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MAY 2021

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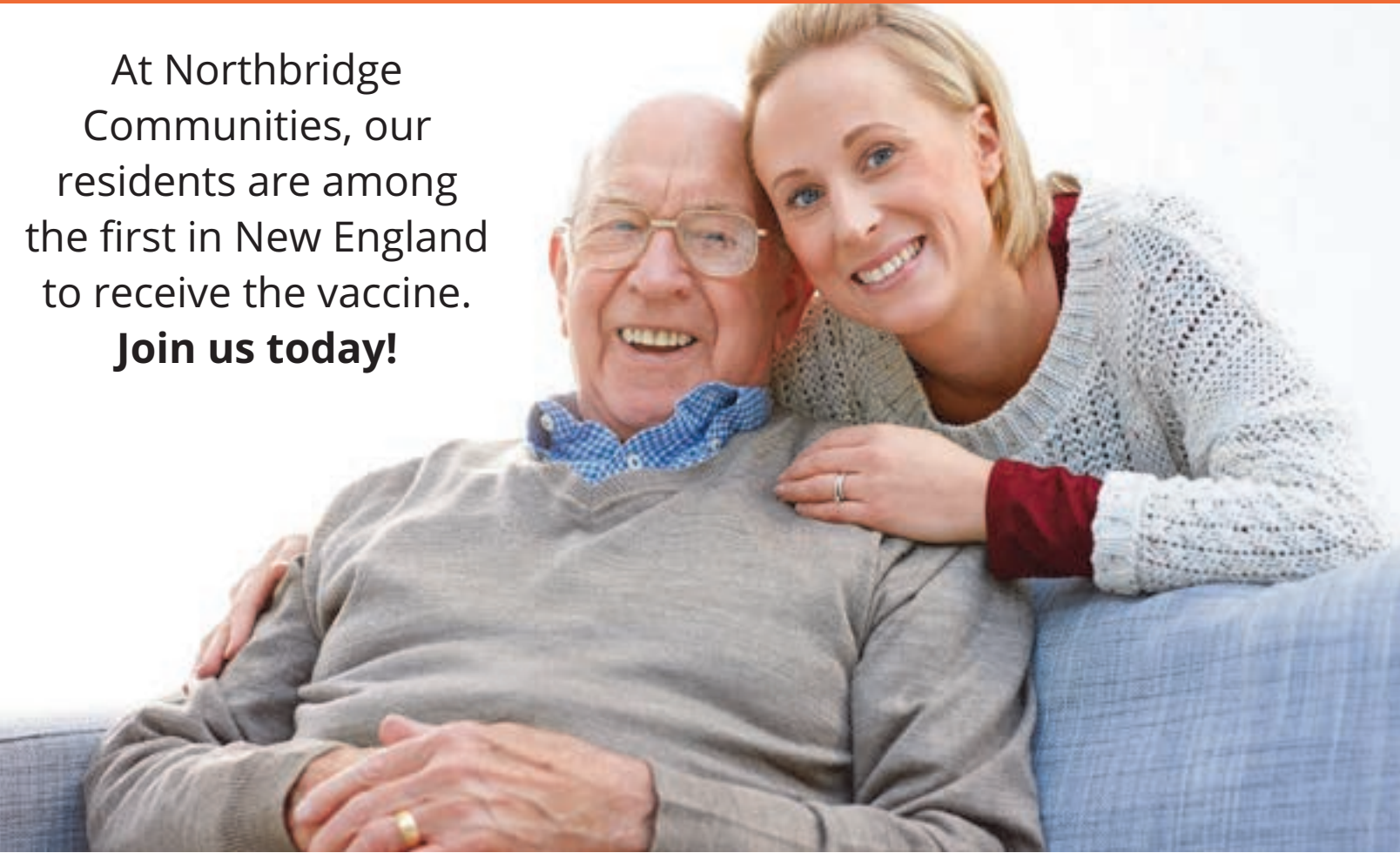
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| FEATURES |



Photo by Jason Paige Smith

24 DON'T THROW IT OUT!

How visionary Elizabeth McLellan is moving her mission forward into the future.

≡ SPECIAL

16 A BREATH OF FRESH AIR
Camping across Maine.

20 MEMORIES IN THE MAKING
Summer camps are part of a long tradition.

22 THE JOYS OF GLAMPING
Camping in comfort at Sandy Pines in Cape Porpoise.

50 SKY AND THE BODY OF WATER

Megan Jones reflects on life as captain of the sailing vessel *Frances*.



“Right is right. Wrong is wrong.”
 “Keep God in your life.”
 “You must give a child roots and wings.”
 “And smile, smile, smile! Remember.
 That is the *welcoming* gift.”

Yes, these are sayings that my incredible mom shared with me.

Many of us are mothers. If not to our own children, to nieces and nephews . . . and sometimes husbands!

The wisdom of a mother's love has to be honored. It is the ultimate gift—to wish only the best for another human being.

Many times, mothers and daughters clash. Often I have heard mothers say, “Oh, my son, he is so easy. But me and my daughter? We are close, but we clash.” We have to always remember that life is nothing without love. We all have forgiveness and kindness within us.

This month we share the story of Anna Tocci, a woman who so “got it” in her life. She perpetuated love at every turn, and she shared her goodness and joy. That is what living forever is.

It is the joy we spread from generation to generation.

I am so honored every month to open the mail, print and electronic, and read the incredible letters you have taken the time to write me. They uplift my soul in a way I can't even begin to explain.

The stories of folks from Maine are your stories, your heritage. We all should be so proud of these women we read about here in our magazine.

I thank you for these kind letters and notes and for your good wishes.

Please remember, my dear readers: Smile for yourself today.

I'll share this little poem with you:

This poem was written by English writer and illustrator of children's books Jez Alborough, who first published it in 1991 in his book *Shake Before Opening*. He wrote the poem in his late 20s, and he is now 61 years old.

Smile

Smiling is infectious,
 You catch it like the flu.
 When someone smiled at me today
 I started smiling too.

I passed around the corner
 And someone saw my grin.
 When he smiled I realised
 I'd passed it on to him.

I thought about my smile and then
 I realised its worth.
 A single smile like mine could travel
 Right around the earth.

If you feel a smile begin
 Don't leave it undetected.
 Let's start an epidemic quick
 And get the world infected.

Mary Frances Barstow, Publisher

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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



28

STEM INTERESTS TAKE FLIGHT

Young women from Falmouth High School make a finished payload for a rocket launch.



33

"LOVE HORDE"

Many reach out to help Anna Maria Tocci and her family.



38

PAUL'S MARINA

Four generations of women work at the store that overlooks Mere Point Bay in Brunswick.



40

POP-PUNK ARTIST

Haley Graves on the difference a song can make.



43

SEVEN DAYS

Author Debra Colby talks about her new novel.



44

SOFTBALL STAR

Ashley Haase is inducted into the UNE Hall of Fame.



47

POTTERY ARTIST

Guenola Lefevre swims in the waters of Brittany and Maine.



52

PHYSICAL/MASSAGE THERAPIST

Nancy Charlebois focuses on women who are pregnant or who have recently given birth.



54

HER VOICE RISING

A program to help women be their most authentic selves.

IN EVERY ISSUE

10 SOLO VOYAGE

Holly Martin's postcard from the Tuamotus.



12

12 SHE DOES WHAT?

The Honorable Shenna Bellows, the first female Secretary of State.

56 STYLE

Mexicali Blues

58 HOME

Perk Up Your Porch



60

60 GARDENING

Mother's Day Perennial Exchange

64 LOVE ON A PLATE

Easy Chicken Primavera

65 MOMSENSE

Mother's Day

66 QUESTIONABLE ADVICE

By L.C. Van Savage

Cover photo by Jason Paige Smith

| LETTERS TO THE EDITOR |

I read the article on make-up artist Emiley Randall (*Maine Women Magazine*, April 2021). Then I checked her out on TikTok. What an interesting young woman with a very unusual talent. Thanks for bringing us these interesting stories.
—Joan B., Portland

The article “She Said YES!” (*Maine Women Magazine*, April 2021) was so much fun to read. Everyone loves love. I haven’t read *Maine Seniors*, but after this article I got a copy from my father who subscribes to that magazine. That one too was filled with such fun stories I couldn’t stop reading it. My Dad asked for his magazine back, so I am going to subscribe to both. Keep finding these neat stories, please!

—Wanda G., New Brunswick

I am 17 years old and a faithful reader of *Maine Women*, it arriving in the *Portland Press Herald*. I’ve dreamed of being a sea captain for years. My Dad is a sailor and has taught me a lot. Now that I have read the story about Jamie Enos, I see that I can achieve my dream of being captain of a boat someday. I love your magazine and can’t wait for each month’s publication.

—Sue F., Portland

You have to be proud of your accomplishment, you and the others who write for the magazine. It is certainly a quality magazine. I was so impressed with “She Said YES!” (*Maine Women Magazine*, April 2021) and thought it was a brilliant article. The entire magazine from recipes, personal stories, and articles of interest—I enjoy it all.

—Joyce W.

| CONTRIBUTORS |

Lynn Fantom lives in an old house in Somesville. During a 40-year advertising career in Boston, Chicago, and New York, she became known for creating diverse cultures at the companies she led. After retiring, she graduated from Columbia Journalism School at age 65 and now writes about women, the outdoors, fish farming, and sometimes women in fish farming. She spends winters in NYC.



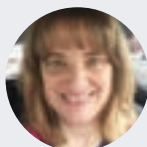
Pam Ferris-Olson, PhD, worked as a freelance writer/photographer/editor/educator prior to relocating to Maine in 2016. The breadth of her experience with natural resources, storytelling and women, and a passion for the ocean inspired her to found *Women Mind the Water*. She is a visual artist who enjoys kayaking.



Anne Gabbianelli of Winterport has enjoyed a career as a broadcast journalist and college professor. Adding to her passions, she loves to tell people stories through her writing. She appreciates oral history gained as a hospice volunteer and the many heartfelt memories shared by her patients.



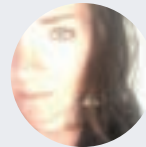
Liz Gotthelf lives in Old Orchard Beach with her husband. She enjoys hula hooping, volunteering at a local horse barn, and finding Fiestaware at thrift stores.



Sheila D. Grant is a freelance editor/writer/photographer, and the author of two books. Her work has appeared in the *Boston Globe*, and been recognized by the Maine Press Association and the New England Outdoor Writers Association.



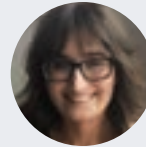
Sarah Holman is a writer living in Portland. She grew up in rural Maine and holds a BFA from Pratt Institute in Brooklyn. Sarah is enthusiastic about coffee, thrift shop treasures, and old houses in need of saving. Find her online at storiesandsidebars.com.



Megan Jones lives in Portland and captains the sailing vessel *Frances* in the summer months. Her interests include cycling, skiing, photography, and as of late, surfing.



Paige Marcello is a senior at the University of Southern Maine studying English Literature and Women and Gender Studies, eventually pursuing a career in publishing. She’s a coffee enthusiast, painter, and lover of the outdoors.



Susan Olcott is a freelance writer living in Brunswick with her husband and nine-year-old twin girls. She loves to write about all things coastal, edible, and any story full of life. Every person has a story to tell and she thrives on writing and sharing them.



Amy Paradysz is a freelance writer and editor from Scarborough who <3s words and pictures.



Shelagh Gordon Talbot hails from Vermont. She worked in the film and television industry, including on the award-winning kid’s show *Jabberwocky*. Looking for a less hectic life, she moved to the Moosehead Lake region and became a journalist. She is a freelancer who also writes music, plays guitar, and sings.



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



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



Photo by Nina Cutter Photography

CORRECTION: The name of the restaurant on page 44 of the April 2021 issue should have been “Anna’s Water’s Edge Restaurant.” We regret the error.

