

# MWMM

MAINE WOMEN MAGAZINE

VOLUME 12 | ISSUE 1 | MAY 2018

*the*  
**BODY**  
*issue*



Long-distance swimmer  
**Pat Gallant-Charette**

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# This is my body

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I stand naked in front of the full-length mirror, critically appraising my 58-year-old body. I loathe the fat that has accumulated on my scarred abdomen, my jiggly arms and my disproportionate breasts. Just for a minute though. I smile, remembering that I successfully grew two beautiful, healthy babies in that belly. I earned the scars by enduring multiple surgeries to prolong my life. My flabby arms held babies, carried sacks of food and pulled wagons full of beach toys. And the boobs I have never liked produced enough breast milk to feed my babies (and probably twenty others). And now, this same body carries me through the joy and adventure of my very full adult life, creating memories all the way. It is still loved by my children and my husband. It is a reasonably strong and healthy body, which I honor by fuelling it with the right food, exercising it as much as I can stand and resting it more than I probably should. My imperfect, healthy body allows me to work, play and live the life I have chosen.

I love this issue of Maine Women Magazine because each of our feature stories, in its own way, tells the tale of a strong woman who is honoring her body. Meet Natalie St. Pierre (page 20), who was born with cerebral palsy and, in her 30s, began to discover what her body could do when she started skiing with Maine Adaptive Sports. A self-described “late bloomer” to sports, St. Pierre wishes she would have discovered Maine Adaptive earlier on. “I don’t know if I would have been an Olympian, but I would have had more of a sense of self

and confidence.”

My favorite quote in this issue is from Beth Wilkas Feraco who simply says, “we can do hard things.” Feraco was losing some control over her life as she became more and more addicted to alcohol. She started attending AA meetings and continued for one solid year. During that time she took up running, which she hated, but she kept at it. “Running is not easy. It sucks,” she says. But she endured and today she has a new perspective and a full life. Read more on page 26.

Many of you have already heard of and read about Pat Gallant-Charette before you picked up this issue. We have admired her for years and wanted to tell her story in a way that maybe hasn’t been heard. Gallant-Charette, at age 67, has many swimming accomplishments, but she describes the beginning of her journey like this: “I was 48 and overweight and nervous.” Pat’s strong body has gotten her through hours and hours of grueling physical exercise, but it is her strong mind-body connection that she believes is the key to her success. Read more on page 16.

Maybe after reading about all these amazing women, the next time you stand naked in front of your mirror, you will see the beauty and strength in your own body.

Also, because this is our May issue, we wanted to give a shout out to all the moms for Mother’s Day! See our little tribute to some special mom’s on page 56. Thanks for reading and stay tuned to all of our social media for info on upcoming events and issues.



*Lee Hews*

## ON THE COVER

Long-distance swimmer Pat Gallant-Charette has set multiple swimming records, including being the oldest woman to swim the English Channel, but she didn’t start swimming until she was in her late 40s. Read her story on page 16.

*Photo by Lauryn Hottinger*





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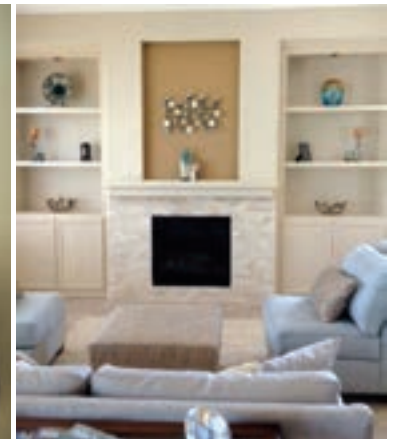
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Hope Hall, co-owner of Sunflower Farm in Cumberland, hangs out with the goats inside the barn.





# Goats, Cheese & Yoga

*Hope Hall of Sunflower Farm believes in open doors,  
raising animals and simplicity*

**Written by Mercedes Grandin  
Photographed by Lauryn Hottinger**

**T**he Nigerian dwarf goats at Sunflower Farm make a lively herd. They definitely don't shy away from human attention and affection. On a chilly afternoon in late January, the herd immediately shifts their gaze from munching on a pile of pine boughs and ambles over as we near the fence. Owner Hope Hall knows all of her 25 goat kids by name and by character. One of the two males, Don Pedro, comes right up to the gate, jumps up and sticks his soft nose over the fence to be pat. We lock eyes, and he rubs his head against the wooden post in an effort to scratch an itch. A smaller black and white goat, a 1-year-old named Mildred, expresses herself by baaing repeatedly to acknowledge our presence.

"Goats are my favorite livestock because they're very interactive. They look you in the eye like a dog, and they have super distinct personalities," Hall says. "They genuinely like human attention, but they're also herd animals, so they're happy being together and they don't need as much attention as a dog."

Hall and her husband Chris moved to Sunflower Farm in Cumberland in 2010 with four goats (one pregnant), two children and a vision of transforming the property into a working farm.

Within a week of moving in, their first goat babies were born. Fast forward to January 2018, and Sunflower Farm has an ever-expanding herd, with 19 pregnant females and about 50 babies expected in the spring. Most of the goats will be sold to families who will breed them or use them as dairy goats or outdoor pets. Hall explains that Nigerian dwarf goats and their kids are easy to sell because of their smaller size and docile, friendly behavior. "They're easy on the land, too, because they eat less and take up less room, and they make an exceptional goat cheese. Their milk has almost twice the butter fat content, so for every gallon of milk, I can make twice as much cheese," Hall says.

The Halls built a cheese kitchen in 2012 between the barn and their house, where Hope Hall makes goat cheese to sell on site. Each morning she wakes up early to milk the goats then brings the milk in to pasteurize and add culture and rennet. "By the time I go to bed, it's formed a curd and is ready for me to scoop and hang. By morning, it's ready to be put in the cheese fridge." It's a simple and time-efficient process that Hall says, "fits in with our idea of simplicity in a busy time. We're trying to provide opportunities for people to just sit and unwind, which is important to us because we

## Sunflower Farm

Find more info at  
[www.sunflowerfarm.info](http://www.sunflowerfarm.info)  
and on Facebook at  
[www.facebook.com/  
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Hope Hall, left, greets her goats inside the barn at Sunflower Farm, along with her daughter Lila and granddaughter Max.

think that's something a lot of us are really craving."

Sunflower Farm is quiet in the winter, allowing Hall and her husband (who, like her, is also a teacher at Thornton Academy) and their flock of goats some much-needed down time. They share the year-round farm responsibilities: She manages the cheese-making and milking, while he handles the building and operation tasks involved with running a farm. Together they share the task of feeding the goats.

Sunflower Farm has evolved over time according to the Halls' interests and vision. "We don't have a business plan. Every year we've followed what feels good and what gives us great energy and it's taken us in cool directions." In 2016, the farm started offering "Bold Goat Yoga" during the summer and fall months. As a certified yoga teacher and 25-year-veteran English teacher with a busy schedule, Hall needed a place where she could practice yoga without the hassle of leaving home. She teamed up with Gretchen Campos from Greener Postures Yoga to offer outdoor yoga classes with the goats at the farm on Thursday evenings from May through September. After that first year, Hall added more teachers to accommodate the group of 50-80 people attending classes, including participants driving all the way from Boston and northern Maine.

"Depending on the time of season, if goat moms don't want their kids to be near humans, we practice with or next to the goats. The goats all come down to the fence and sit and watch us," Hall says, explaining the goats' keen awareness of human energy. "Participants will put hay by their mat if they want more goat

attention. The goats know when it's shavasana and they all come and lie down with us."

The farm is also open for visiting, and adults and children can come and hang out with the goats free of charge. "It's cool to see what happens when children (and adults) come and relax and stay really still with the goats—it's this really natural meditation."

Sunflower Farm is a "no cull" farm, meaning none of their animals are killed for any reason, unlike most dairy farms that often kill older, sick or infirm goats, and males "unless they're good breeding stock." Sunflower Farm has two neutered males, Don Pedro and Rocky, and 23 females. "Rocky was born when the barn was full of 150 people and he didn't look like he was going to make it. We tube fed him and he survived, so we had to keep him," Hall says of their desire to help and keep the "underdogs" alive. All of the female goats were bred in one heat cycle through a male goat that Sunflower Farm borrowed from nearby Toots Farm in Cumberland.

Hope explains that while farming is a "huge daily commitment" that doesn't allow time for vacation or travel, it is also incredibly rewarding work. "Every time I make the cheese, it's such a beautiful process. The cycle of the goats is similar to the cycle of the school year and getting a fresh start. It's always constantly changing, so it doesn't feel like the same thing every day." She's also motivated by having a place to plant seeds for her creative ideas. In June, she's launching a day-long women's wellness retreat with workshops led by women, including jewelry-making, a cooking class making foods that align with the chakras, and a journaling/writing workshop. Hall

is planning to offer weekly workshops during the summer months to help maintain the farm's financial stability and allow people to continue to visit free of charge. She says the farm helps her "design and create the things that I want to do, like sit a field and slow down and listen to goats munching on hay. I want to come to workshops with other women and think about who I want to be instead of rushing from one thing to the next. That part of the farm fuels me and motivates me to keep going."

