whipped cream cheese
1/2 medium Avocado from Mexico, peeled and sliced
1/4 tsp. each McCormick® Minced Garlic, Minced Onion, Sesame Seeds and Poppy Seeds
Pinch of McCormick® Sea Salt

Directions:

Spread cream cheese on toast and top with avocado slices. Sprinkle with seasonings and enjoy.

Nutritional Information (amount per serving):

Calories 219; Fat 15 g; Saturated Fat 3 g; Sodium 314 mg; Carbohydrate 20.5 g; Fiber 7.5 g; Protein 5.5 g

Balsamic Caramelized Onion Toast

Serves: 1



Ingredients:

2 Tbsp. Cedar's® Balsamic Caramelized Onion Hommus
4 grape tomatoes, sliced
1 oz. crumbled feta cheese
Fresh basil, for garnish (optional)

Directions:

Spread hommus on toast and top with tomatoes, feta and fresh basil, if desired.

Nutritional Information (amount per serving):

Calories 161; Fat 9 g; Saturated Fat 2.5 g; Sodium 366 mg; Carbohydrate 18 g; Fiber 4 g; Protein 7 g

Honey Nut Apple Toast

Serves: 1



Ingredients:

2 Tbsp. Nature's Promise® Almond Butter
1/2 tsp. McCormick® Ground Cinnamon
1 small Envy™ apple, sliced thin
1 tsp. honey
Chopped Planters® Lightly Salted Nuts, for garnish (optional)

Directions:

Spread almond butter on toast and top with cinnamon, apples, honey and nuts, if desired.

Nutritional Information (amount per serving):

Calories 390; Fat 19 g; Saturated Fat 2 g; Sodium 230 mg; Carbohydrate 52 g; Fiber 11 g; Sugar 25 g; Added Sugar 8 g; Protein 12 g



GUIDING STARS®
NUTRITIOUS CHOICES MADE SIMPLE

Dietitian's Tip:

Shop for bread that earns at least one Guiding Star and has 3 grams of fiber per serving.



We're committed to supporting your health and wellness goals. Our team of registered dietitians offer free nutritional services online and in-store.

Thank you to our sponsors for partnering with Hannaford to offer free dietitian services. Visit hannaford.com/dietitians to learn more.

The Healing Community **MEDCo**



CALL FOR DELIVERY
1-866-42-MEDCo



www.thcMEDCo.com



@MEDCo.maine



@MEDCoME

◦ Flower ◦ Edibles ◦ Concentrates ◦ Topicals ◦