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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.

Laundry Day

Doing laundry aboard is always an adventure. Where I’m located right now in the Tuamotus, getting fresh water is a challenge all on its own. I collect it when it rains. Sometimes towns have a communal water tap that they allow sailors to fill up from. They usually allow for 5 to 15 gallons a day. Filling up on shore means carrying 5-gallon jugs of water from the tap to the dinghy, and then up onto my boat.

Once I have the water, I fill two 5-gallon buckets. One of the buckets gets soap and the dirty clothes. I agitate the clothes for about 20 min-

utes, wring them out, then rinse them in the second bucket. I wring them again, then hang them on the lifelines.

However, some days start sunny and end with squalls. If it starts raining, I have to turn my entire cabin into a giant clothes rack. I string one of my jib sheets back and forth across the cabin and load it down with clothes.

Even though it makes life cramped, my whole boat smells like clean, delicious laundry. Luckily, I don’t have to wash my clothes more than once every two or three weeks. I mostly live in a swimsuit, and the clothes I do have are light and summery. But I will say that I’ll never take a washer and dryer for granted again! •





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The Honorable SHENNA BELLOWS

The first female Secretary of State . . . who almost wasn't.

BY AMY PARADYSZ

Shenna Bellows, 46, carries a copy of the United States Constitution in her purse and lights up when she talks about it.

“There’s nothing more important than the integrity of our elections and citizen participation in our democracy,” says Bellows, who began a two-year term as Secretary of State in January.

She’s the 50th person—and the first woman—to serve as Maine’s Secretary of State, a role that involves overseeing state elections as well as the Bureau of Motor Vehicles and the Maine State Archives.

“We’re still in an era when we’re seeing the first woman of color elected as vice president, the first woman governor of Maine, and the first woman as Maine Secretary of State,” Bellows says. “At some point, I hope we see the last of the first, that we really do achieve full representation.”

Bellows was sworn in on Jan. 4, two days before rioters stormed the U.S. Capitol in Washington, D.C. As state capitals nationwide guarded against threats, Bellows’ first week as steward of state archives involved arranging for some of Maine’s most precious artifacts to be moved offsite for safekeeping.

Bellows is well-known in Augusta, having served as a State Senator the past four years, representing District 14, which includes her hometown of Manchester and 10 other towns in Kennebec County. In March, she oversaw the special election to fill her vacant Senate seat (and when Craig Hickman was elected, he too made history—as the first Black man to be elected to both houses of the Maine State Legislature).

In the fall of 2020 when candidates were announcing their bids for Secretary of State, Bellows was interested. But she held back, at first. She loved representing District 14. And being chosen as Secretary of State by the State Legislature seemed like a long shot. She’d only been in the Senate four years.

Why Bellows held back—and why she launched a campaign three weeks before the vote—can perhaps be illustrated by a story that she often shares with Girl Scouts. Bellows’ kindergarten teacher, Mrs. Johnson, asked the students what they wanted to be when they grew up. All the little girls were saying that they wanted to be teachers. But not Bellows.

“I wanted to be an artist or president,” she says. “But I didn’t dare say it.”

She followed suit, saying she wanted to be a teacher. The memory stuck with her because she wasn’t true to herself.

“Speak your truth, even when it’s scary to do so,” she tells girls. “And you can be whatever you want in this world.”

As executive director of the American Civil Liberties Union (ACLU) of Maine from 2005 to 2013, Bellows chaired the 2011 Protect Maine Votes campaign that successfully restored same-day voter registration. She was a leader in the Coalition for Maine Women, fighting for reproductive choice, and a leader of Maine’s Marriage Equality campaign. In fact, she waited to marry her husband Brandon Baldwin until their gay and lesbian friends could marry, too.

More recently, she spent two years as executive director of the Holocaust and Human Rights Center of Maine, an Augusta-based nonprofit that uses the lessons of the Holocaust to inspire people to reflect on and confront prejudice and discrimination.

“I have dedicated most of my career to advancing civil liberties and civil rights,” Bellows says.

As a student at Ellsworth High School taking driver’s ed, she didn’t dream that one day she’d oversee the Bureau of Motor Vehicles. But she was fascinated by economics, the workings of government, and chances to make the world—not just Maine but the world—a better place.

At just 15, she went to Brazil for a year as an exchange student, learning Portuguese. Later, while enrolled in



Secretary of State Shenna Bellows poses in front of the State Capitol in Augusta. Photos by Amy Paradysz



STATE HOUSE



“Having a female Secretary of State sends a message to our daughters and granddaughters that you can be anything you want to be in this world.”

Middlebury College in Vermont, she spent a semester in Costa Rica, becoming proficient in Spanish. She graduated in 1997 with degrees in international politics and economics—and significant student debt that she chipped away at working with an economic consulting firm in Washington, D.C. until wanderlust struck again. The Peace Corps sent her to Panama, where she spent two years as a small business development consultant working to unite two groups of rival ceramics artisans.

“It was a little bit like being asked to bring together the Manchester Democrats and the Manchester Republicans for a joint community development project,” Bellows jokes. “What we ended up doing was creating two identical microlending programs for the two associations. A few years later when I went back, I was really proud to see that the microlending programs were still going strong.”

She started a Junior Achievement chapter at a high school in Panama and led a group that promoted economic and educational opportunities for women and girls.

Then she was back in the United States as an AmeriCorps volunteer, working to promote educational and eco-

nom ic empowerment for youths—mostly Black youths—in Nashville’s largest public housing project. Although urban poverty doesn’t always look the same as poverty in rural Maine, Bellows drew from a wellspring of personal experience that she says gives her a great deal of empathy.

“I grew up without electricity or running water until I was in the fifth grade,” she says. “We were poor. But I had tremendous teachers and a wonderfully supportive family.”

After the Peace Corps and AmeriCorps, Bellows applied for 100 nonprofit jobs all over the country, and she was hired by the ACLU national office in Washington, D.C., to organize civil liberties campaigns. It was her dream job, even though it wasn’t “home.” By her late 20s, she was ready to come home to Maine. That’s when the ACLU of Maine was looking for an executive director. Bellows almost didn’t apply, thinking it would be a long shot. But she did. And she would spend the next eight years at the helm of the nonprofit that describes itself as the “state’s guardian of liberty.”

“The work of the Secretary of State is a natural extension of my career in civil rights,” Bellows says. “Representation



Photos by Lisa Quintero

matters. Having a female Secretary of State sends a message to our daughters and granddaughters that you can be anything you want to be in this world. I am fully committed to representation, not only of women in leadership but Black, indigenous, and people of color in leadership.”

It has been a century and a few months since Maine women were granted the right to vote, and now we have the first female governor and the first female Secretary of State.

“The suffragists advocated for the right to vote for women because that is foundational to full participation in society,” Shenna Bellows says. “Yet, despite legal equality for men and women in our country and our state, we still see systemic inequality that arises because of institutional sexism and racism. Representation helps to change institutional barriers and cultural perceptions about equality. We still have not realized the promise of equal protection under the law that we see in the Bill of Rights, because we are still dominated by primarily white men in positions of power. But that’s changing in the Maine legislature and in Maine state government, and it’s changing nationally.” •

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A Breath of Fresh Air: CAMPING ACROSS MAINE

STORY AND PHOTOS BY SHEILA D. GRANT



Eagle Lake is a great place for boating and fishing.

Maine has over 542,000 acres of land set aside for state and national parks. Camping on some of this beautiful land is a great way for friends and family to visit and to get some much-needed fresh air. Private campgrounds offer sites for tenting and camper setups, and some also feature rental cabins. Whether one is heading out solo, as a couple, with the grands or with friends, there are more places to choose from than most folks could get to in one short Maine summer.

THE CROWN OF MAINE

Few destinations can offer the fishing, scenery, wildlife watching, and outdoor adventure available up in “The County.” Depending on your point of departure, it can be a long drive to Aroostook, but it’s also an interesting one. Be on the lookout for the Maine Solar System Model. This series of planet models erected along U.S. Route 1 from Houlton to Presque Isle is the largest complete three-dimensional scale model of the solar system in the world. Visit <https://pages.umpi.edu/nmms/solar/> for more information.

Houlton is the gateway to this neck of the woods, so be sure to stop at the Maine State Visitor Center off I-95 to get area maps and to see Pluto, the first planet in the solar system model.

Aroostook State Park, located five miles south of Presque Isle off Route 1, was Maine’s first state park, established in 1939. The campground has 30 tent/trailer sites, each with a

picnic table and fire pit. Five of the sites have water and power up to 50 amps. Hot showers are available, and there’s a kitchen shelter with lights and running water.

The park is situated on the shores of Echo Lake, with picnic tables, Hibachi-style grills, a playground, restrooms and changing facilities located adjacent to a grassy “beach” area. Swimming is not popular here due to the mucky lake bottom and an overabundance of Canada geese, but fishing is a better bet. Echo is stocked with trout annually and has plenty of brown bullheads (hornpout) for the kids to catch. There’s one large boat ramp, one for hand-carried watercraft, and two docks for angler access. Canoe and kayak rentals are available.

Aroostook State Park is also a popular destination with hikers because of trails leading to the north and south peaks of Quaggy Jo Mountain. This is rugged hiking with some ledges to navigate. The blue-blazed trail loops up to South Peak, over to North Peak and then back down to the parking lot. Campsites are in high demand, so it’s best to make reservations ahead at www.maine.gov/public/index or to call ahead, (207) 768-8341.

Further north, a half-hour drive down Route 11 from Fort Kent into the Village of Eagle Lake will provide several lodging options. Birch Haven Campground at 1165 Sly Brook Road has 80 campsites, and a new rental cabin. Full hookups are available. Sites are able to handle RVs up to 38 feet long. Some pull-thru sites are available. The campground features

an arcade, new bathroom and laundry facilities, a large playground and ball field, and swimming, boating, and fishing access to Eagle Lake. Call (207) 540-6669 or visit birchhavencampground.com for more information.

Nearby landmarks and points of interest include America's First Mile and the Fort Kent Blockhouse, both in Fort Kent. The Dickwood Lake Wildlife Management Area in Eagle Lake spans 4,360 wooded acres, crisscrossed with hiking trails. For more information about this region, call the Greater Fort Kent Area Chamber of Commerce, (207) 834-5354 or visit fortkentchamber.com.

GO WEST, YOUNG MAN (OR ANYONE, REALLY)

The Bethel region of western Maine is beyond scenic and offers a wide array of outdoor recreational activities. The Bethel Outdoor Adventure & Campground is situated along the banks of the Androscoggin River about half a mile north of downtown Bethel. The campground has tenting and RV sites, including pull-through. Water, electric, cable TV, and telephone hookups are available, as is free Wi-Fi.

You will find a camp store and playground, as well as rental places for bikes, canoes, and kayaks. Fishing access to the Andy is plentiful. A stroll across the campground's Burma Bridge leads to a one-mile walking trail around Hastings Island.

Outdoor Adventure also works with local guides, so fishing, hiking, climbing, and pontoon boat excursions may be booked through their office. Call (207) 824-4224 or visit betheloutdooradventure.com.

Hiking trails in the region include the 3.3-mile loop trail at Mount Will, which rises steeply up to open ledges with views of the Androscoggin Valley and Bethel village. Interpretive signs along the North Ledges section offer

information on the region's natural history. Access is off Route 2.

At the Wight Brook Nature Preserve, about eight miles north of Bethel off Route 26, the trail takes hikers past a series of cascades and chutes, and up the right side of the falls. Bring swimsuits!

About seven miles north in Newry, campers can explore the Grafton Notch Campground, which offers 15 wooded campsites with fire rings and picnic tables. The campground has no electric or water hookups, but it does have a bathhouse with hot showers, flush toilets, and a trailer dumping station.

For more information, call (207) 824-2292 or visit campgrifton.com.