In 2017, Hall launched the Be the Goat Challenge, a fundraising initiative where artists submit renderings of goats that people bid on online to raise money for designated nonprofits. This year's challenge raised funds for the Cambodian Scholarship Foundation, which sends women to school in Cambodia, and JMG (Jobs for Maine Grads), which helps Maine high school students make career connections and learn job skills to apply after graduation. "I thought it would be fun to get as many artistic renditions of goats as we could around the country, and people bid on them and the top bidder sends a check and we donate all the proceeds to an organization. One woman wrote a nice poem about all the things that goats are and how we as women can benefit from those things and challenge them." While we were talking, a neighbor stopped by with a felted wool goat for the auction. "People are amazed by how connected they've become to the farm, and it's created a real community of neighbors and volunteers," Hall says.

Ultimately, Hall's goal is to "lift the veil on farming and provide an example of a farm that's raising animals humanely and making that totally accessible to the public." The challenge is to reduce visitation barriers for people, while also allowing the Halls time to care for the animals and keep the farm running. As they enter their eighth spring in operation, Hall wants to continue to grow and open her doors (and fences) to let people enjoy all that the farm has to offer. Looking ahead to the future, she also wants to create a three-season yoga studio behind the barn and continue to offer more workshops. "It's been growing every year. We want to be a no cull farm that can make a profit so that we can prove that it can be done, and we want to feel good about what we're doing."

**Mercedes Grandin is a freelance writer, editor, English teacher and tutor. She lives in Brunswick with her husband Erik and their chocolate Labrador Fozzie.**



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# Film screenings, a soirée and women's bike ride: *6 reasons to get out this spring*

Written by Amy Paradysz

## Maine Women's Conference

**Wednesday, May 9, 7:30 a.m. to 7 p.m.**

*Holiday Inn by the Bay, 88 Spring St., Portland*

This first-time event will be an inspirational and educational experience for women of all ages. Speakers include Caroline Paul, author of "The Gutsy Girl: Escapades for Your Life of Epic Adventure," and Maysoon Zayid, co-founder of The Muslim Funny Fest. Breakout sessions will be led by Maine women who are experts in managing social media, negotiating, leading authentically, being an active bystander, rewiring the brain for success, branding businesses and lots more. Lunch included. (\$125; [themainewomensconference.org](http://themainewomensconference.org))

## Birds and Bees Soirée

**Saturday, May 5, 6:30–9:30 p.m.**

*Portland Country Club,  
11 Foreside Rd., Falmouth*

If you know about the birds and the bees but not about the Birds and Bees Soirée, you've been missing out on some fabulous fundraising for Maine Family Planning. The State Street Traditional Jazz Band will set a jazzy tone for this fifth annual Soirée, which includes food and drink, a silent auction and a chance to win a five-day trip to New Orleans. (\$50–\$75; [mainefamilyplanning.org](http://mainefamilyplanning.org))

## RBG: A Film About Ruth Bader Ginsburg

**Six screenings May 18–20**

*Portland Museum of Art,  
7 Congress St., Portland*

At the age of 84, U.S. Supreme Court Justice Ruth Bader Ginsburg has developed a breathtaking legal legacy while becoming an unexpected pop culture icon. This 2018 Sundance Film Festival Selection tells her story. Co-presented by Maine Women's Lobby and

the ACLU of Maine. (\$8 general admission; [portlandmuseum.org/movies](http://portlandmuseum.org/movies))

## Street Eats and Beats

**Saturday, May 19, noon to 5 p.m.**

*Thompson's Point, Portland*

Food trucks, cold beer and live music—Street Beats and Eats is the ultimate 21+ lawn party. Bring cash, sunglasses and a lawn chair or blanket. Anticipate this will sell out. (\$10 online in advance via [eventbrite.com](http://eventbrite.com))

## SafeVoices' 5K to End Domestic Violence

**Saturday, June 2, 9 a.m. to noon**

*Bates College, Lewiston*

Here's a chance to make a difference in the issue of domestic violence simply by walking—or running a 5K or 1 mile. Strollers and dogs on leashes are welcome, too. All proceeds go toward meeting the needs of people affected by domestic violence in Androscoggin, Oxford and Franklin counties. (Registration is \$20–25 by May 31 at [bit.ly/SafeVoices5K](http://bit.ly/SafeVoices5K))

## Maine Women's Ride

**Sunday, June 10, 7 a.m. to 1 p.m.**

*Rides begin and end at L.L.Bean Flagship Store,  
Discovery Park, Freeport*

It's time to register for the Maine Women's Ride, a fundraiser for the Bicycle Coalition of Maine as well as a celebration of women who bike. Route options (10, 25, 50 or 62 miles) follow quiet roads with beautiful views of the Maine coast and countryside. There are rest stops, healthy snacks and support vehicles along the way. Back at Discovery Park, you'll be welcomed with music, lunch and a party. (\$35–\$60 for adults, \$30 for youth; [mainewomensride.com](http://mainewomensride.com))

*Amy Paradysz is a writer, editor and photographer who lives in Scarborough.*

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Open water swimmer Pat Gallant-Charette holds multiple long-distance swimming records, including being the oldest woman to swim the English Channel. Her gear includes a swimsuit, cap and goggles—no wetsuit.







# MOVING FORWARD

Pat Gallant-Charette has set numerous long-distance swimming records and knows it's just as much about what goes on in your head as it is about the swimming.

**Written by Patricia McCarthy**  
**Photographed by Lauryn Hottinger**

Like most people in the world, the movie “Jaws” scared the living bejeezus out of Pat Gallant-Charette and kept her from wanting to swim for long in the open ocean.

The difference between her and the rest of us, though, is that she somehow let go of that intense fear of sharks and enthusiastically started swimming great distances across ocean channels and huge lakes.

So much so that at age 67, she has been nominated four times for World Open Water Swimmer of the Year and has numerous long-distance swimming records, achievements and distinctions under her belt. In June, for example, she swam for 17 hours and 55 minutes to set the record for the oldest female to successfully swim across the English Channel.

Gallant-Charette, who lives in Westbrook, is as surprised as anyone that this is actually her life.

“I never imagined I’d be doing this. I’d heard so many times that it was all downhill after 50, but that’s just not true,” she says. “I didn’t listen to people saying you can’t do that because of your age, and I found that I had this innate ability to swim very long distances and find it fun and relaxing.”

Gallant-Charette has overcome fears that hold other people back, starting with the scary feeling she had when her son Tom asked her to join him for the 2.4-mile Peaks to Portland race 20 years ago. Tom planned to swim as a tribute to his Uncle Robbie,

who swam the race many times but died of a heart attack earlier in the year.

“I remember telling my son I could never do it, and him saying, ‘Mom, you can if you try.’ I was working as a nurse, involved in my family life, I was a spectator mom. My exercise amounted to going for walks around the neighborhood,” recalls Gallant-Charette. “I’d been a strong swimmer as a teen, but 30 years got in the way. I was filled with a lot of self-doubt.”

But, wanting to honor her brother, she stepped into the cold ocean water to give training a go.

“I thought it was bone-chillingly cold at 64 degrees in mid-July (which she now considers balmy swimming conditions), and I thought I can’t even take 10 minutes in the ocean. But I just kept getting in and was able to tolerate it more and more each time. I’d fill my tub with ice and water and sit in it for a half hour. I slowly, slowly adjusted. I didn’t like it, but I kept at it.

“It took me a year to qualify for the Peaks to Portland. I was 48 and overweight and nervous, but when I got in that water, I was able to calm myself. I said who cares if you come in last! And when the swim started, I became very relaxed and enjoyed it.”

She felt so strong at the finish that she decided to try something harder. So next it was five miles across Big Sebago Lake. “I got done and thought, ‘My heavens, I still feel strong.’”

A two-way crossing of the lake followed, and after seven hours of

At right, Pat Gallant-Charette swims laps at the Davan pool in Westbrook.

At far right, Gallant-Charette stands near the water at East End Beach wearing her swimsuit, cap and goggles. She always swims sans wetsuit.

Below, Gallant-Charette during her 2010 swim of the Strait of Gibraltar (Spain to Africa) with a time of 3 hours and 28 minutes. *Courtesy photo*



swimming, she surprised herself by feeling like she could easily go farther.

And thus, at age 58, she attempted the 21-mile English Channel. Just 1.7 miles from the French coast, strong currents curtailed her attempt.

“After 16 hours and 43 minutes of swimming, I felt like I had a lot more in me, even though Mother Nature was not on my side that day,” says Gallant-Charette. Weather canceled her second attempt the following year, too, but in 2011, at age 60, she was victorious.

Since then, many challenges all over the world have been met—always in just a swim-

suit, cap and goggles—no wetsuit. She’s got a Bucket List to take care of this year alone. In June, she plans to swim 28 miles around Manhattan Island in New York. In August, she’ll try 21 miles across Lake Tahoe in California—extra challenging because of high altitudes. Then it’ll be on to Scotland to swim the very cold 23-mile length of Loch Ness, followed quickly by a 10.5-mile crossing of Lake Windermere in England.

Over the course of these challenges, Gallant-Charette, who is one of eight kids and put herself through LPN training and then earned an RN degree at age 45, has learned

that she’s not only got endurance, she also has gotten quite good at tuning out adversity.

There’s no panicking allowed. Repeated stings by jellyfish, encounters with whales and sharks, extreme cold and exhaustion—these are met with momentary fright followed by positive self-talk. She reasons her way past the fear.

“By now, I am just relaxed through it all,” she explains. “I take the time remaining and break it into segments. I talk to myself: ‘When the sun comes up, it’ll warm you.’ And if it’s not any warmer when the sun is up, I stop the negative thinking. ‘I’ve been in colder water’ is what I re-

member when I think, 'Oh, it's so cold.' If I get stung, yes, it hurts. But I just relax, knowing the pain will pass, and I continue to swim. I've gotten bumped. I've been startled knowing that something is underneath me that's a lot bigger than me. Sometimes it's been scary, but on the other hand, I've had 100 dolphins escort me to a finish line, so it's been quite the adventure."