While in the area, Grafton Notch State Park is worth a visit, for hiking, wildlife watching, and great water features. Screw Auger Falls may be reached via a walking path from Route 26. This 23-foot falls on the Bear River is popular with photographers, and there are shallow pools for wading—but supervise children closely. Mother Walker Falls, another short walk from Route 26, is a V-shaped gorge named after a local resident. Moose Cave, on a loop trail off Route 26, features a 200-foot-long gorge in a 45-foot-deep canyon where the water disappears for a time before reappearing on the other end of the cave. For more information about fun things to do in this region, call the Bethel Area Chamber of Commerce, (800) 442-5826 or visit bethelmaine.com.

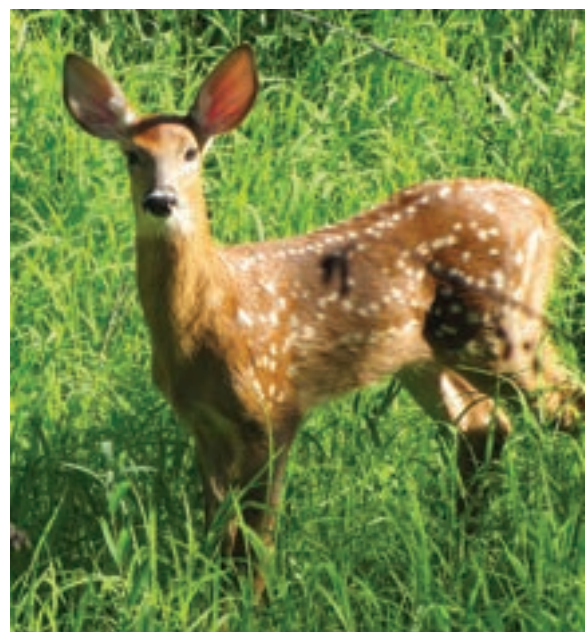
THE MAINE HIGHLANDS

Piscataquis County often gets overlooked in favor of Maine's rugged coastline, yet this county is home to Maine's highest mountain (Katahdin) and to Moosehead Lake, the largest mountain lake in the eastern US. Moosehead is 40 miles long and 20 miles wide, and surrounded by many fun places to visit.

Top: Tiny fish, sure, but the smiles are big!

Center: One joy of spending time in the Maine woods is the chance to watch wildlife.

Bottom: The Maine Solar System Model, a series of planet models erected along US Route 1 from Houlton to Presque Isle, is the largest complete three-dimensional scale model of the solar system in the world.



Lily Bay State Park in Beaver Cove has tent and RV sites, both wooded and lakeside. The 925-acre park provides plenty of space for families to hike and watch for wildlife—especially the moose! Fishing and boating access to Moosehead Lake are available within the park. Owners of large boats will find launch facilities nearby in Greenville Junction. Lily Bay has modern bathrooms, showers, and a playground. Access is about nine miles north of Greenville off Lily Bay Road. Call (207) 695-2700 in season.

Moosehead Family Campground, one mile south of Greenville off Route 15, has tent and RV sites, including pull-through. Choose from wooded or grassy settings. All sites come with a picnic table and fire ring, and 20-, 30- and 50-amp service is available. RV sites have water. The campground has a camp store, game room, and playground. Call (207) 695-2210 or visit www.mooseheadcampground.com for more information.

Downtown Greenville features several interesting shops and restaurants, and the Moosehead Marine Museum has exhibits of the lake's nautical, forestry, and resort destination heritage. The museum is home to the *Katahdin*, a 1914 steamship which has been outfitted with a diesel engine and provides tours of Moosehead Lake. A ride aboard the “Kate” is the best way to truly grasp the size of the lake, short of going up with one of the local flying services. During the cruise, the captain tells tales about the logging era and some of the region's more colorful residents of days gone by. Call (207) 695-2716 or visit www.katahdincruises.com.

People who like to stretch their legs will find many scenic hiking trails in the region. Prong Pond, just off the Lily Bay Road, lies near the entrance to the historical crash site of the B-52 bomber that went down on Elephant Mountain in 1963. Big Moose Mountain has a three-mile trail that starts out on a gradual incline, becoming steeper toward the top. The summit offers 360-degree views of the area and the remains of the nation's first fire tower.

A short drive up Route 15 to the Rockwood public landing brings you nearly to Mt. Kineo. A launch runs back and forth to the island on a regular schedule during the summer. Kineo juts up over Moosehead Lake some 800 feet. One of the best things about this climb is that there are lake views almost every step of the way. Another is the former fire watch tower that can be climbed at the summit for an even better view. For more regional information, call Destination Moosehead Lake, (207) 695-2702, or visit destinationmooseheadlake.com.

With COVID-19 precautions influencing occupancy and guidelines in many locations, it's best to call ahead when making travel plans. And then, since summer in Maine was made for outdoor adventures, get out there and have some fun! •



Top: A cruise aboard the steamship *Katahdin* is a relaxing and educational way to see much of the big lake.
Center: Headed to Kineo? Find scenic seating while waiting for the shuttle in Rockwood.
Bottom: Many campgrounds are situated on or near water and offer canoe and kayak rentals.



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MEMORIES *in the Making*

Summer Camps in Maine Are Part of a Long Tradition

BY AMANDA WHITEGIVER

It feels as though Maine has always had a reputation for being one of the best places to spend the summer at camp. With more wilderness than many of our New England neighbors, we are uniquely suited for the traditional “rustic” camping experience.

The first Maine summer camps opened in the early 1900s, as part of a growing trend based largely in New England. A handful of these camps—including ones opened between 1902 and 1907—have celebrated their centennials and are still in operation today. Among them are Camp Wohelo, Camp Runoia, Pine Island Camp, and Wyonegonic Camps. The latter holds the title of the oldest continually-run girls’ camp in the country. Established in 1902, this Denmark, Maine, camp, situated on the shores of Moose Pond, attributes its longevity to a few key points: staying true to its mission, being active with its alumnae, and walking the line between tradition and the changes in our culture. Not surprisingly, these first camps were mostly located on large tracts of wilderness, with a body of water nearby.

Many will attest that finding the right camp can be life-changing. Children not only learn skills from their activities, they also learn independence, leadership, and responsibility. Their horizons are broadened as they meet people from different parts of the country and even the world. Thousands of children come to Maine each summer in search of fun and friendship. Camp adventures in the great outdoors can be among the most powerful memories of youth.

Parents look for a place that will build character, that will be safe, and that will offer a vigorous, worthwhile, and enriching experience for their children (with the added benefit, some feel, of providing summer childcare).

Even when the experience isn’t “perfect,” it can still be positive and memorable. My parents’ single attempt to send me to a week of summer camp resulted in my cabinmates and me eating something funny the first night of camp and being quarantined for the first few days while we fought down the nausea. Thankfully, we all made a full recovery, with several days left to enjoy

all the camp had to offer. And the extra togetherness made for plenty of time making friendship bracelets and pen pal plans. I still fondly remember the confidence of my counselor, the swim lessons, and listening to Eric Clapton’s “Tears in Heaven” during the dance on our final night of camp.

With over a hundred camp experiences in Maine, from day camps to overnight sessions lasting several days or weeks at a time, camp operators like to say that there is a camp for everyone. As summer (finally) draws closer, there are a few websites that can aid in your search for the right camp for your family this year. The Maine Summer Camps (mainecamps.org) and Maine Camp Experience (www.mainecampexperience.com) sites both have information on session rates, camp activities, and even videos.

If you’re exploring day camp options, Maine Summer Camps also includes listings for some local day camps. I always recommend looking at the day camps offered by your local YMCA or Recreation Programs as well. If sports aren’t your children’s thing, don’t let that hold you back. There are dedicated camp programs for music, art, science, and farming, all available here in Maine. The benefits of day camp are similar to those of overnight camps: making new friends, learning responsibility, going on field trips, and doing activities with others their age all day. Often, although not always, day camps come with a slightly lower price and with a bit more flexibility in the session lengths than many of the overnight camps.

For many, camp is also about time away from screens and the pressures of society. Between cell phones, tablets, television, and computer time, it can be a struggle to disconnect from screens and fully engage in their community, both for children and adults. Camp is the perfect opportunity to connect with others who have similar interests and brush up on in-person social interactions, all while getting fresh air and sunshine.

Whatever your needs, camp might be just what you were looking for this summer—memories in the making. •

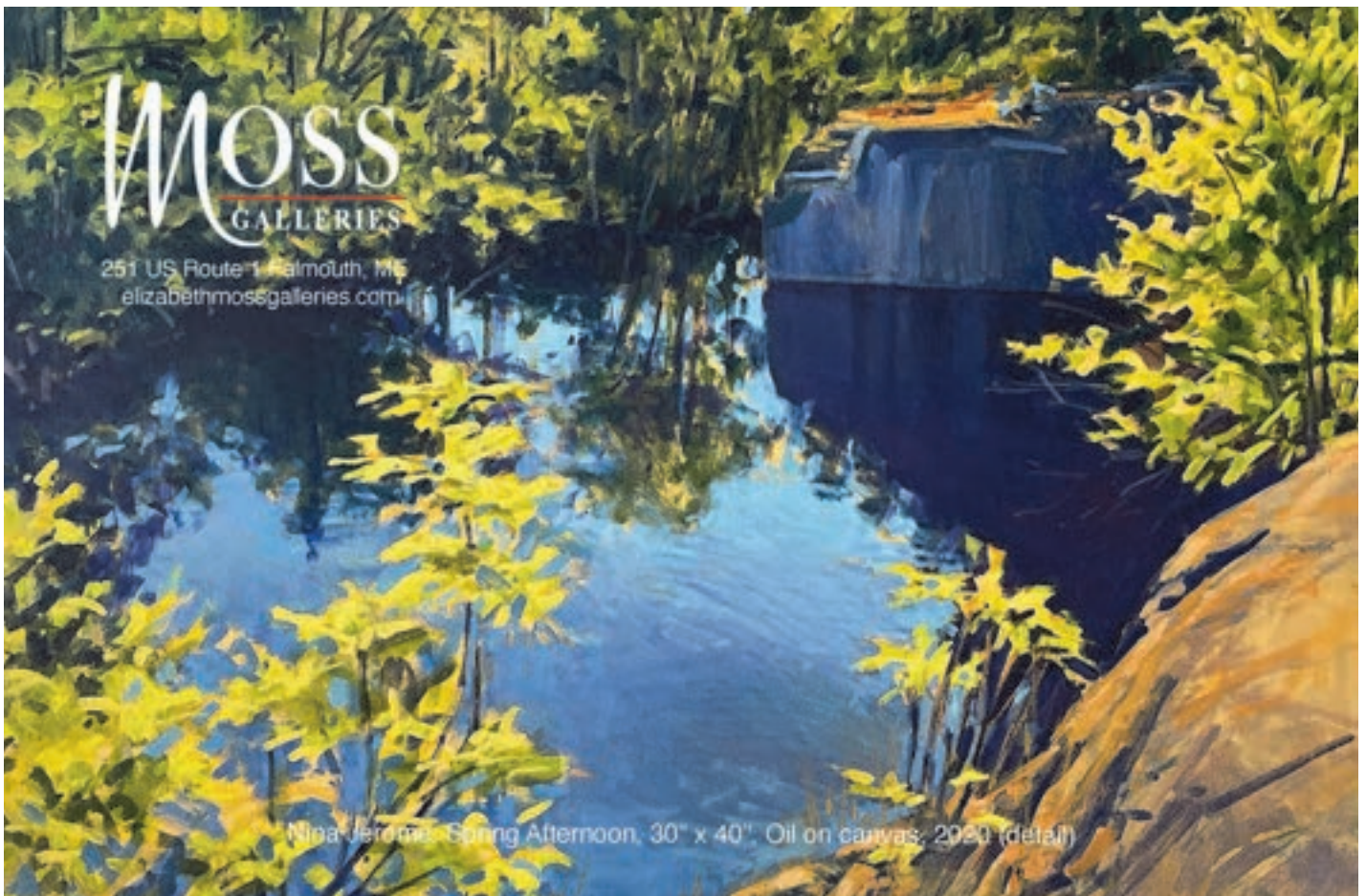
Katie Brann, CFP®

Katie oversees all of Golden Pond's financial planning services and specializes in ESG (Environmental, Social & Governance) investing.

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Nina Jerome, "Spring Afternoon," 30" x 40", Oil on canvas, 2020 (detail)



The Bohemian luxury glamping tent at Sandy Pines Campground in Cape Porpoise.

The Joys of Glamping

Camping in Comfort

BY ROBERT COOK

Many Mainers love camping in the great outdoors because it is a timeless experience that brings one closest to the state's most compelling natural wonders. But the idea of roughing it in a typical tent with an air mattress and sleeping bag isn't for everyone.

For those who yearn for some meaningful time in nature but who like their creature comforts, too, glamping (the term for "glamorous camping") at Sandy Pines Campground in Cape Porpoise is a great option. With glamping, campers can have it all: comfortable beds in beautifully decorated "Safari"-style tents, convenient amenities, plenty of space and fresh air to relax in, and a sense of the great outdoors near at hand.

Brenda Darroch, director of marketing for Sandy Pines Camping, said their 15 glamping tents open on Memorial Day Weekend. (This date is a few weeks after Sandy Pines opens for its regular 2021 summer season of campground offerings, which occurs on Mother's Day weekend.)

"We currently have 15 glamp tents, and we are adding three more this season—two couples glamp tents and one family glamp tent," Brenda explained.

"The designers really thought about how people would use these tents as living spaces, so they separated the living area from the dining area and the sleeping area," Brenda said. The result is that glampers enjoy "a very luxurious living space that is close to nature. You never lose that connection to nature," she said.

The glamping concept has actually been around for centuries and was something that has been regularly practiced since the Middle Ages in Europe, the Middle East, and Asia where rich merchants, nobles, or members of royal households sought to recreate their comfortable chambers during long journeys.

Glamping really took off in the United States when it was celebrated and promoted by Oprah Winfrey more than a decade ago and then popularized.

The Sandy Pines Glamping experience was the brainchild of Kennebunkport entrepreneur Tim Harrington and his business partner Deborah Lennon. When Sandy Pines Camping unveiled its glamping tents in May 2018, the Cape Porpoise resort became the first in Maine to bring the concept here. Kennebunkport is just a few miles from the resort to the south and Goose Rocks Beach is just a few miles to the north.

The facility takes pride in providing a truly glamorous camping experience. Guests can enjoy a campfire and make meals, bringing their own food, but then at night they can retreat to a luxury space with a beautiful bed and furnishings. The tents also have small heaters, air conditioning, and mini-refrigerators. Guests do not have to bring any bedding or towels. "While none of our tents have bathrooms inside, our private bathhouses are nearby and have showers, sinks, and toilets that are always sparkling clean," Brenda added. "We have separated the family camping areas from the couples' camping areas," Brenda said. "We have guests who come back every year."

If people decide to give Sandy Pines a try this summer, note that availability is limited and that the resort does two- to four-night minimum reservations. They are open until Columbus Day in October. Prices range \$409 per night for a weekend and \$334 for midweek for Family Glamp Tent in July and August. Bookings for the glamping tents remain strong, Brenda said, as they were last



The Wildflower family glamping tents.

summer when Mainers sought safe, outdoor recreational activities and getaways.

While 2020 proved to be a challenging year because of the COVID-19 pandemic, Brenda said Sandy Pines Resort went to great lengths to provide its guests with a safe and enjoyable experience. When they were allowed to welcome their guests last spring, Brenda said they were ready.

"Mainers in particular really embraced the staycation concept, and the chance to explore our beautiful state," Brenda said.

"All of our confirmation correspondence focused on explaining the rules," Brenda recalled. "People were ready. They went through lockdown, and by the time summer got rolling, they were looking for different experiences to enjoy outside."

Sandy Pines' outdoor pool was open by reservation where people could book an hour or two last summer because of COVID-19. Brenda said they will continue to follow state guidelines this year to keep their guests safe.

Brenda said Sandy Pines understands the Safari-style tents are not a fit for everyone, and the resort offers other experiences as well.

"The glamp tents have always been very popular, but as we have gone through the seasons, we have learned that different campers want different things."

In addition to the glamping tents, Sandy Pines offers vacationers wooden A-frame huts, cottages, as well as unique experiences like two western-style covered wagons, camper vans, and two Airstreams for couples.

"We have repeat guests who like to try out different glamp tents each summer or try a camp cottage or unique retreat like the covered wagons, Airstream campers, or the VW bus," she said.

Brenda said the bottom line is this: "It's going to be your camping experience—elevated."

For more information about Sandy Pines Camping, please visit: www.sandy-pinescamping.com. Note that Maine also has other glamping experiences, such as Under Canvass, which offers African safari-like tents near Acadia National Park on Mount Desert Island, and the wooden cabins of Huttopia, located on Sandy Pond in nearby Sanford.

The Nomad couples tent.



Elizabeth McLellan: DON'T THROW IT OUT!

*How a visionary is moving
her mission forward into the future*

BY LYNN FANTOM

What happens when cotton swabs, tongue depressors, and plastic syringes expire? (Believe it or not, they do.) What if a nurse doesn't use the gauze and tape in a "start kit" for intravenous therapy because the room has its own set-up? What's the fate of unopened supplies in a patient's hospital room after discharge?

They all become trash.

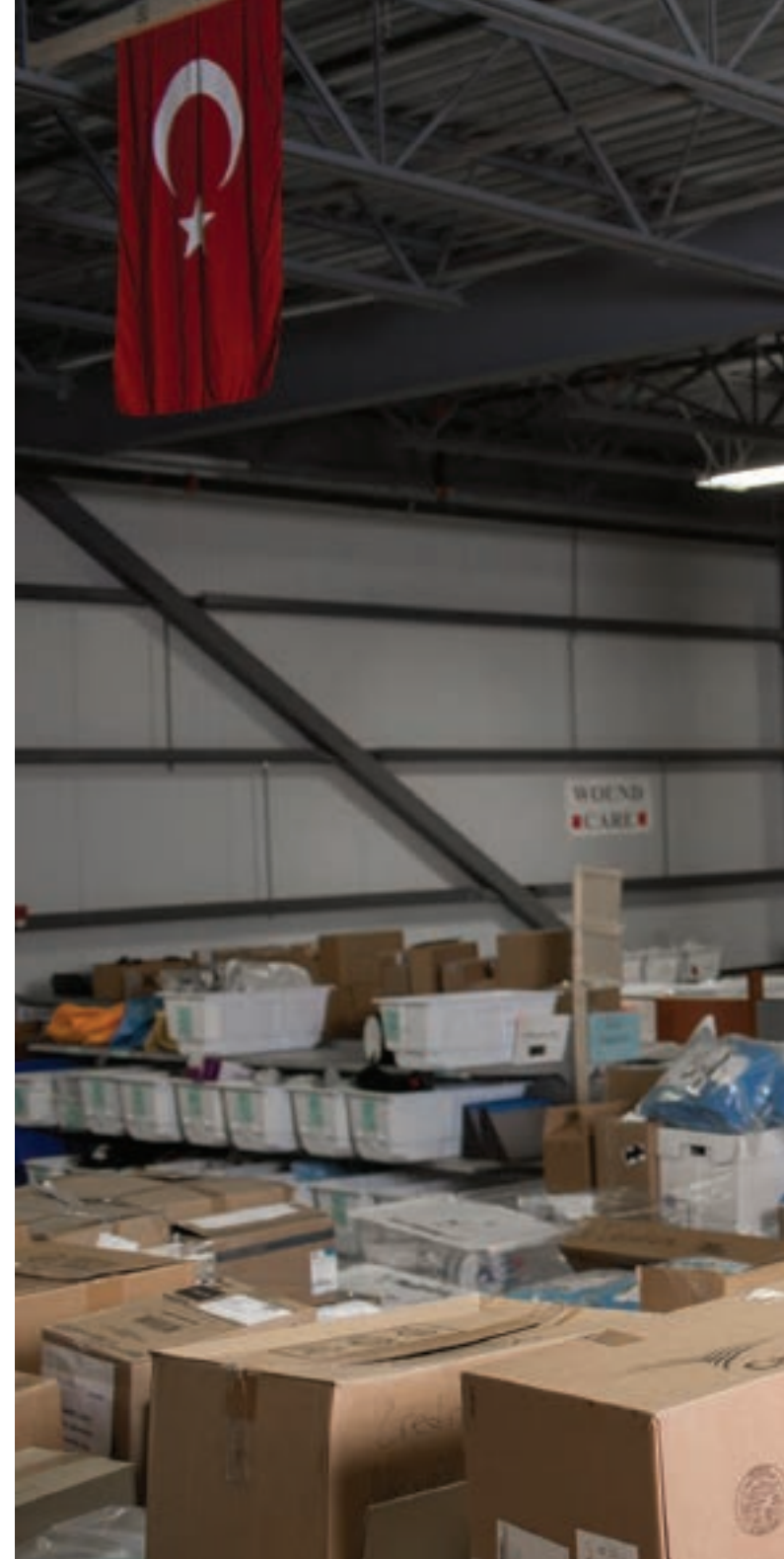
In the 1990s, Elizabeth McLellan, a Camden-raised nurse administrator, remembered the massive waste in the US medical system when she watched a surgeon in Pakistan apply a used bandage and wipe his hands onto blood-stained scrubs. "Someday when I go home, I'm going to do something about this," she said to herself.

And she did. In 2009, she officially launched Partners for World Health (PWH) after personally collecting so many medical supplies that her home and garage were full to bursting.

Her story inspires anyone who has ever wondered, "I'm just one person—How can I make a difference?" And now, as Elizabeth continues to build the organization by drawing upon an inner circle of talented women leaders, she can clearly see how her much-lauded nonprofit will proceed resourcefully into the future.

There's an almost holy perfection in the idea behind Partners for World Health. Like the sweet spot on a Venn diagram, it sits at the intersection of a trinity of worthy goals: cut healthcare costs, improve health globally, and reduce environmental waste. "I knew that once I moved supplies out of my house, it was going to be like an upside-down pyramid," she says. "It would create its own sense of energy."

As momentum did build, Elizabeth ran the Portland-based organization herself with a brigade of volunteers. Then about



4 years ago, she began hiring a core team. Although she herself continues as an unpaid volunteer—6 days a week, with Sunday to answer emails—11 staffers now keep all aspects of the organization humming. That includes 7 warehouses, 300 volunteers, and contributions from hospitals throughout New England.

PWH is now the only organization doing this type of work in the region. It's a logistical Olympics that starts with obtaining donations of unusable medical supplies. In a hospital, for example, an item that has expired is no longer usable. Nor are supplies that have been stocked in a patient's room or the



President and founder of Partners for World Health Elizabeth McLellan in the Portland warehouse. At any point, PWH warehouses contain an estimated \$20 million worth of medical supplies. *Photo by Jason Paige Smith*

operating room. That translates to roughly 27 pounds of waste per staffed hospital bed in America per day, according to *The Journal of the American Medical Association*.

“This is happening all over the United States in every hospital, nursing home, hospice service, and private home that has medical supplies,” says Elizabeth. “If we save them from the dump, we lower the cost of healthcare. We take them away for

free, and facilities don’t pay disposal fees to get rid of them.”

Instead of blighting the environment as trash in landfills, these supplies then find new viability in the 25 countries to which Partners for World Health has shipped since inception. This spring containers will be heading to Ecuador, Liberia, and Guatemala—as long as paperwork, payments, political conditions, and weather all align.