Pushing through, time and again, has taught her a lot about building self-reliance and self-confidence (enough to take part in a Swimsuits for All national photo shoot this winter), controlling stress and inspiring drive—not just in the water, but in life.

"At the 18th hour of a swim, I'm now able to tell myself that I can swim more hours because I've done it before. I know I can go 24 hours, even in rough conditions. It's almost like a meditative state, trying to think positively or of nothing at all sometimes. I know I'm not going to sink. I know I'll get through it," says Gallant-Charette. "I know I just need to keep on kicking and move forward."

Energy never seems to be lacking. Gallant-Charette is a full-time caregiver for her daughter Sarah Charette's children, ages 9, 7 and 6, who live next door. And she's an active grandma—she and her husband built an ice rink in her back yard this winter for the kids, the family has had fun tapping trees to make maple syrup—and so on.

Sarah Charette says she is a marathon runner and better able to juggle single-motherhood in large part because of her inspiring mother.

"For her, it seems like no dream is unreachable. She's amazing," says Sarah. "And so I tell myself there's nothing I can't do. Sometimes she doesn't succeed, but she goes back and does it again until she succeeds.

Pat Whitney of South Freeport, a retired teacher who met Gallant-Charette while swimming laps 12 years ago, also feels inspired by her friend.

"When you get to the weekend, the last thing you want to do is put on a bathing suit and swim for an hour," says Whitney, who was part of her friend's crew for the 33-mile Tsugaru Strait swim in Japan in 2012. "But if she can do it for seven hours, I can do it for one. And so now I just do it because she just does it. Her friendship is a gift to have, and I am just reveling in that gift. She's that one in a million person that someone will meet in their lifetime."

**Patricia McCarthy is a long-time writer and editor. She has three daughters, lives in Cape Elizabeth, and also has a photography business (patriciamccarthy.com).**

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Natalie St. Pierre is a self-described “late bloomer” to adaptive sports. But after learning to ski a few years ago, she’s found a love for the slopes and a new-found sense of self.



# CONFIDENCE ON SKIS

After discovering adaptive skiing in her 30s, Natalie St. Pierre has found a renewed sense of self (and now she can't wait to try all the sports).

**Written by Emma Bouthillette**  
**Photographed by Lauryn Hottinger**

Alpine skiing always intrigued Natalie St. Pierre, but a slight fear of heights and a preference for warm weather made the sport less appealing. She was also diagnosed with cerebral palsy at the age of 2. The congenital disorder, usually due to brain injury or abnormal brain development, affects St. Pierre's lower extremities. She gets around with the aid of crutches or a wheelchair.

"I wasn't even aware how I could take part in downhill skiing or any other sport for that matter," says 37-year-old St. Pierre. The how became clearer when she met her boyfriend, Cedar Miller, who also uses a wheelchair. "He joked that if I wanted to see him in the winter, I would have to take up skiing."

Shortly after they began dating, Miller introduced St. Pierre to Maine Adaptive Sports & Recreation. Founded in 1982 as an alpine skiing program, the statewide non-profit organization now offers free education and training in a variety of seasonal sports for individuals with disabilities.

"I knew nothing. I had to buy ski pants, and I didn't have any gear," recalls St. Pierre. "But I was really excited and jumped at the chance to try."

During her first ski season in 2015, volunteers with Maine Adaptive guided her through everything she needed to know and tips on acquiring the right gear. Due to St. Pierre's limited mobility, the organization started her on a dual-ski. She sits cozily in a bucket seat that is mounted to an articulating device on top of a pair of skis.

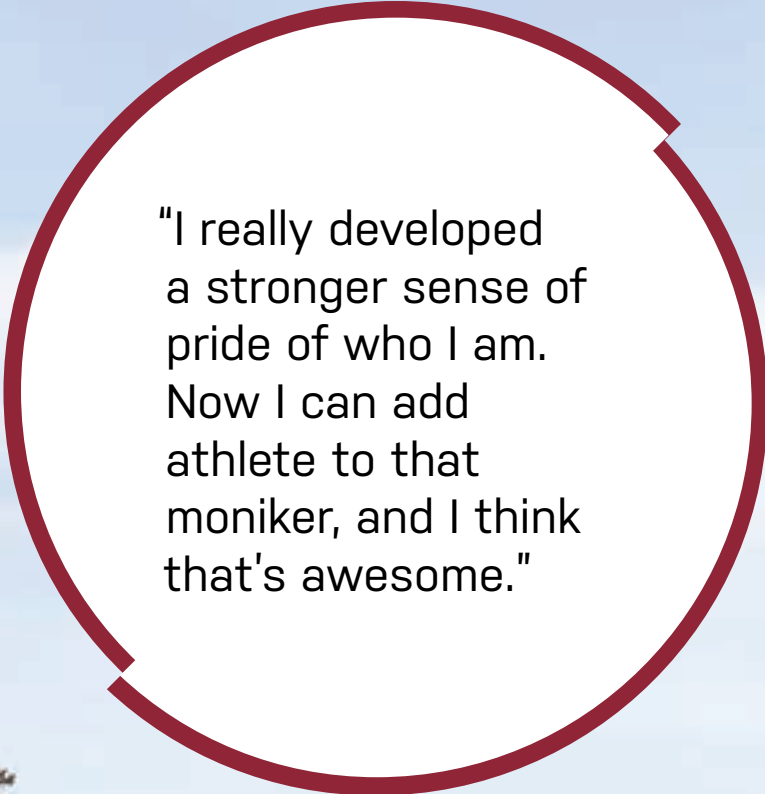
For added balance and steering, she uses hand-held "outriggers," which are like ski poles but with miniature skis on the bottom rather than spikes. While St. Pierre shifts her body weight to steer the ski, a volunteer follows behind, attached to her with a tether, helping her control speed.

"When I took that first run—it was likely at Sugarloaf on Whiffle Tree—I thought, 'I can do this, just once, and maybe I'll never do it again,'" says St. Pierre. But she was hooked. "It was so exhilarating."

During her first season skiing, St. Pierre and Miller made tracks at Sugarloaf, Saddleback and Sunday River. With each successful run, she felt more confident and took on more challenging terrain. By the end of the season, she skied one of the most difficult kind of trails—a black diamond—at Saddleback.

"Successfully making it down that trail with no issue, getting down to the bottom, I was completely elated. It was a huge, massive achievement," says St. Pierre. "You ski more and more, and the more success you have, you're empowered. I feel like an athlete now."

Growing up in Colorado, St. Pierre lived a normal childhood—aside from spending her summer vacations at Shriners Hospitals. Between the age of 2 and 16, she underwent 16 orthopedic surgeries to address complications brought on by cerebral palsy. She attended University of Maine Presque Isle, obtaining her degree in creative writing, and later moved to Waldo. She currently works as a



"I really developed a stronger sense of pride of who I am. Now I can add athlete to that moniker, and I think that's awesome."

customer support analyst at athenahealth in Belfast.

"I never knew much about adaptive sports. I knew they existed from the Paralympic Games," she says. "I am just a late bloomer to adaptive sports."

Maine Adaptive enabled approximately 500 children and adults with disabilities to experience winter and summer sports in 2016. During the organization's 33rd annual Ski-A-Thon in March, more than \$380,000 was raised. According to Director of Marketing Deb Maxfield, this annual event typically generates 50 percent of the organization's annual operating budget.

Maxfield joined the organization's staff in 2015, but was no stranger to its mission. Her grandparents were some of the first volunteers. Her mother followed in their footsteps and marked her 25th season with Maine Adaptive. As a staff member, Maxfield says, "One of the biggest things I see on a daily basis is the joy in the faces of participant athletes as they reconnect with [or discover] a sport they didn't believe they would be able to try, enjoy or successfully take part in."

Maine Adaptive Program Coordinator Alissa Towle says watching St. Pierre learn to ski was no different. "From the first day, she has been smiling. Natalie had no experience with skiing in sit-down equipment, but she was game for anything. She has worked steadily to improve her skill and independence with her skiing."

With three years of skiing under her belt, St. Pierre admits the nerves have mostly been replaced by a sense of strength and assurance. "I just get better and better," she says, giving a lot of credit to the crew of volunteers she skis with. "The crew we ski with, they are like family. They want to see us succeed as people and athletes."

Prior to her skiing days, St. Pierre recalls getting involved with school activities, "but that's when you realize your limitation." So, when she couldn't play a sport, she became the best sports fan and cheered on the teams. In fact, she remembers being featured on a local news station at the age of 10 because of her dream to be a cheerleader for Oklahoma University. "I always longed, in some way, to be physically part of a team and physically being active. It always eluded me."

As St. Pierre approaches 40, she is grateful her disability is well managed and hopes to continue trying different activities offered by Maine Adaptive. Her 16-year-old daughter Trinity is her inspiration to continue trying different sports to stay in shape and maintain her health.

To an extent, St. Pierre wishes she would have discovered Maine Adaptive earlier on. "I don't know if I would have been an Olympian, but I would have had more of a sense of self and confidence."

"I really developed a stronger sense of pride of who I am," says St. Pierre. "Now I can add athlete to that moniker, and I think that's awesome."