HOW YOU CAN HELP

Volunteering at Partners for World Health is a way that people who care about health and the environment can make a difference. Participants range from middle schoolers producing public service announcements to an 85-year-old engineer who is a whiz at calculating inventory space requirements for container shipments. College chapters help at the Portland warehouse, raise money, and develop partnerships with local hospitals. See how your special skills can contribute.

VOLUNTEER

- Sort, count, and pack supplies in Portland, Maine.
- Help with pick-ups from hospitals in Maine, New Hampshire, Vermont, and Massachusetts.
- Conduct phone outreach from home to help build awareness with health care providers and individuals.
- Join a sewing crew to sew sheets, toiletry bags, masks, and isolation gowns or make dresses and shorts for children at a medical mission site.
- Show off your social media skills on events and marketing committees.
- Join a medical mission to Ethiopia, Bangladesh, or South Sudan in 2021.

DONATE

- Contribute medical supplies and equipment. Healthcare facilities throughout New England, from hospitals to nursing homes, donate equipment (beds, exam tables, wheelchairs, ultrasound machines, defibrillators) and supplies that are expired or from opened packages. Individuals donate, too.
- Make monetary contributions that are fully tax deductible. If it's a special gift in honor of a birthday or anniversary, PWH can notify the recipient.

PWH adheres to all CDC guidelines to ensure safe volunteering and donation of medical supplies. People may opt to sort supplies at home.

To find out more, visit www.partnersforworldhealth.org to fill out a volunteer application or donate online.

That's a lot of balls in the air. The success of juggling such dynamic conditions improves substantially when an organization is grounded in a strong procedural foundation and a sound balance sheet. "I'm a firm believer that you have to run a nonprofit like a business," Elizabeth states.

As every leader knows, hiring capable talent is also part of that equation. In 2017, Elizabeth and long-time board member Nancy Kaye recruited Portland native Julie Forsyth as director of operations. A Harvard history major with an MBA from Boston University, Julie has business skills that complement Elizabeth's medical expertise. "With just as much energy and dedication to the mission," says Elizabeth, Julie has introduced new processes, leading the admiring founder to say, "Why didn't I think of that?"

Another personnel change at Partners for World Health just occurred in April with the appointment of Judith Parkhill to chair of the board of directors, which she joined in 2019. With a background in management consulting, she served as vice president of sales and member services at Harvard Pilgrim Health Care for 15 years.

This promotion frees the founder and president to spend more time on strategy, fundraising, and awareness-building. "Elizabeth is an extraordinarily talented and charismatic person," says Judith, who herself is a poised and articulate spokesperson.

As a relative newcomer, how does Judith see PWH? "I think something that's not as well known about Partners for World Health is the Medical Supply Program that provides medical supplies to people in our own region," she says. "It is a big program."

At significantly reduced prices, local individuals and organizations can buy supplies and durable equipment. A physician's assistant setting up a practice in a remote area of Maine may get a discounted exam table. Medical schools tap into expired supplies to conduct simulation labs. Or the Portland Housing Authority, Avesta Housing, or the Boys and Girls Clubs may be able to use the 30 small tables, 200 mismeasured shower curtains, or 300 buckets that were donated to PWH.

"If we come across something that could be beneficial to somebody else, we want to make sure that we don't let that opportunity pass by," says Julie. This program also generates revenue "to help keep the lights on," she adds.

Over 120 different social service agencies in Maine and New Hampshire now reach out to PWH for an elevated toilet seat, walker, wheelchair, or bed, as well as monitoring supplies for those with colostomy and glucose issues. In a letter to Elizabeth, one Portland social service worker projected MaineCare healthcare insurance saved \$12,650 in emergency, primary care, and lab expenses over six months because, through PWH, the agency was able to provide her diabetic client with adequate testing supplies. It's an impressive return on investment, and recalls the old saying, "Waste not, want not."



“People—who don’t even know her—look at her, and there’s just a confidence that she’s going to find a solution,” says colleague Julie Forsyth about Elizabeth McLellan, shown here with a woman in Bangladesh. *Photo courtesy Partners for World Health*

Some items, like adult incontinence underwear, are free. Thanking PWH for a generous donation in February, Catholic Charities Maine wrote on Facebook, “These will be greatly appreciated by the seniors we serve who live on fixed incomes and often find themselves choosing between food and medicine with little leftover for anything extra.”

As part of being a good neighbor, PWH actively reached out to the community when the global coronavirus pandemic stymied supplies. “We provided back to those partners ventilators, hospital beds, masks, N-95s, whatever we had. We were making masks here and giving them to senior living facilities and group homes,” says Julie.

If COVID vaccinations proceed as planned, PWH will be able to resume medical missions in August. Elizabeth will lead a team of medical personnel to Ethiopia, Bangladesh, and South Sudan, bringing expertise as well as supplies and equipment to those in need.

Medical missions have been a core component of PWH’s identity and a

“If you walk around this place and see what’s going on, you say, ‘Wow, it couldn’t just have stayed within Elizabeth, in her head and in her heart. It’s gone way beyond that.’”

—Julie Forsyth

passion of its founder. “When you hear Elizabeth talk about them, her face lights up. She’s so committed. She is such a humanitarian,” Judith says.

This strength is a far cry from the homesick freshman who begged her mother to pick her up from boarding school back in 1967. Many years later, though, she would be picked up—still in a preppy navy-blue blazer—by a man holding a sign displaying her name at the airport in Riyadh. In the middle of the night, she drove off into the desert to start a new job in Saudi Arabia, travel throughout the developing world, and ultimately start a mission to improve global health.

Today, as Elizabeth contemplates the many fulfilling moments of her career so far, she remembers an incident at a primary-care clinic. PWH was conducting this clinic on a Senegal beach for the women who gut fish there.

One woman in line was speaking loudly to an interpreter, gesturing toward Elizabeth, a blonde nurse in her white coat. “Something must be wrong,” Elizabeth thought. But all the woman wanted was to show her, in a log, how her blood sugars had come down after Elizabeth had warned her of the risks a year ago.

Proud and grateful, the fish lady was coming back to say thank you. •

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- find yourself embarrassed or awkward to talk the truth of your belief/disbelief
- don't feel quite right or true in religious services but kind of wish you did
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Shruti and Pema, hard at work. Contributed photo



Libby Greenlaw, Pema Williams, Shruti Joshi, and Carissa Lucas with the finished bluShift payload. *Contributed photo*

Young Women's STEM interests Take Flight

BY SHEILA D. GRANT

At Falmouth High School in 2019, seven students—young women all—set out to create a project that would travel into space. Their proposal, to monitor harmful algal blooms from low Earth orbit, was selected by the Maine Space Grant Consortium to work alongside the University of Maine in Orono and the University of Southern Maine to compete for NASA grant funding. Their payload, called HAB, is now part of the MESAT-1 project, launching from California next spring.

Three of these students have graduated, but the remaining four were invited to create a payload for Maine's first-ever rocket launch, aboard what is believed to be the world's

first commercial biofuel rocket, earlier this year. Thus, Libby Greenlaw, Shruti Joshi, Carissa Lucas, and Pema Williams have already made aerospace history, even before graduating from high school.

"They were presented with an opportunity, and it was interesting and challenging enough for them that they were excited about doing it," said science and physics teacher Andrew Njaa, who co-led the students along with engineering and tech instructor John Kraljic.

The students worked with UMO and USM throughout the design process for their MESAT-1 payload. "Basically, they had to take chips and make them fit into a small con-

tainer and make it work so that they would gather data,” Mr. Njaa explained.

It was a UMO student working with the Falmouth students on their MESAT-1 project who asked last October if they would be interested in creating a payload for the bluShift Aerospace flight scheduled for January 2021. This low-altitude flight was meant to test the Brunswick-based company’s engine and proprietary biofuel. And when that first-ever biofuel rocket launched from Limestone, it carried a payload of sensors designed by the Falmouth four.



Libby Greenlaw, Senior

“This has been my first foray into space-related science and research,” Libby said. “I actually got involved with the project through my participation in other STEM clubs like Science Olympiad, FIRST Robotics, and some STEM electives.” (STEM is the now-common acronym for Science, Technology, Engineering, and Math.)

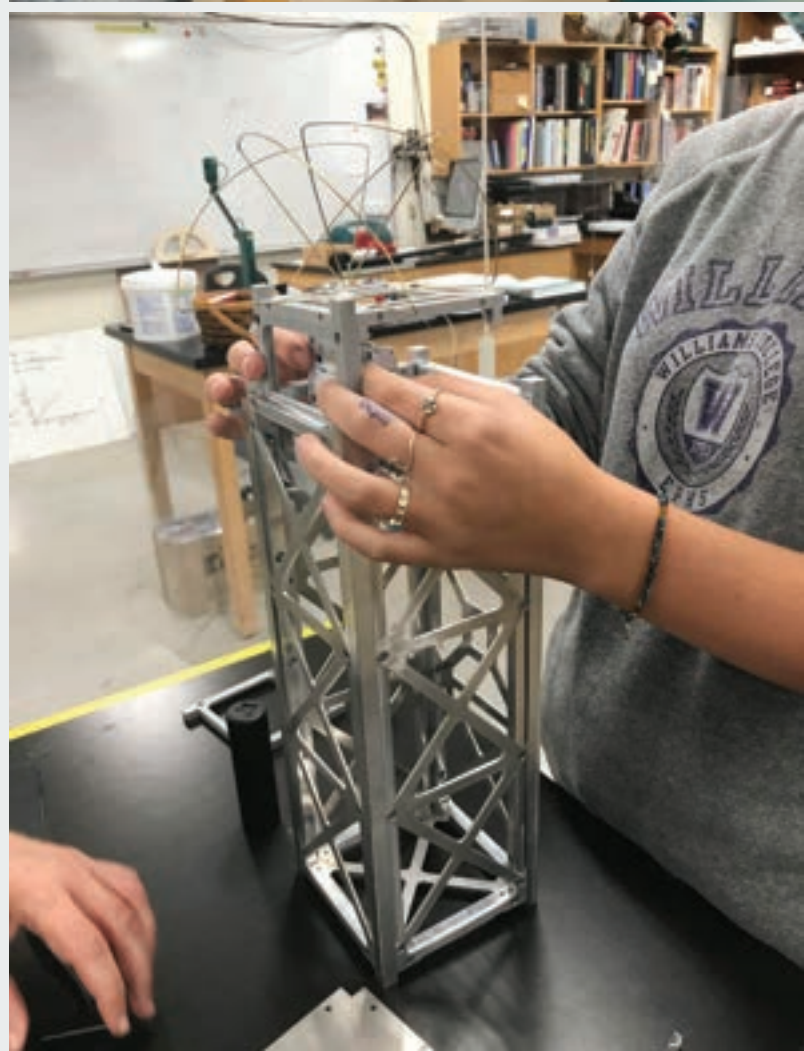
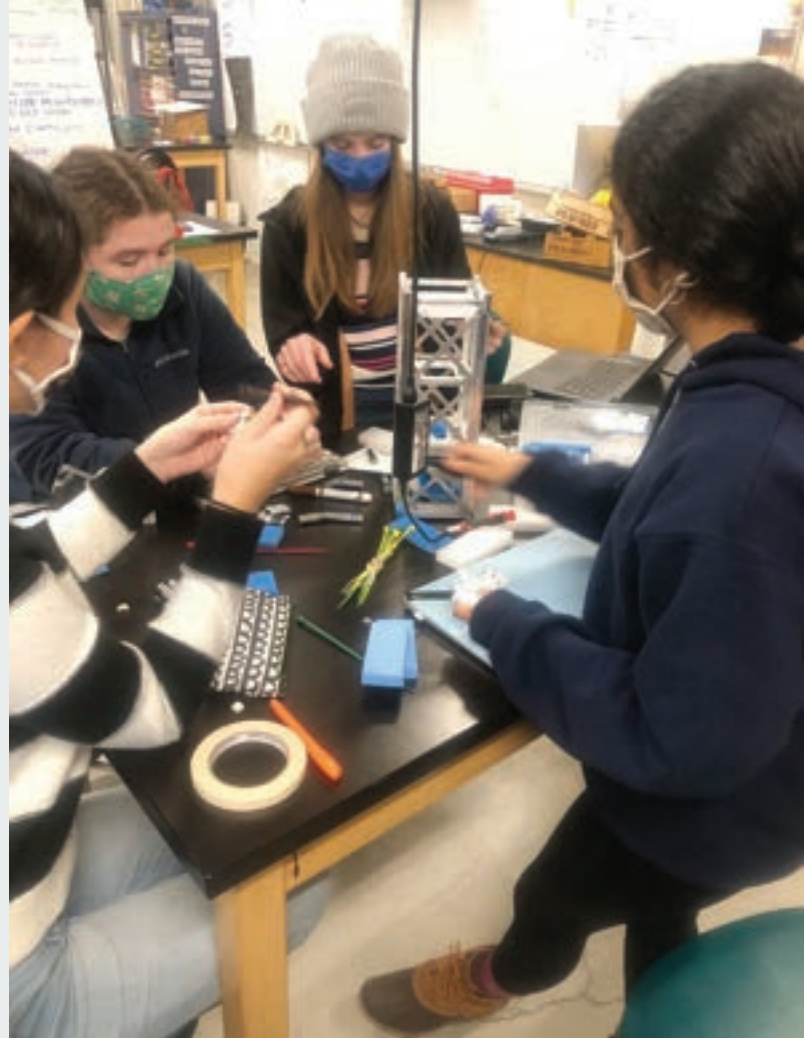
Libby said that the bluShift project “was a great opportunity to continue and expand upon our work with CubeSats and XinaBox products we had been using in USM CubeSat conferences. So, when the opportunity to put a payload on [bluShift’s Stardust 1.0 rocket] was presented, the team got to work. I worked with the sensors and the software of our payload. We used XinaBox technology to take and record weather data.”

Each team member worked on many aspects of the project. “I most heavily contributed to the software setup and testing aspects,” said Libby. “I prepped the sensors and loaded the software onto them and then tested using the sensors to make sure the data was recording correctly.”

Flight delays and extreme cold led to a battery failure on launch day, but, she said, “we were able to successfully develop the payload for a rocket launch. That was a completely new experience, so we learned a lot as we developed and prepped the payload for bluShift. I am proud of our work because we were able to produce a fully functioning payload with little experience in creating payloads and using the XinaBox kits.”

Libby plans to study computer science in college.

Top: The Falmouth four putting their heads together to solve new technological challenges. *Bottom:* The payload was not large, but was intricate and needed to hold sensors for data collection. *Contributed photos*





Shruti Joshi, Senior

“I come from a family of engineers, but weirdly enough, I am primarily interested in biology,” Shruti said. “I’ve always been drawn to anything related to science, but especially biology. I love working with my hands, especially in labs.”

Shruti said that she and the other girls were excited when their teachers offered the opportunity to submit grant proposals to NASA.

“I was more involved with conceptual designs,” she said. “For the MESAT-1 project, I was involved in research sensors and frequencies that would be necessary to detect the harmful algal blooms from space. After we received an opportunity to test sensors through bluShift, I worked with some other members of the team to figure out how to manipulate the XinaBox chips, so they could be put on the rocket.”

While the discovery process can move slowly, Shruti said, “Once we got to test the XinaBox sensors on the bluShift launch, I realized the profound impact our work was having on the Maine space community, and that really excited me. Working with this great group of girls was also one of the highlights of this entire project. They are all very driven individuals, and their enthusiasm inspires me.”

Shruti plans to major in molecular biology in college, with a minor in computational biology. “I hope to follow the pre-med track and eventually become a doctor,” she said.



Carissa Lucas, Senior

“I have enjoyed science since I can remember,” Carissa said. “My parents are both scientists, so they have exposed me to it for a long time. I love the creativity and exploration aspects. Science is a great way to learn about the world around us.”

CubeSats, such as the one for the MESAT-1 project,

Carissa explained, are 10 x 10 x 11 cm satellites that orbit Earth for one to three years and are generally less expensive than larger satellites. As for the bluShift project, “our group did a lot of work together. Only one of us was skilled enough to program the payload, so the rest of us focused on hardware,” she said. “I arranged our XinaBox chip array. XinaBox chips are small sensors that easily snap together. I also helped secure all the components into the final payload. We all worked on designing the payload. It was a highly collaborative project.” Succeeding in creating the payload for bluShift elicited “absolute elation,” said Carissa. “This was an amazing project to get involved with and the fact that it was Maine based was even better. This project has not only solidified my passion for engineering, but also shown me the possibilities that engineering can bring to improve the world around us.”

She plans to major in biomedical engineering at college. “I am not certain on a career yet, but I hope it will be science related and be working towards a better quality of life for people.”



Pema Williams, Junior

“I have always been particularly interested in science, and my involvement in Science Olympiad was the initial reason why I was picked by our STEM teachers to be a part of the CubeSat team,” said Pema.

When the team was invited to create a payload for the Brunswick-based bluShift’s Stardust 1.0, Pema recalled, “We were very excited to have the opportunity to participate in such a historic launch. I worked on designing and constructing the payload, mainly focusing on the hardware aspect of things,” she said. “We decided to continue work with XinaBox sensors, which we had discovered in a series of CubeSat workshops at USM. These sensors essentially clip together and can collect a variety of different measurements including acceleration, temperature, pressure, and altitude. We wanted to design a payload that would measure how much force would be exerted on the payload, as well as test the weather-sensing capabilities of these chips. We faced some challenges fitting our collection of chips into the payload and had to get creative. All of our team members worked to help the payload come together, but my main area of contribution was designing and testing different hardware configurations.”

Despite the battery failure, “we were able to get some data from the day of the launch, and it was amazing to be able to

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participate in a groundbreaking launch. I am very proud of the work that we did to create our payload, and the fact that it was such a start-to-finish project made it really empowering.”

Pema plans on pursuing a pre-med program of study in college, going to medical school, and having a career in medicine.

Girls and women belong in STEM

“Give STEM a chance and hopefully, as a result, we’ll have even more women pursuing STEM studies and careers, increasing the representation of women in the field,” said Libby.

“Follow your passions and don’t be afraid to be incorrect, because that is how progress is made,” Shruti advised. “My hope is that projects like this one can be implemented throughout Maine, so girls across the state have a place to explore their scientific interests.”

“Find other women in STEM,” Carissa said. “The other girls in this project have become great friends. Through our mutual interests we are able to support each other and push each other to become better.”

“This team of four has really done a lot and done an incredible job of engineering and learning as scientists, students, and researchers,” Mr. Njaa said. “Pema and Libby essentially wrote the portion of the grant proposal as ninth graders that got us started, and Shruti and Carissa did the same on the NASA research. They all have taken on roles at different points of the process . . . Their work and paths have developed in part because of their partnerships and working team skills.”

Pema is working on a mentorship club for all genders that will pair middle schoolers with high schoolers and feature monthly seminars presented by women from different STEM careers. She hopes the idea takes hold at other schools. She hopes that “we can all do our part to create larger communities of support for girls in STEM.” •



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A “Love Horde” for Anna Maria Tocci

Many Reach Out to Help a Woman and a Family

BY MARY FRANCES BARSTOW

Anna Maria Tocci, 43, lived her life well and generously, as a mother, family member, friend, musician, and builder of supportive businesses and communities in Portland. She was a force in making North Star Music Café and Greenlight Studio the vibrant, welcoming gathering places they were. With her husband Justin, she created a loving family and enjoyed a large and lively circle of talented friends.

Her life had touched so many. And when the diagnosis came—a malignant brain tumor—many rallied around her to help her and her family, in all the many ways needed.

Shortly before Anna’s death on March 21, 2021, I talked with her sister, Helen Styring Tocci. We spoke of Anna as she was to the end, a treasured person who had shone her light brilliantly in this world.

MARY:

Please tell us what you can share about the condition of your sister, Anna Maria Tocci?

HELEN:

My sister has a glioblastoma—the news you don’t want to get, the most aggressive kind of brain cancer. She loves living, and she’s also surrendered to whatever life brings her.

So, I just want to start by saying, of course we’re experiencing a lot of unknown and grief, but Anna is not angry. She’s not like, “Why is this happening to me?” She really takes the approach, “I work with what I have.” It’s how she’s lived her life. She works with what is with her and makes beauty out of it. She knows her prognosis, but Anna just wants to keep a positive thought towards recovery. She’s surrendered to what-



called Ramblin' Red, with a great bunch of talented women.

One of the businesses, the North Star Music Café, she ran for 10 years. It was where Otto's is now, at the bottom of Munjoy Hill. She and another powerhouse woman named Kim Anderson started it. It was more than a music venue for folk musicians. It became a community space. The community she built around that place—people loved. People still stop me on the street and ask, "Are you Anna?" because we look a lot alike. Then they say, "The North Star was my favorite place!" It was a place where people felt at home. Anna has that kind of presence. You come into her presence and you just feel good. She's one of those magic people who knows how to hold a space for you to be exactly who you are, and she loves you up. So, people would come in, I think, to be around Anna.

People would hold their groups there. There were major regulars. And then they would hold all these community events. It was a strong group of women there. Tamara Torres, who's a minister and now has moved to Colorado, but she was doing the nourishing food. There was a whole crew of women musicians and women chefs who developed there, met each other, and developed strong relationships at the North Star.

So, we did a fundraiser, a concert, with musicians from all over the country who know and love Anna. She nurtured up-and-coming folk musicians who would be on a circuit around the country, and the North Star had an apartment above it, so musicians could come and stay. It was a beautiful concert.

Looking back, it was hard work to keep the North Star going, and so in 2010 they ended it, which was a very challenging thing for the whole community. Then Anna worked for a while in other places, and then she and her husband took over the Greenlight Studio on Forest Avenue. Again, it was a community space supporting women, supporting families. People loved Greenlight, and they loved being there in Anna's warm and nurturing presence.



ever the highest good is for her, and she trusts that we may not know right now what the highest good is.

It's heartbreaking. Anna has lived a very beautiful life and feels grateful for her life. If this is the way that she is meant to leave this life, she feels surrendered to that. She doesn't feel tragic.

MARY:

Who are in the family around Anna? How are you all doing?

HELEN:

Her husband is Justin André. His mother, who has been very much part of a unit we've made, is Cheryl André, and my parents are Emily and Greg Tocci. And then Anna has two young girls, Juna André, 10, and Anya André, 8.

I am her only sibling, and Anna and I are very close. I've been in the process of surrendering to the fact that she may die, so that I can really be with her without fighting. So that I can really be with her in whatever stage she's in.

Justin is the most patient, loving, supportive partner. Every day I'm so grateful for him . . .

It's not perfect—the whole family is freaking out. But we've got each other's backs. We're really there for each other.

MARY:

Your sister has an incredible number of spirited Maine women around her, showing her lots of love and support, is that right?

HELEN:

That is an understatement! Anna is a community leader in and around Portland. She's owned two women-centered businesses. And she's been a musician for her whole life. She and I have had a duo together, and she had a band in Portland



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MARY:

What did Greenlight Studio do? It was a café?

HELEN:

Yes, there was a side that anybody could come to, a café, and then most of the space was a developmental play space for young children. Moms, parents, and caregivers could come with their kids, and there were all these places for them to play—a train room, an art room, and a stage with dress-up things. But because of COVID, they needed to shut down. That happened right before Anna's diagnosis.

MARY:

How did the Facebook site get started?

HELEN:

Around the time Anna had surgery, I created this Facebook group, "Anna Maria's Love Horde." That name was from Justin because he said at one point, "Oh my God. We have a horde of love that wants to support Anna." It was clear to me that the more love and energy that we have flowing towards Anna, the better. Now we have over 500 people who are part of it.