To learn more about adaptive sports offered in Maine, visit: [maineadaptive.org](http://maineadaptive.org).

**Emma Bouthillette** authored "A Brief History of Biddeford," about her hometown. She is a yoga instructor and a corgi mom. ([emmabouthillette.com](http://emmabouthillette.com))

Natalie St. Pierre gets ready to head out for a day on the slopes during Maine Adaptive's annual Ski-A-Thon at Sunday River in March. Maine Adaptive volunteer Mike Towle is attached to her via a tether to help control her speed down the trail.

An enthusiastic crew of Maine Adaptive skiers and volunteers—including Natalie St. Pierre, front center, and her boyfriend Cedar Miller, front right. Born with cerebral palsy, which affects her lower extremities, St. Pierre skis with a dual-ski, comprised of a bucket seat that is mounted on an articulating device on top of a pair of skis.





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# TOTALLY WORTHY

Yoga instructor Katie Beane wants you to know  
that every body is a yoga body.

Written by Amy Paradysz  
Photographed by Lauryn Hottinger

Katie Beane is wearing a tank top that reads, "Life is tough darling but so are you." It's not just a line—it perfectly describes Beane's demeanor as she encourages students in her Yoga for Bigger Bodies class she runs through Portland Adult Ed. "You are totally miraculous," she tells yogis coming out of shavasana bliss after 90 minutes of gentle movement. "You are totally lovely. You are totally worthy."

Many of the 20 students in the class have been coming back, session after session, for four years.

"It's very easy to think there's a type of body that's a yoga body," Beane says. "But I think every body is a yoga body. If you can breathe, you can do yoga."

Jacqui Bonwell, a regional yoga teacher trainer and Beane's mentor, says, "On the outside, Katie might have extra weight. But on the inside, she's exceptionally steady. She knows how to be there with her whole heart, and she has been making yoga accessible for communities that have been marginalized."

"I almost didn't do Jacqui's training," Beane admits. "I told her I couldn't do it because I was too fat. And then she asked me, 'What if someone was willing and had the resources and the time and the heart to volunteer at a nursing home? And then what if they said they couldn't do it because they were too fat?'"

Not only did Beane complete the 200-hour certification to teach, she then completed a 500-hour certification to train instructors, as well as another 30 hours of specialized training in "yoga for all bodies" modifications. Along the way, she found not only her niche but her passion. She also found freedom from what she describes as "a decade-long dance" with bulimia.

"Years of therapy just couldn't get at my body, my mind and my heart the way that yoga could," Beane says. "Yoga helped me have a safe place to land in my own skin. I found yoga, and that was the end of my bulimia. The biggest gift that yoga gives us is that the focus of

the practice is a connection. All the different parts of us get a seat at the table—body, mind and heart. Society asks us to hide parts of ourselves that we don't think are worthy. But if you keep inviting every part of yourself to the mat, it's hard to hate parts of yourself."

Beane supports the Health at Every Size movement, which emphasizes health and well-being over weight management.

"Fat is not a swear word," she says. "It's just a way that some bodies are. Health at Every Size is about making decisions that come from a place of deep respect for my body, because I love myself, because I value myself, because I want to feel good. There may be body changes as a result, but it doesn't come from a place of obsessing over becoming a specific size and shape."

Having freed herself from that metaphorical prison of self-loathing, Beane works with Sea Change Yoga, a Maine-based nonprofit that brings the healing power of trauma-informed yoga and meditation to all, to try to bring inner peace to women incarcerated at Windham Correctional Center.

"I hope it's restorative justice in some way," she says. "The word 'yoga' means 'to yoke,' 'to connect.' For anyone who has felt disconnected, yoga is a way to feel connected. I'm interested in helping people listen to themselves and connect with what's happening with them moment to moment."

No matter where she's teaching, Beane reminds her students to take note of the physical sensations of yoga—many of which are pleasant, because of the happy hormones and what is happening with the endocrine and nervous systems. But there can also be discomfort and there certainly are challenges and moments of insecurity—or at least imbalance.

"The first time I ever took a yoga class," Beane says, "It was a hot yoga class—I thought, 'Why would anyone do this more than once?' But the practice is meeting the discomfort and moving with it and moving through the arch



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of shavasana, just focusing on breathing while you're moving and being present. Anything you practice doing in class—like focusing on just right now or 'what I can do' rather than 'what I can't do'—that will show up in difficult situations off the mat as well."

Beane took that first class when her mother had breast cancer, and she fell in love with how yoga made her feel, even during that time of heartbreak and grief. "Yoga became my go-to during my mom's last year or so of her life," says Beane, who is now 37 and going through a similar experience as her grandmother enters hospice. "It was how I practiced self-care and how I stayed sane. I wanted to teach to bodies like mine."

Arcana studio in Portland offers yoga teacher training that includes Beane's specialized instruction in yoga for all bodies—not only softer bodies. Modifications are taught to accommodate age and injury, women who are expecting, women who are busy enough to not fit into certain poses—and anyone who feels they'd benefit from being offered a menu of options.

"It's about awareness," said Arcana's owner Jennie Joan Ferrare. "I'm expecting, so I'm learning about all these cues for people who don't have as much space in their body. There's room for different experiences for different bodies. It's about being in your body and being embodied. It's not about achieving a certain shape."

That said, it's not all about inner strength, either.

"Katie Beane has a badass physical practice," said Bonwell, who has trained more than 100 yoga instructors based in Maine, including Beane, who now co-leads Bonwell's Sacred Seeds Yoga School programs in Maine. "She's strong."

Whether Beane is in downward dog with her 6-year-old son Albie climbing on her back or bringing the inner freedom of yoga to women in jail or breaking down the "yoga body" stereotype that almost kept her from finding her niche, she is yoked. She is connected—mind, body, spirit.

**Amy Paradysz is a yoga-loving freelance writer from Scarborough.**

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A combination of stress and the isolation of being a stay-at-home mom led Beth Wilkas Feraco to struggle with alcohol. She kept up with the day-to-day mom activities, she says, "but inside I was dying."





# RUNNING THE CRAZY OUT

After struggling with an alcohol addiction, Beth Wilkas Feraco found support, sobriety and running.

**Written by Bailey O'Brien**  
**Photographed by Lauryn Hottinger**

When Beth Wilkas Feraco, 45, decided to quit drinking, she found comfort in an even more daunting challenge: running. "Running is not easy. It sucks," she says. "I felt like running was harder than quitting drinking, so I wanted to keep doing it. I wanted to get to the next mile. I wanted to do a bigger race." Feraco, a mother, wife, avid runner and fitness instructor, is nearly three years sober. "We can do hard things," she says.

Tucked away in the small, near-coastal Maine town of Thomaston, Feraco is married to her high school boyfriend, Mike, and lives just minutes from her childhood home. She returned to Maine after nearly two decades away, her departure a reaction to her father's sudden passing when she was 18. "It happened four days before my graduation. Shortly after, I took off and left," she says. After spending most of her twenties and thirties in Los Angeles, she drove east, reconnected with Mike, and moved with him back to Maine. "I told myself I would never live here again," she laughs. "And here I am!"

Feraco's struggle with alcohol began in the years that followed her return. Prior to the birth of her son, Johnny, now 6, "My husband had a stroke." He recovered, but his reduced capability and the lingering stress weighed heavily on her. "I was a mess. I cried throughout the whole pregnancy," she says, but she abstained from alcohol while she was pregnant. "It was after the nine months of breastfeeding that I started drinking wine at night. It's super isolating when you're a stay-at-home mom with a baby that won't stop crying." This was on top of gaining a new stepdaughter, Kiley, now

9, and settling near-constant custody and child support disputes in court. "A few glasses went to a bottle," she says, and her stress relief had transformed into an addiction.

Dulcie Witman, LADC, a Portland-based therapist and addiction expert, explains that a combination of genetics ("what is in us") and the environment ("what is around us") shape the likelihood of addiction. "What is surprising is where it can take us," says Witman. "Intelligent, kind-hearted people who care about their families and their health can and do end up destroying both when caught up in the pull of addiction to something that began by simply giving pleasure."

Feraco's dark secret made the days harder. "In the morning, I would be so hungover, but I'd still have to do these mom things. I have to go to the library. I have to go to story time. I have to go to music class," she says. "The whole time, I'm dying. I'm like, 'I can't wait until I get home so I can have a glass of wine again.'" Her addiction went on like this for three years.

"I was trying to be the perfect mom on the outside, but inside I was dying," she says. Mike knew she was struggling with the pressures of motherhood, so he continued buying her more wine. "He just wanted me to be happy," she says. "God bless his heart, but in my head I'm thinking, I wish someone would just take me to rehab."

Witman describes addiction as a disease as destructive as an epidemic. "The shame that invades the mind and soul of a person makes it increasingly difficult to see their own truth, and they begin

"I was trying to be the perfect mom on the outside, but inside I was dying."

**feminist  
sober  
killjoy.**





Beth Wilkas Feraco and her son Johnny play together in a park in Damariscotta.

to mistrust even their closest allies. And they drink and use more in order to live with how that feels,” she says. “It’s a hideous cycle.” The cycle, however, can be broken.

“Something has to make us feel bad enough that, rather than blaming others, we can see at least a teeny crack of light shed on the justifications for using whatever we’re using. Even if we don’t see it clearly (which we often don’t in the early stages of recovery) we need to see that drinking or drugging is getting in the way of us having the life we want,” says Witman. “We’re not the person we want to be, we’re not the mother we want to be. And we don’t know how to get there.”