[After surgery and an MRI] the doctors decided that—weighing the toll that chemo and radiation would take on her body, versus what benefits and results we could expect—it wasn't worth it. At that time, she was given a four-to-six-week prognosis. That was a week ago.

The Facebook site lets me update people and ask specifically for what we need, and it lets people keep in touch and send their good energy.

MARY:

Who are some of the people who have reached out?

HELEN:

We have so many powerful women here supporting us, more than I can mention. Heidi Kendrick is our cousin and our sister-in-love. She's married to our cousin Peter. Heidi and these amazing musicians from the Portland Area, Sorcha and Monique, and a great friend Lauren, they have been taking on many different projects.

Anna loves parties and music, and they are enlivening to her and bring her joy. And they allow other people to experience and still be in Anna's presence. So, Heidi, our cousin, has been arranging these hootenannies in the back yard,

which people come to. The musicians play, and we have fire pits. Heidi created this magical back yard with lights and lanterns, as Anna asked for. People come, and Anna sat in a chair next to the window, and people visit through the screen, then have a party in the back yard.

Abbey is a dear friend of Anna's and her chiropractor. She's been vaccinated, so she's been coming and doing treatments on Anna daily. Ludmilla is an oncology nurse, and she is taking time off of her work to come and support Anna.

Musicians from around the country recorded messages and music for Anna. We all got dressed up and we all viewed it together. It was a very beautiful time for my family, and Anna was able to sit up, get dressed up, and watch it. And Moe has arranged for people to send little videos of themselves dancing to Anna's favorite song by Brett Dennen. It's incredible, the messages of love coming to her. It is really inspiring. We're really, really lucky. I feel like we've had support in so many ways. On a spiritual level, to lift spirits, and then on very practical levels. We've been surrounded by so much love.

Anna's friend Lauren, who is an artist, created a project crafting unicorn earrings to raise money for Anna. Our friend Sarah who we grew up with, she makes maple syrup, and she's doing a fundraiser where people order maple syrup from her, which helps the fund. Anna's friend Abbey set up a GoFundMe that right now is at \$57,000. We have a goal of \$65,000. Anna was the primary breadwinner in the family,

and Justin was more of a stay-at-home Dad. So, the fund is not only for Anna's treatment, but also for her family, to help support Justin and the girls.

MARY:

How are Anna's children dealing with what is happening?

HELEN:

She's got such awesome girls. Juna is 10. She loves to create animations on her iPad. They were able to go back to school, which is great, because they love school. Juna came home yesterday and had finally been able to test for the gifted and talented class in math which she's been wanting. She's very, very, very smart. She said she thought she did well!

Any, 8, is an artist. She creates elaborate Lego worlds, and she draws all the time. She is still in a state where she can imagine and play. She skips around the kitchen and then



whenever someone's crying in the kitchen, because inevitably somebody is, she comes over, and like to me, she's says, "Auntie, Auntie Wen" (she still has a little bit of a lisp), and she wraps her arms around me, and then skips off.

Justin, Anna, Cheryl, Mom and Dad, the girls, and I were talking about how we're all a part of Anna's team, we all have roles to play, and we each are the best at different things. Anya piped up, "I'm good at making people happy. That's going to be my job." I was like, "Anya, that is the perfect job for you."

MARY:

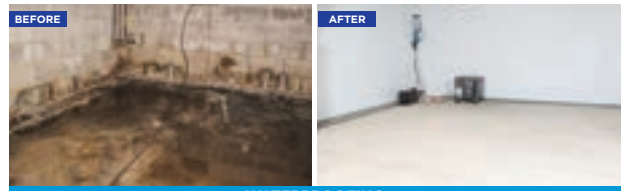
Do you and Anna get a chance to talk much?

HELEN:

Yes. I've been sitting with Anna and singing to her. We sing together. And last night, I was sitting with her, and I said, "Anna, do you know how much I love you?" And she said, "Of course I do. How can I not?" She said, "We have been together for many lifetimes." I agreed, saying, "Yes, we have." And she said, "Don't forget that, okay?" I said, "Okay."

And then we sat together for a long time, until she went to sleep. •

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PAUL'S MARINA

BY SUSAN OLCOTT



There is no *me*, there's just *mémé*," says Ainsley Harrower of her *mémé* (French Canadian for grandmother). Ainsley's *mémé* is Judy Marsh of Judy's Store at Paul's Marina.

Ainsley is the fourth generation of women to work at the store that overlooks Mere Point Bay in Brunswick. "We are a female-run business," says Ainsley. "My dad thinks he runs it," she says, winking at him as he heads down to haul out a boat, "but it's really *mémé*." Ainsley shares this observation when she finally gets to sit down, after jumping in just after her morning arrival to help her mother, Helene.

Helene had just pulled up to bring in a tray of fresh rolls from a local bakery to make sandwiches. She hopped up again to ring up a customer while Judy jogged back across the road to her cottage (and office) to get paperwork for the "chip man" (after she had just delivered her morning batch of muffins and coffee cake to the store). "We love the Utz guy," says Judy, referring to the snack company delivery man. "Years ago, no one would drive down here, but he comes all the way out here every week," she adds, describing the seven-mile peninsula.

It is clear that these three women are a team—Ainsley, Helene, and Judy. But they aren't the only ones. When I asked them how many women they have working for them this season, they started to count on their fingers and then had to jot down a list to keep track. They counted nine others, ranging in age from 15 to Judy,

who is in her 70s. "We do hire boys to work here in the summer, too," laughs Helene. "The marine industry is traditionally male-dominated, and we have several male workers who are part of our marina family," she adds. "We are unique, however, in that we have female ownership and management. We encourage young women to grow in all aspects of our business. And, many busy weekends, it's just the girls here."

The bonding that happens amongst the "marina family" comes in part from Judy's background as a teacher. "Every moment is a teachable moment for her," says Ainsley. Judy ran a preschool in Litchfield for 17 years, only leaving it to turn her attention to the marina after her father passed away. Helene, coming from a long line of educators, is a substitute teacher in the off season and also thinks of herself as a coach for these young ladies—helping them to build their self-confidence and skills. Ainsley, too, is taking classes in history and education at the University of Southern Maine and hopes to become a teacher. For many, working at the marina is their first job, "which is how we like them," says Helene. "We get to teach them how to work as a team and how to problem solve," she adds, describing some of the "mandatory fun" they have over the summer—in order to learn that there is no "me." They learn that they must all work together, jumping into different roles as needed.

Last fall, two of the women there took on roles outside the normal summer duties at the marina. They are both in college and decided to take the fall semester

off during the pandemic to work in “the yard.” This work entailed learning how to bring boats in to the dock using the launch, put them in the straps on the crane, and get them on their trailer for haul-out. For some of the women who work at the marina, boating is familiar to them. Others, Helene describes as “fish out of water” at the beginning of their experience. But “we give them the confidence to be good workers,” says Helene. “It’s one of the gifts we give the women who work here. They may start out shy, but by the time they leave here, their confidence level is very high.”

As this mostly female team starts their day, things are busy, with people putting in boats for the season, ordering sandwiches, picking up fresh milk from the store, or picking lobsters out of the crates on the dock. There are so many services that the marina offers now that it is hard to imagine Judy, as a teenager, rowing people out to their boats from the small cottage where she grew up.

Her father was the captain of a research vessel for the Maine Department of Marine Resources and a volunteer for the Coast Guard Auxiliary. He and her mother bought the cottage, along with a bit of waterfront access, back in 1943. “My father got a small boat that he put on a pole he stuck down in the mud. He attached a clothesline to it and tied it off onshore,” says Judy. “Then, his brother said, ‘I’ve got a boat. Can I bring it down?’ So, they stuck another pole in the mud,” she adds. “Pretty soon, we had half a dozen boats and realized we needed to do something other than poles.” So, they put in a few moorings. “Then, before we knew it, we had 25 or 30 boats,” says Judy. At age 12, it was her job to row people out in her 18-foot skiff. “Thank goodness we don’t have to do that anymore,” says Helene. The marina now operates three motorized skiffs that fit 6 to 8 people each.

Judy’s Store now also carries much more than candy bars and canned goods. The original store, run by her mother, was pretty simple. “My mother liked to keep candy bars for the island kids,” remembers Judy. “So, she put them in the freezer along with ice for customers.” Helene, who started working there in middle school, says, “When we were kids, we used to sneak the key to that freezer when no one was looking and get a candy bar.” Over the years, the services and the building grew. At some point, a customer with a connection to Pepsi brought her boat over to get gas, and pretty soon the marina had a soda fountain. “That Pepsi machine was a beacon in the night for boats coming in. It was the only thing people on the island could see,” says Judy.

Now approaching its 75th anniversary, Paul’s Marina and Judy’s Store have changed quite a bit. But the crew of innovative and industrious women working there today follows in the traditions of the many generations of women before them. They collectively have worked together to make the business a success—to put the *me* aside and follow the *mémé*. •





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Haley Graves, POP-PUNK ARTIST

On the Difference a Song Can Make

BY PAIGE MARCELLO

During the lockdown, musician Haley Graves, 20, decided to focus all her energy on her guitar. Originally from South Bristol, Maine, she had gone to Seattle to attend Cornish College of the Arts. This move meant leaving her supportive, familiar music scene in Maine and trying to adapt to a place where she had no built-in audience of fans. In Maine, Haley has performed at L.L Bean Stage at 16, Portland House of Music, Empire, Cadenza, Coveside, Schooner Landing, Public House, Lincoln Academy, Pumpkin Fest, Bath Heritage Days, and other venues.



Photo by Jenny Mayor

She states, “I went from playing all these shows in Maine, to Seattle—not having these connections.” So, she thought she would focus on writing songs, playing the guitar, and listening to music. She ended up falling in love with the band New Found Glory. She developed a good routine: box, go home, work on writing a song, go out, and trying to get more comfortable singing her own songs in front of other people, known or unknown. She met more people and settled in gradually.

One day in October, she was talking to some friends in Seattle about how her partner at the time thought pop-punk was cringey. Haley thought, “This was a brilliant song title.” She started writing the song immediately, Haley says. “It just flowed.” She asked her friends what they had thought about the song, and they replied, incredulous, “Haley, this is actually good.” Haley had to do a mid-term for an ensemble class, which she was struggling with. She ended up submitting the song and playing it acoustically to the class over Zoom. Their response? “Everyone just cracked up and thought it was funny. They loved everything about it.” This good reaction from people who were, essentially, strangers was new. She continued to play the song for other people, always getting a favorable reaction.

Later that same October, Haley went to a non-profit label called Totem Star, after doing a Bill Gates Foundation show over Zoom. She ended up signing with the label. Haley asked her producer, Matt Saybu, his thoughts on her song. His thoughts were, “Yes, let’s make this a song.”

The fall semester of 2020 was Haley’s last one at Cornish. She was accepted to Berklee College of Music’s Online School to pursue a degree in Interdisciplinary Arts, for the Spring 2021 semester. She now attends online classes from her apartment in Seattle, Washington.

During Christmas break, Haley ended up going back home to Maine, even with the pandemic travel restrictions. There she began hashing out how she wanted the song to sound. During this time, Haley became sick with bad vertigo. She was told not to listen to loud music, to keep the condition from becoming worse. Despite this medical advice, she continued to work on her song. The drum part had always been complicated, and it remained complicated, which created a problem. After returning to Seattle around the start of the New Year, she posted to the “Seattle Music Group” on Facebook, saying she was willing to pay for a drummer for her song. Many people responded, but no one was a pop-punk drummer with sufficient skill.