Almost three years ago, Feraco experienced her moment of clarity. “I drove Johnny from Camden to Thomaston, which is a good thirty minutes, and I think I may have had almost a bottle of wine,” she says. The realization of what she’d done terrified her. “I was like, ‘Oh my God, what if I crashed, killed my son, killed myself, killed somebody else...’ I just couldn’t do it anymore.” That’s when she went to her first Alcoholics Anonymous, or AA, meeting around the corner from her house. “I went to AA for a year straight, every day. That changed my life.”

She and a friend started to run in the mornings before her AA meeting. “I pretty much just dumped myself into running. I thought of it as like ‘running the crazy out.’” So far, Feraco has run 5ks, 10ks, half marathons and trail races. “With every step, it’s one foot in front of the other, and that’s how it is with quitting drinking.” Her longest run was a 12-accidentally-turned-15-mile race when she got lost on a Bradbury Mountain trail during a thunderstorm. At the end, she was awarded a t-shirt appropriately emblazoned with the word “badass.”

She stopped attending AA after a year but has continued her sobriety journey. “The idea is that recovery is not, ultimately, just about not using,” says Witman. “It becomes a more rewarding way of living your life.”

Feraco is currently earning her certificate in fitness nutrition from the International Sports Sciences Association and teaches fitness classes at her local gym, where she works out every morning. “Almost three years ago, I never would have imagined—ever—that I would be teaching group classes and taking nutrition courses and working in a gym and helping other women in fitness,” she says. “I’m actually grateful for the journey. I would not be this person without it.”

***Bailey O’Brien is a Portland-based freelance writer and editor. In her spare time, she can be found in tiny bookstores, on top of mountains or beside the ocean.***

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# Eat well

*Short-term diets sound appealing, but making small changes over time is a more-sustainable approach (and one that'll won't make you feel miserable).*

**Written by Melanie Brooks**

**Photo by Lauryn Hottinger**

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Last year, my husband and I decided to go on a diet. We'd been consuming an unhealthy amount of pizza, dessert and (my favorite) iced mochas and wanted to find a plan that would be relatively easy to follow and give us some results to boast about.

We settled on the Whole30. The recipes in "The Whole30: The 30-Day Guide to Total Health and Food Freedom" looked really delicious and the diet itself lasted for 30 days. I figured I could do anything for a month. I concocted our weekly meal plans—staying away from my four favorite things to eat: sugar, grains, dairy and legumes. How hard could it be to change my diet for a month? Turns out, really hard.

We were miserable. For weeks I fought the mighty urge to sneak a handful of chocolate chips or a slice of pizza. Those 30 days felt like an eternity.

Admittedly, I lost eight pounds. But I was relieved when it was over. For me, it wasn't something I could do forever. "This diet sounds like it was too big of a change for you," Anne-Marie Davee told me when I complained about how unhappy I felt on my Whole30 journey. "Dietary habits take time to build; they take time to modify. Gradual changes are much more sustainable."

Davee is a registered dietitian and assistant clinical professor at the University of New England. A competitive athlete, Davee's expertise is in foods and nutrition and exercise science. She's completed 20 marathons and 15 triathlons. One of her crowning achievements was competing in the first Women's Olympic Marathon Trials in 1984 with Joan Benoit Samuelson. Eating well and exercising regularly is a way of life for Davee, but she knows not everyone is wired that way. She believes that living a healthier lifestyle doesn't have to be as hard as some people (like me) make it out to be. Gradual changes to diet and exercise over time can make all the difference.

Her passion was ignited during a nutrition class her senior year of high school. "I was amazed at how the changes I made in my food choices were impacting my body," she says. "I knew I could help other people be healthier and improve their athletic performance by simply guiding them to make healthy food choices." Davee decided to earn her bachelor's degree in food and nutrition at the University of Maine to become a Registered Dietitian. She continued her education at UMaine, obtaining a master's degree in human development.

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Davee enjoys working with the UNE women's lacrosse and soccer teams, as well as with her individual athletic clients. But while their daily menus focus on what they need to be at peak performance, her philosophy can trickle down to weekend warriors.

Davee prefers to eat using the grazing method—six smaller meals throughout the day rather than the traditional three larger meals. “My preference as an active healthy female is more on high complex carbohydrate, low fat and lean protein,” she says. A typical day includes a half of a bagel with peanut butter for breakfast, mid-morning includes a granola bar and an apple, lunch is a half of a sandwich and cup of soup, mid-afternoon snack might be the other half of her sandwich and dinner might be pasta or rice with lots of vegetables and a small portion of protein. Eating this way keeps her body fueled and her mind sharp, and cuts down on the munchies and afternoon slump.

“Dietary guidelines have not changed in the last 25 years,” she says. “Americans need to eat more fruits, veggies and whole grains while limiting their fat, sodium and added sugar intake. And reduce portions of meat and dairy.” Since 1980, these guidelines have been jointly issued and updated every five years by the U.S. Department of Agriculture and the Department of Health and Human Services.

Davee isn't all that impressed with the waves of fad diets and cleanses on the market. She knows that Americans in particular need to get back to basics and away from processed foods. If a diet program gets someone who is used to eating lots of processed foods, salt and sugar to change their thinking and eating, then it's a positive change. But it doesn't have to be all or nothing.

“I say tackle one change at a time,” Davee suggests. “If the goal is to eat more vegetables, start with eating two different vegetables every day. I am always promoting gradual change—it's more sustainable.”

But what about my pizza cravings? Davee tells me that my acquired craving for salty, delicious pizza can be wrangled over time. “It's really hard to go from eating pizza once or twice a week to not at all,” she says. But I can kick the craving from slowly backing off to enjoying pizza less frequently, say once a month rather than once a week.

That I can handle.

*Melanie Brooks loves to write about Maine. Her work has been published in magazines and blogs throughout New England.*





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# Curious about acupuncture?

*Acupuncturist Lauren Renee Dyer of Empower Chiropractic & Acupuncture in New Gloucester answers frequently asked questions*

**Written by Lauren Renee Dyer**

*Acupuncture isn't new. It originated in China and has been used for over 2,000 years. And while it's become an increasingly common approach for people dealing with pain, stress and sleeplessness (and for pets dealing with those things, too), you might still have questions about what to expect.*

## **1. What exactly is Acupuncture?**

The treatment itself involves the placement of single-use, sterile pins along specific anatomical landmarks or “points” along the body. In a traditional Chinese view, these points are moving “qi” (pronounced chee) or the energy that runs through your body. Although this might seem strange from a Western scientific view, qi is quite tangible: it's everything that runs through your circulatory system, including your blood, lymphatic fluids, nutrients and hormones. It's what keeps your body running. More research on acupuncture is able to demonstrate how it regulates hormones, promotes circulation and reduce stress by shifting your nervous system from a “fight or flight” (sympathetic) state to one that is able to “rest and digest” (parasympathetic). It is in this “rest and digest” state that your body is able to relax and heal itself. Pretty cool, right?

## **2. Who might find acupuncture helpful?**

Great question. Since Acupuncture works systemically by regulating your body's internal systems (nervous, endocrine, digestive and reproductive, etc.) this makes it useful for a variety of health concerns. To name a few is hard, but it is commonly sought out and beneficial for pain relief, sports injuries, allergies, headaches, digestive issues (IBS, nausea, heartburn, etc.), insomnia, and mental-emotional conditions like anxiety and depression.

Acupuncturists consider your medical history, lifestyle, work habits, relationships, diet, digestion, emotions and more to come up with an individualized diagnosis and treatment that addresses not only the expressions of your health concerns, but the underlying causes as well. In that sense, you are treated as a whole person, not just a symptom.

In my clinic, nearly all of my patients are women, which affords me the opportunity to support them through life's various stages with conditions, well, specific to us! Women with premenstrual syndrome (PMS), irregular cycles, pelvic pain from underlying conditions like endometriosis or PCOS and hot flashes or other symptoms of menopause can benefit from acupuncture.

## **3. Does it hurt? What if I am afraid of needles?**

No. Acupuncture does not hurt—nor should it! Acupuncture needles are drastically different from hypodermic needles used to draw blood. For

starters, acupuncture pins are so small and thin that you can fit 20 in a single hypodermic needle—you can Google a picture of this! Acupuncture pins are just wider than a strand of hair and, to many people's surprise, have a rounded tip. This makes them essentially sensation-free when inserted. Acupuncturists are trained for years in how to provide treatments that are gentle and painless so that you can relax.

## **4. Do people attend multiple sessions over time or just once or make it a regular occurrence?**

Treatment frequency really depends on the patient, the severity of their condition and how long they've had it for (acute vs. chronic). Most patients attend multiple sessions over time and, once their symptoms improve, we space treatments out from there. I have found that I get quicker, sustained clinical results when I see patients more consistently at the beginning. This is because acupuncture works cumulatively, just like learning a new skill or exercising. Treatments and any effects need time to build on one another to become long-lasting. I wish Acupuncture was magic—and I know it seems like that to some people—but similar to conventional medicine, the body needs steady reminding on what it's being asked to do or it will revert back to a state of sickness and disharmony.

## **5. Do people use it for relaxation?**

Oh yes! Relaxation and improved sleep are the most common side effects of Acupuncture—even if that's not what you're coming in for. Patients use their treatments to pause from their busy lives and literally nap if they need to. Lying under a heat lamp and cozy blankets makes that easy too...and napping is encouraged! Remember, it's all about returning to that “rest and digest” state.

## **6. What else should people know before considering acupuncture/making an appointment?**

Acupuncture is safe when practiced by a licensed clinician. When choosing an acupuncturist, make sure they have “L.Ac” (Licensed Acupuncturist) designated after their name and their diplomate status (Dipl. Ac or Dipl. AOM) from the National Certification Commission for Acupuncture & Oriental Medicine (NCCAOM).

*Lauren Renee Dyer is the Licensed Acupuncturist (L.Ac) of Empower Chiropractic & Acupuncture in New Gloucester, which she owns with her husband, Dr. Travis Dyer, DC. She has Master of Science in Acupuncture and Diplomate Status from the NCCAOM and is currently earning her Doctorate of Acupuncture (D.Ac).*



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# 5 things

## 5 NATURAL CLEANERS FOR YOUR SPRING CLEANING

*Spring cleaning is decidedly one of the less-exciting signs of the season. But as we crack open windows that have been locked tight for months and let the fresh air breeze in, it's nice to give the ol' homestead a freshener, too. Since we're endeavoring to be more eco-conscious (perhaps you are, too) we're going back to basics with some easy and green ways to clean up our spaces.*

### 1 | White vinegar

White vinegar does all the things. Use a mixture of equal parts water and white vinegar as a cleaner for the fridge, or run vinegar through the coffee maker to give it a cleaning. A mix of white vinegar and salt can be used as a scrubbing agent to remove coffee stains from mugs, and if you have workout apparel that still smells like sweat, even after it's washed, use white vinegar in the wash to freshen up those items. (Also, distilled white vinegar's antifungal properties also make it good for resolving athlete's foot, and it's good for bug bites, too.)

### 2 | Black tea

It's great to drink, of course, but black tea can also clean your windows. Simply steep a few bags of tea in hot water, like you were making a strong cup of tea, then pour the mixture into a spray bottle.

### 3 | Olive oil

Olive oil comes to mind when we're roasting vegetables, but it can also be used to polish your wood furniture. Mix two parts olive oil with one part lemon juice and apply with a cloth. (Heads up: virgin olive oil doesn't work as well as pure olive oil.)

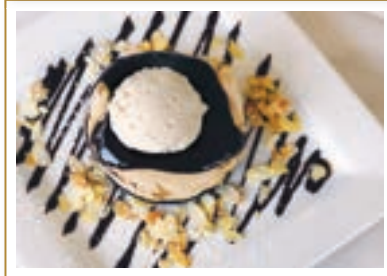


# 4 | Club soda

Spill red wine on your dress at a party? Someone get the club soda! We've seen that scene play out in more than one rom-com, but it's true that club soda is good at removing stains. It's also good for removing urine stains (should your beloved pet have an accident), removing rust (like a rusted bolt you need to remove), and cleaning stainless steel (like the kitchen sink).

# Grapefruit | 5

Half for you, half for the bathtub! Grapefruit is typically eaten (with joy, because fruit tastes good), but you can also use it to scrub your bathtub. Sprinkle half a grapefruit with salt—and sprinkle salt on a damp tub—then use the half grapefruit to scrub away. It'll smell super nice, too.



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# The Run for the Roses

Written & photographed by Jessie Lacey

Nothing says Kentucky Derby like oversized hats, fast horses and the tiny men and women who ride them and, of course, the mint julep. The classic is a pretty uncomplicated recipe: simple syrup, mint and bourbon. But I can't help myself when it comes to messing around with the classics. Taking a cue from the ridiculously over-the-top flowery hats those genteel southern ladies don, I give the mint julep a floral kick in the face.

I started with an amazing simple syrup kit I got from Vena's Fizz House—Vena's Floral Simple Syrup—the bottle contains everything needed to make a floral simple syrup, including hibiscus flowers and rose petals. All you do is add hot water to the bottle and shake it up. Vena's was also kind enough to lend me the beautiful vintage copper vessel used in the photo.

Continuing with the floral theme, I use Fee Brothers Jasmine Flower Water for the rinse, after testing out their Lavender Water and Rose Water. The others worked lovely, but were a bit too perfumey. I add a teaspoon of Tempus Fugit Liqueur de Violettes, which is made with flowers hand-picked in the French Riviera. Fancy!

Of course I use Four Roses Single Barrel Kentucky Straight Bourbon, because it has the word "roses" and "Kentucky" right in the name. It just makes sense. It is also a delicious bourbon.

I love all my cocktails equally, but I love this baby just a little bit more.

*Jessie resides at the heart of downtown Portland with her border collie puppy Josie, making cocktails and trouble.*

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## THE RECIPE

Fee Brothers Jasmine Flower Water rinse  
1/2 teaspoon Tempus Fugit Liqueur de Violettes  
1/2 ounce Vena's Floral Simple Syrup  
2 ounces Four Roses Single Barrel Kentucky Straight Bourbon

*Rinse your julep cup or vintage copper mug with the Jasmine Flower Water, then fill your chosen vessel with crushed ice. Take fresh mint and bruise it (I just squished it a little and tossed it in the shaker. You might choose to press it against the side of the shaker with a spoon. Just don't muddle the life out of it.) Add ice to the shaker, along with the rest of the ingredients, and shake. Pour into your fancy vessel, garnish with fresh mint and sit back and enjoy the races. Remember to place your bets early. The one and only time I went to the races, I bet \$5 on Jesus (I can't remember if that was the jockey's name or the horse's name...) and won \$125. I immediately spent all of my winnings on oysters.*



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Terrill Waldman at her studio, Tandem Glass, in Dresden.



# Terrill Waldman: *playing with color*

Written by Terrill Waldman  
Photographed by Molly Haley

Color is my thing. It is so infinitely inspiring and expresses all the other things I love, like botanicals, food and toys... anime, bugs, etc. I've worked with glass for 30 years and share a studio with my husband, who is also a glass blower. In my studio practice, I love to repeat variations of the same process, playing with color density and proportion endlessly until I can fine tune something that holds light and color in an animated way. As I've continued working over the years, I've discovered that many of the very simple techniques





and processes I work with, when pushed through all their many variations, can yield something very original. I especially love color that is a “bridge” appearing to shift from, say, yellow to orange depending on what it is next to. I’ll often treat a color as a yellow or a green by placing it next to a certain color that can “shift” it. Using color this way gives me a nerdy sense of omnipotence. I love horrible colors and there is nothing that makes me happier than to take a color that is horrible and tweak it into something amazing. With my glass work,

I “build” all the glass rods through a layering process that can really shift colors around and get very painterly. There is something about playing with color and layering, pattern and proportion that does something so profound to my brain. It makes me so happy!

***Terrill Waldman started blowing glass at Center for Creative Studies in Detroit, Michigan as a high school student and has spent as much time as she could in glass studios ever since. She currently owns and***

***operates Tandem Glass studio and gallery in midcoast Maine with her husband, Charlie Jenkins, who is also a glass artist. For more info: [tandemglass.com](http://tandemglass.com), [facebook.com/tandem.glass](https://www.facebook.com/tandem.glass)***

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# A sensational sheet pan supper

*Garlic tamari glazed chicken and a savory side salad make a perfect combination for spring*

Written & photographed by Candace Karu

There are few experiences sweeter than springtime in Maine. We earn these warmer, sunny days, having slogged through months of snow, sleet, slush and rain. It's no wonder that we embrace every golden hour that spring offers. Who wants to spend hours in the kitchen preparing meals and cleaning up when you can be outside enjoying the abundant charms of our very own Vacationland?

Enter the sheet pan supper, a superstar on the culinary scene and a lifesaver for folks who love wholesome, homemade meals that are also easy to prepare, easier to clean up and taste delicious.

This recipe could not be any simpler...or tastier. It takes minutes to prepare, 30 minutes to cook and cleans up in the blink of an eye. In the interest of saving time, I often buy a precut veggie mixture in the produce section of my local grocery store. I find that not only am I saving time, I'm also saving money and wasting less food by buying exactly the amount of veggies I need for the dish.

But wait...there's more! The marinade is one of my most versatile kitchen staples in my repertoire. It elevates the taste of plain roasted chicken thighs and veggies, but it's also perfect for summer grilling season. Use it on any protein from tofu to turkey breasts, sirloin to salmon.

If I'm cooking for a crowd—or if I just want leftovers—I will double the recipe and cook on two sheet pans. This dish is one of those that is even tastier the next day. I can also accommodate both vegetarians and meat eaters by making one sheet pan with chicken thighs and another with tofu steaks.

The Farro and Arugula Salad is another simple and extraordinarily versatile dish that lends itself to almost infinite iterations. Prepared as instructed in the recipe below, it makes a wonderful side salad or a hearty vegetarian main dish. Adding tofu would up the protein factor for a meatless meal. Adding leftover beef or chicken is another flavorful and filling option. And when fresh veggies like tomatoes, beans, carrots, peas and corn are in season, this salad just begs you to toss them in and enjoy the garden fresh goodness of summer.



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# Garlic Tamari Glazed Chicken & Vegetables

## INGREDIENTS

4 large bone-in chicken thighs, with skin  
1 1/2 lbs vegetables, 1-inch dice (*carrots, parsnips, sweet potatoes, turnips, beets—whatever strikes your fancy*)

## MARINADE

1 tablespoon Dijon mustard  
Juice of half a lemon  
1/3 cup olive oil  
1/3 cup tamari or soy sauce  
1/3 cup V8 Juice or tomato juice  
3 large garlic cloves, minced

## INSTRUCTIONS

Whisk all ingredients for marinade together, blending thoroughly.

Use 2/3 of the mixture to marinate the chicken thighs in a resealable zipper storage bag or sealed container, refrigerated for at least three hours.

Reserve the remaining 1/3 of the marinade.

When ready to cook, preheat oven to 400°.

Toss vegetables in remaining 1/3 of the marinade.

Place marinated chicken thighs in the middle of a 9 x 13 sheet pan, surrounded by the vegetables.

Cook for about 30 minutes or until the vegetables are soft with crispy edges and the chicken has reached an internal temperature of 160°.





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The Farro and Arugula Salad is another simple and extraordinarily versatile dish that lends itself to almost infinite iterations.

## ▲ Farro & Arugula Salad

### INGREDIENTS

- 1 cup farro
- 3 cups of chicken or vegetable stock
- 1 cup baby arugula, chopped
- 3 scallions, white and green parts, chopped
- 1/4 cups dried fruit (*raisins, currants, Craisins, chopped apricots or a mixture*)
- 1/4 chopped walnuts, toasted
- 2 tablespoons lemon juice
- 3 tablespoons olive oil
- Salt and pepper to taste



## INSTRUCTIONS

In a medium saucepan, bring farro and stock to a boil. Cover and simmer until stock is absorbed, 45 minutes to an hour.

Let cool to room temperature.

When farro has cooled, whisk lemon juice and olive oil together.

In a large bowl, toss farro, arugula, scallions, dried fruit and walnuts with the lemon/olive oil dressing. Adjust seasoning with salt and pepper.

Serve at room temperature.

*Candace Karu makes her living writing about food, fitness and travel. She lives near the ocean in an old farmhouse with two ill-behaved dogs and two hard-working barn cats. Follow her on Instagram: @candacekaru or at candacekaru.com*

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# View Finder Diaries

**Written & photographed by Lauryn Hottinger**

Photography was always the coolest, most elusive art to me. It involved a language I would never be cool enough to speak. I started as an artist's model in drawing groups. Then I graduated to photography modeling as it was more lucrative and there was more need for it. I was flown around the nation to model nude for photography workshops and personal projects. It was amazing and fun. It was also an excellent vehicle for my own creative expression. After three years, I got a little burned out on modeling and started playing with the concept of actually taking my own photos. Still, I saw photography as an art above my head, but I got a small DSLR and thought I'd try it anyway. Just fading out of the modeling world, I was the only thing I could think to photograph. After all, I was what everyone else was photographing, right? It made sense.

I started taking self portraits. I took a lot. I took them because I knew how to model, and I needed to learn and practice my camera settings. Self portraits became an art form for me. When I was more confident with my camera, I started taking photos of other people. After about a year, I had a portfolio, and after four years, I had a business. Now, I take photos of many things, but I always fall back on my self portraits as a means of personal expression—bringing it full circle.

# Your love on your sleeve

*Express your affection for the Pine Tree State with Maine-inspired apparel*

Written by **Katie Bingham-Smith**

**M**ainers love Maine-centric pieces. What can we say? We're proud of the state we live in and we're happy to express that pride through locally printed apparel. I'm totally obsessed with my "The Way Life Should Be" sweatshirt from Fox Island Print Company. It's not only the coziest sweatshirt I've ever owned, the sleeves actually accommodate my long arms, which is a rare find when it comes to women's clothing. But what I love most about wearing a T-shirt, sweatshirt or hat with a Maine theme is the reaction you get from fellow locals who smile with equal Maine appreciation before asking where you got that shirt, because they'd like to get one, too.

Here are a few Maine-inspired sweatshirts and tees to add to your collection, so you can show your love for the Pine Tree State wherever you go.

***Katie Bingham-Smith is a writer, shoe addict and mother living in Bowdoinham. She pays her kids to rub her feet and never turns down anything with caffeine.***





## HILLS AND TRAILS

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*“Mountains of Maine” women’s tee (\$28) from Portland-based Hills and Trails.*

Shout out to your favorite Maine mountains: Bigelow, Sugarloaf, Pleasant, Tumbledown, Katahdin and Old Speck. Hills and Trails co-owners Kanye Zillmer and James Frydrych design and print their line of clothing and home goods inspired by Maine and the great outdoors. Find apparel prints and bags online at [hillsandtrails.co](http://hillsandtrails.co).



*Photo by Cait Bourgault*

## MIGHT & MAIN

---

*“Dirigo” hoodie (\$54) from Portland-based Might & Main.*

“Dirigo” is Latin for “I direct” or “I lead,” which means this sweatshirt represents both your adoration for Maine and your inherent leadership skills. Might & Main is a brand design studio, and they have a pretty neat online shop of sweatshirts, hats, mugs, patches and posters. See the collection at [might-main.com/shop](http://might-main.com/shop).

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## MAINE STYLE



Photo by Leah Fisher Photography



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### LIVE ME

*"LoveME" V-neck T-shirt (\$25) and pullover (\$50) from LiveME in Portland.*

Just come right out and say it: You love Maine so hard. LiveME has a cool collection of hats, T-shirts, posters and accessories with a range of Maine loves on them, from "SurfME" and "HikeME" to "BeerME" and "FishME." Find the whole collection online at [livememaine.com](http://livememaine.com) or in person at Old Port Card Works, Lisa Marie's Made in Maine, Newbury Comics. (LiveME is offering Maine Women Magazine readers a 20% off discount: Use code MWMA)



## FOX ISLAND PRINTWORKS

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*“The way life should be” crewneck sweatshirt (\$45) from Fox Island Printworks, based in North Haven.*

The comfy unisex sweatshirt is perfect for lounging on a cool summer evening. There’s also a “The way life should be” apron, which you can wear while baking or grilling or when you’re browsing recipes online wondering what to make because you’re starving and everything looks delicious. Fox Island Printworks sells clothes, accessories, home goods and children/infant clothing. Find it all online at [foxislandprintworks.com](http://foxislandprintworks.com).

Moms Demand Action  
volunteer Cindy  
Ambrogne-O'Toole  
of Scarborough.



# Maine Moms Demand Action for Gun Sense in America

Written & photographed by Amy Paradysz

**T**he Parkland mass shooting in February not only invigorated teen activists, but it reinvigorated a national movement started by moms—a movement that now includes more than 2,000 volunteers throughout Maine.

“Most people get involved because of the headlines and a feeling that things are out of control,” says Kathleen McFadden of Kittery, a full-time volunteer for the Maine groups

of Moms Demand Action for Gun Sense in America. “Ninety-three Americans are killed every day by gun violence.”

The day after the Sandy Hook Elementary School shooting in Connecticut in 2012, Shannon Watts of Indiana started a Facebook page called One Million Moms for Gun Control. A grassroots group called Moms Demand Action (MDA) sprang up, and within a year there were 1.3 million members from

chapters in all 50 states.

“She started an online page that sort of woke up the connected consciousness of people wondering ‘What can I do?’” McFadden says. “It started out as a mom’s group, modeled after Mothers Against Drunk Drivers, but we are now mothers, brothers and others. Anyone who has an issue with the prevalence of gun violence is invited to join us.”

After Question 3, which would have required

background checks for all gun sales in Maine, was narrowly defeated in November 2016, membership in MDA-Maine grew—only to swell again after Parkland initiated a national uprising of high school students.

The Cumberland County group draws volunteers from Portland, South Portland, Cumberland, Falmouth, Yarmouth, Brunswick and Bath and has met monthly for two years.

“After Parkland, I was tired of feeling helpless and hopeless,” says Elizabeth Emery of Kennebunk. “My outrage needed a place to go, a place where I could do something.”

“When I get mad and scared at the same time, I get moved to action,” says Heather McLaughlin, a fourth-grade teacher at Sea Road School in Kennebunk and one of the four mothers founding the York County chapter. “We each bring different strengths that I didn’t even know we possessed,” McLaughlin says, describing herself as the “the loudest”—just what’s needed at a rally. Elizabeth Emery is a whiz with statistics and policy research. Janice Vance knows how to lobby legislators. And super-organized Christine Walsh-Okwousa is “the glue” that holds it all together.

“I’m big about emailing legislators when there’s a subject I feel strongly about,” Vance says. “If we don’t tell legislators how we feel, how will they know? And it’s something anybody can do and all us should be doing.”

Though the York County group is new, MDA has already made significant strides in Maine. The Bangor group offers free trigger locks and is preparing to offer Be Smart for Kids gun safety education in the Brewer schools.

“We reinforce for medical providers that gun safety needs to be a priority in health education because gun violence is a national public epidemic,” says Josie Ellis, a mother, grandmother and registered nurse who founded the Bangor area chapter in November 2017. “The big (shootings) make the news, but this year there were 19 school shootings.”

Attendance at Bangor group meetings grew from 10 to 103 people in four months, partly because getting involved is as easy as showing up for a meeting. Volunteers lobby legislators, plan rallies, train to become gun safety educators, distribute safety locks and ask gun owners to consider statistics about domestic violence and teen suicide as related to gun access. Members are careful to state that they’re not opposed to the Second Amendment but against gun violence.

“If you meet someone who is a gun owner or a staunch defender of Second Amendment rights, you need to look for common ground and find solutions that are agreeable to most everyone,” Vance says, mentioning background checks as an example.

“Any responsible gun owner should not have a problem with legislation that keeps our kids safe and our nation safe,” Emery says.

MDA volunteers can just drop in on a rally—or, like some of these organizers, throw themselves into statistics and all the nitty gritty of legislative efforts across the country.

“We demand action of our legislators, but we also demand action of ourselves, every day,” McFadden says. “We provide opportunities for everyone to get involved and move the ball forward. We realize it’s not a sprint; it’s a marathon to change the culture. It’s a long-term cultural shift.”

**Amy Paradysz is a freelance writer and mother from Scarborough.**

### NATIONAL GUN VIOLENCE AWARENESS

events are happening throughout Maine on June 2.

For more information on Moms Demand Action:  
[momsdemandaction.org](http://momsdemandaction.org)

# Introducing

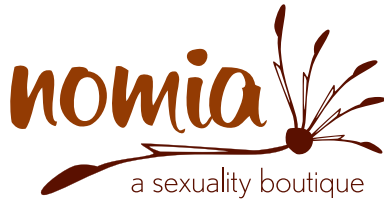


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The last snuggle

Written by Maggie Knowles

My son turns 10 this month. A decade of days. Next year, he will no longer hold up two hands to show his age. In an equal amount of time, he will be almost old enough to legally buy a drink.

When did that happen?

As the saying goes, "The days are slow, but the years, they are fast."

Fast and frustrating. Fast and fun. Fast and fleeting.

In the day-to-day chaos of life, of doing the best we can as parents, workers, spouses and friends, it is too easy to let the kid-stuff irritate us: forts taking over the living room. Legos clogging up the tub. Favorite dolls with accidental haircuts. Endless laundry. Nightmares, terrible cartoons, untouched dinners, repeated questions, ripped books, outgrown sneakers, spilled juice, unbrushed teeth and broken toys.

We snap, we scream, we sigh.

And yet...

There will be a time when the Legos, forts, dolls and even laundry will be traded away for something older, something that doesn't involve us. Things that don't need us. And in that backwards glance we see that we miss—and crave—those chaotic times. Because in all of that stuff that drives us to our breaking point, there is an unplanned yet inevitable end-point.

Those few extra pages of a book, those "good" pillows for the fort, those ceaseless "whys?" Those things that, in the moment, feel like they stole time from cleaning, laundry, opening the wine and Instagram will eventually disappear. And they don't come back.

I cringe at my pattern of rushing through "snuggle time" when my son would roll over and just say, "snuggle," in those moments before sleep took over. How many times I would lie

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there with the ticker tape of ALL I HAD TO DO, tense and hoping he was asleep so I could get up and go watch Lost or scroll Facebook or order junk on Amazon. How irked when I had finally crept out the door and he would call for “just one more minute,” and I would huff and tell my 4-year-old that “I can’t because I have so much stuff to do.”

As the years passed, he would still ask and it was 50/50 on how I would answer.

Then recently, he stopped asking.

I would tuck him in and read, then he would roll over and stay silent.

Snuggle time was over.

I wish I had kept better track. When was the last time he asked? When was the last time I could inhale the back of his sweet, warm head

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.....

as he drifted? When was the last snuggle?

I hated myself deeply in that gut-wrenching realization. I had said “no” to my baby, who only wanted a few more seconds to know he was safe and loved. I had put meaningless crap ahead of the one thing that was most important.

Those slow days had tricked me into believing they would stay slow forever.

Ten years of slow days have passed at the speed of light.

Last night, after reading, I asked him if I could stay and snuggle with him.

I wrapped my arms around his familiar shape and squeezed.

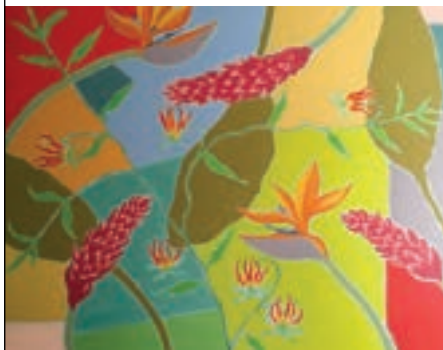
Several minutes passed and his breathing deepened. I tiptoed into the hall and stopped. “Momma? One more minute?”

“Yes, buddy. As many minutes as you want.”

*Maggie Knowles writes about all things kid. She and her family live in Yarmouth, where she gardens, keeps bees and refuses to get rid of her stilettos.*

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# Moms who ROCK

In honor of Mother's Day (and all the days), we want to give a shout out to all the amazing moms out there. We asked readers to share stories about their moms and what makes them so fantastic. Maybe she gives great advice, maybe she offers support when it is needed most, or maybe she just teaches by example with the way she embraces life and overcomes challenges. Read some of the heart-warming submissions we received below.

To all the moms—those who taught us, those who lifted us up, and those we lost too soon—happy Mother's Day.



My mom is the best! Even though the distance separates us, we talk every day. She has taught me to be strong, grateful and feel passion for what I love to do in life. She has inspired me to dream big and make it happen. After so many years, my mom still loves to get creative with her sewing machine. She used to make beautiful wedding dresses among other pieces. I remembered those days, her trying to teach me how to use a sewing machine. (It wasn't for me, but I did learn to make cushions and small bags.) My mom, Irma Soto, is an inspiration and I will admire her forever.

—Enid Arvelo



My mum, Maré LeMay, rocks! She teaches me every day that it is never too late to pursue your dreams and that the best dreams are always, at their core, what make you feel most connected to yourself and to the earth. At age 68, my mum is pursuing her lifelong dream of running a successful small scale farming operation called Mindful Gardens in Bowdoinham, Maine. She specializes in organic fresh flowers and mixed vegetables and also produces hand woven baskets and everlasting wreaths. Last year was her first debut at the Bath Farmer's Market, and she saw a successful summer with customers who love her products.

My mum was born to be a farmer. She grew up raking blueberries on her family's farm in Washington County, but having her first child at age 19 and her last at 39 meant that most of her life has been spent caregiving and working sometimes three jobs at a time to pay the bills. Having created abundance out of poverty, and determination in the face of being diagnosed with M.S., my mum has always found a way to keep her hands in the soil and her feet in the earth. Whether it was launching the Waterville Farmer's Market in the 1990s, founding the community gardens at Viles Arboretum or simply growing her children's fresh food from whatever soil was available near the homes she rented, my mum has kept her dreams alive. Nearing age 70, she still holds a paying job providing fuel assistance to low income Mainers, but she works every day of the year pursuing her love of farming. Her energy and ideas know no bounds. She has lined up weddings for this summer and hopes to have an education center for school-age children on the farm. It can be hard to live up to someone who is relentlessly motivated with endless energy and can spend hours in the sun weeding and handpicking potato beetles, but more than anything, it is an inspiration to witness. I am so proud of my mum. Oh, and did I mention she is a terrific grandmother to my 18-month-old? Because of her, my daughter gets to grow up in the magical world of strawberry patches and wildflower. My mum rocks!

—Meg LeMay



I get to brag about my mom, Mary Cecelia Mooney Rutherford—the best, strongest, hilarious, stunning! And my phone-a-friend if I were to ever be on "Who Wants to be a Millionaire." I remember her driving me to school in the winters in her Saab Turbo 5-speed with her steaming-hot flamingo pink with a teal rim coffee mug. (Pretty sure she still has it! And I'm 37!) With coffee black—no cream, no sug! The woman was no less than a pro. Didn't spill a drop and never was in the wrong gear. Among many many trillions of other things she does and did, this was my fave. She is my definition of strength!

—Ashley Rutherford





Hands down MY mom was the best mom ever! She was an avid kayaker before cancer took her from us. Mom used to sing while paddling, and we developed

hand signals for when we were trying to spot wildlife and were trying not to talk. We just enjoyed each other's company while appreciating the beauty. She was my rock, shared my birthday, had the best laugh and sense of humor. Laurie Bennett was always there for me and became one of my best friends. She taught me a lot, including how to kayak, which has become my passion. She taught me about the person I wanted to be. She was so proud of her role in our family, of her creativity and of her ability to always find the silver lining! We lost her in 2009, but she continues to teach me lessons and is always with me, especially when I am paddling!

—Kim Bennett



Laurel Daly is not only a fantastic mother, she's also my best friend and most impact-

ful role model. She has always led by example in teaching me to use my voice and stand up for what is right, especially in the face of injustice and hate. She is one of the founding members of Maine Educators United Against Gun Violence and is working hard with her colleagues to protect students and teachers and make sure that school is a safe place for everyone. She is an introvert and quiet by nature (she's a librarian, after all), but when it comes to the safety and lives of others and what she believes in, her voice is loud and clear.

—Hannah Daly

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Photo by Bonnie Durham

### Two Wheels

I have sailed above the rugged road  
and felt the wind rush across my cheeks;  
to the seaside I've spun,  
skidding, kicking up waves of pebbles,  
white clouds amorphous canopies  
among soaring skies of blue.

I have pressed toes against pedals,  
muscles flexing with the promise  
of sunlit views, of hills, of trees,  
of strangers on their own adventures  
as I propel my eager craft,  
wheels pressed to pavement.

Like a ribbon,  
the road has unfurled before me,  
a lavender path  
conveying a machine  
fueled by flesh and bone.

I have seen the squirrel race,  
the lark dart,  
the cautious car coast  
as my breath syncopates with a world  
sanctified in simple beauty—  
this is what I know as God.

### By Shana Genre

*Shana Genre writes, teaches and parents in Portland. Her writing has appeared in The Cafe Review, Thin Air Magazine and McSweeney's. Read more of her writing at [portlandishsatire.blogspot.com](http://portlandishsatire.blogspot.com)*

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