Eventually, she found a drummer, Arias “Air Jazz” Hoyle, who was more than qualified. They started messaging back and forth. Haley sent him a demo, despite it being “the worst thing in the world,” as she put it. She wanted to give him a sense of the foundation of the song. He ended up asking Haley if she wanted the whole thing done for her. She states, “I was iffy about wanting to take the guitar part away. He produces his own music and plays guitar, drums, and bass.” But she allowed him to do it, and about an hour later he sent it back. She states, “He flew with my idea. It was so good.”

The song was supposed to come out on January 26, 2021, but unfortunately, it didn’t. Everything needed to be polished and recorded by January 6 for it to make that original planned release date. Of course, true to Murphy’s law, almost anything that could go wrong did go wrong. Haley explains she was still recovering from vertigo. She got on the wrong bus to buy a mic cord, bought the wrong mic cord, and the recording equipment stopped working. She was recording for two to three weeks on end, wearing down. Her producers finally told her, look, “It’s okay to change the release date.” Delays happen sometimes, in other words.

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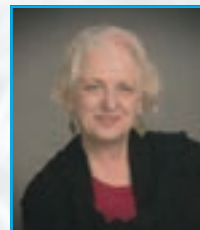


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Overlooking Boston's Back Bay. Photo by Haley's friend, Dahlia.

It was then that Haley took a step back for a few days. She went boxing that Monday, for the first time in a while since COVID-19. During her workout session, she was trying to figure out ways to best record her song. Her gym trainers could tell her mind was elsewhere. Once she was back at work recording the song, things fell into place. She called her producer, Matt, and Arias “Air Jazz” Hoyle, telling them she recorded three tracks and that she thought she had the “one.” She sent the tracks to them and explained to them what portions of each track would work best. Over Zoom meetings and phone calls, they tinkered with the vocals and meshed them all together. “It’s amazing that we live in a time where we can do that. You don’t even need to be in a studio.” It was at this point that it hit Haley—the realization that she would have her very own song.

On January 31, 2021, her song, “She Thinks My Pop-Punk is Cringey” was released. The reaction was immediate. “People from Maine were tagging me and congratulating me on the song.” Some people asked her, “What are you going to do next?” Haley established herself as a solo artist and decided to work on an EP that will be released June 30.

Haley is currently releasing a cover music video to Machine Gun Kelly’s song “Concert for Aliens” that will come out May 30. Julie Dinsmore at Maine Media College,

“She Thinks My Pop-Punk Is Cringey”

My girlfriend says she hates I’m not
Growing up
She thinks I’m gonna stay 18 forever
She hates my guitar when I’m playing too loud
She says “baby can you please turn it down.”
I say “Okay”
Whatever you say

her childhood best friend, began shooting the music video in Maine after Haley contacted her. She wanted to do a music video that was about her life in Maine and Seattle. She recorded at her parent’s house, her parent’s old store, Harborside, and other places in South Bristol. The second half of the video will be filmed in Seattle. She is also currently working on a production video for 207 newscenter-maine. And she is writing more songs.

You can find more information at www.imcalledhaley-graves.com.

SEVEN DAYS

Author Debra Colby talks about her new novel

BY LIZ GOTTHELF

For Debra Colby, writing is like breathing. She couldn't imagine life without it. "I love to write. It's something I do, and it's something I can't not do," said the South Portland woman.

Debra started writing when she was 12 years old as a way to help deal with anger and emotional pain.

"It started with journaling, though we didn't call it a journal back then. We called it a diary," she said.

Debra, 58, recently published the novel *Seven Days*. In *Seven Days*, Meg Madison comes back to her hometown in Maine after living in Boston for several years. Once in Maine, Meg must finally face her demons and open up to her estranged teenage daughter about her family's history of abuse and misuse of power.

As a survivor of abuse, Debra felt that *Seven Days* was a story she needed to write, but in order to write it, she had to put some distance between herself and the story. The story, plot, and characters in *Seven Days* are all fiction, though there are aspects of her life woven into the narrative.

The book is titled *Seven Days*, but it took Debra seven years to write it. It was at times a difficult story to write, and she had to occasionally put the story aside and work on other pieces of writing. But writing the book was not a means of catharsis for her and did not serve to relieve or uncover buried emotions. She says that she has already successfully overcome her past and that she is now living a happy life. Instead, the book was a way to help tell a story about her own mother, who was a survivor and a strong woman.

When Debra created the character of Anna, Meg's mother, she created a woman who embodied the spirit of her own mother. Anna personifies strength, resilience, and the steadfast nature of a mother's love. In the face of adversity, she does the best she can to protect her children, whom she loves dearly and deeply.



Debra decided to get the book published at the urging of a friend, who told her, "it may just help someone who has gone through the same thing. It could let people know that there is life after abuse."

Seven Days is an engaging, suspenseful story, with some intense moments and unpredictable turns. The ending is satisfying. At the same time, it leaves a reader wondering what will happen next.

"I've had so many people say I need to write a sequel," she said, and she decided to embark on a follow-up, which she is currently working on.

Debra is dedicated to her craft. She wakes up at 5:00 every morning so she has time to write in the morning before heading to work later on in the day.

"You have to have a routine," she said. "You have to make it a priority, or it will slip under the table."

While Debra is devoted to writing, it is her two children, and now also her grandchild, who will always take precedence in her life. Like Anna in *Seven Days* and like

her own mother, Debra is devoted to her children. "I am a mother before I am anything," she said.

Though the novel *Seven Days* is Debra's first full-length work of fiction, she's written other books.

Her first book, *This Ain't Shakespeare . . . But It Sure Is Real: A Collection of Memories* (2005), is a memoir and a tribute to her family and friends.

Mom's Eye View: Life . . . from a Mother's Perspective (2011) is a collection of short humorous pieces from a "slice of life" newspaper column of the same name that Debra wrote from 2007 to 2010. The stories in the book reflect on relatable, everyday events that occur during motherhood.

I Heard You: A Collection of Life's Truths (2017) is a compilation that Debra calls a "snapshot in time." It is based on stories she heard during her many years working in customer service.

"I may not be a national best-seller," said Debra, "but the fact that people like to read what I write makes me very happy."

Seven Days can be purchased at Debra's website at <https://debracolby8799.wixsite.com/website>, as well as on Amazon and many online book sellers. •

Softball Star Inducted into the **UNE Hall of Fame**

Ashley Haase is celebrated for her seasons of athletic success.

STORY BY ANNE GABBIANELLI
PHOTOS COURTESY DEANNA GOTT



“I was 100 percent shocked and surprised. My coach, Dan Letellier, called me to give me the news himself. Obviously, it was something I had hoped for, but never in a million years did I think it would happen,” says Ashley (Gott) Haase. She was recalling the moment she learned that she was inducted into the University of New England’s Hall of Fame.

At University of New England (UNE), the Varsity Club Athletics Hall of Fame was founded in 2005. Since its inception, both men and women—totaling 52 individuals and 7 teams through 2019—have been inducted. UNE honors the very best in the combined history of St. Francis College, Westbrook College, and UNE. (St. Francis and Westbrook were folded into UNE).

Ashley Haase, a Winterport native, now lives in Newburgh with her young family. During the withdrawn time of the pandemic, when much of the sports world was on hiatus, it was especially exciting and meaningful to Ashley to be recognized for her athletic abilities in her college years, from 2009 to 2012. Looking back, Ashley credits the coaches, who played a big part in her life. “They did an excellent job giving us a solid foundation with good technique,” she says. “They pushed when we needed to be pushed. I believe their coaching shaped the type of player I became.”

Ashley’s love for sports became evident when she was six and was involved in the town’s parks and rec program. Her dad, Joe Gott, recalls, “When she started playing sports, she tried soccer, basketball, and tee-ball. She had more fun playing tee-ball and thought she wanted to pitch as she moved up into softball.” Ashley concurs, “But the team needed a catcher, and no one else wanted to do it,” so she assumed the position that took her into her athletic career. Her mom, DeAnna, says, “I think the great thing that happened through softball was that Ashley has made lifelong friendships along the way, from age eight or nine all through college.”

Ashley recalls the juggling act between school and athletics. “At times it could be difficult or stressful, but I made sports a regular part of life from an early age, so to me it was normal. High school and college were more challenging, and my tendency to procrastinate did not help my situation. But I always managed to maintain my grades. I definitely did my fair share of homework on the bus rides home.”

Reflecting on some 15 years with a bat or catcher’s mitt in hand, she says, “I started catching early on, so in that aspect I grew into that position. I think softball played a different role at different times in my life. It was definitely an outlet for me,

but it also challenged me and fed my competitive side.”

Then in 2009, Ashley went to UNE, a member of the Commonwealth Coast Conference (CCC). Her stats in the game of softball, as summarized by a UNE statement, reveal what a remarkable athlete this woman is:

“Haase, formerly Gott, graduated with a degree in applied exercise science in 2012. UNE’s starting catcher on the softball team from 2009-12 remains as the known career leader in hits, with 201 over 158 games (.393 batting average). She also has the top spot in total bases (263), shares it in doubles (41), ranks sixth for runs batted in (77), and stands 10th in runs scored (93). Defensively, Haase had a .974 fielding percentage in 781 plays. After all-conference honorable mention picks in her first couple seasons (2009, 2010), she registered numerous personal highs as a junior (.450 average, 68 hits, 39 runs, 29 RBI) and netted a CCC first team selection (2011). Haase repeated that recognition as a senior and

added the 2012 CCC Player of the Year to her list of accolades. Included in the 103-59-2 overall record (60-29-1 CCC) during those seasons was the team’s second conference softball championship crown in 2012. She batted .533 through that four-game run, which featured a program tournament record four hits in the semifinal triumph over the No.1 seed. Haase capped her career with an All-Tournament Team nod as the Nor’easters continued into NCAA regional championship action.”

Thinking back to memorable moments Ashley says, “For my accomplishments, there are three instances that stand out to me. The first one was early in my softball career when our summer league team won the state tournament and went on the regionals for the first time. The others

took place in my senior year in college when our team won the conference championship against Salve Regina and went on to the NCAA tournament. That was also the year I was named Player of the Year for our conference, which was an incredible honor and one that I am still very thankful for.”

On the flip side, “There are two vivid defeats that stick out to me. The first was at a regional tournament in New York. Our summer league team had made it to the final game in the tournament, and the winner would move on to the World Series in Washington. It was a nail biter, and I remember our parents scrambling to make plans because there was a good chance we would be going to Washington instead of returning home. We lost that game 4-2 in the final inning with two runners left on base. Being so close to a win like that made it that much more difficult when we lost.”





“The other loss that stuck with me was my sophomore year in college,” Ashley continues. “Some of my closest friends were seniors that year, and we lost to our rival Endicott, which knocked us out of the playoff tournament. I think that loss affected me more because it was our last year playing together with that group, and it really just hit me that it was over.”

To be nominated to the Hall of Fame, one criterion is that the candidate “must have demonstrated athletic achievement, exemplary leadership qualities and character, and/or a significant contribution to the community.” It’s clear Ashley has offered all of this and more.

Today, she and her husband Brad are active in co-ed sports. Her athleticism led her to her career as a physical therapist. When Brad first saw Ashley on the field, she stood out in a powerful way. “My first impressions were that she was a beast! And that she could throw the ball faster and hit the ball harder than I ever could.” He goes on, “Her hard work and determination have translated seamlessly from the field to the real world. She works two jobs and is a full-time mom to our son, Lucas. I am proud she is being inducted into the Hall of Fame, but mostly I am proud to call her my wife. She is an amazing woman.”

Her parents are also proud of their only child, in sports and in life. In the sports realm, DeAnna thinks back to some particularly exciting times—“When her UNE team won their conference in her last year of college. And she also was named conference player of the year at that time.” In the life realm, her dad Joe recalls the stand-out memory of their daughter becoming a mom.

The official recognition of the 16th class of inductees was delayed by COVID. As Ashley says, “UNE did a wonderful job trying to include the ceremony into the virtual October Alumni Homecoming Weekend, but [they] felt that it was still important to honor the inductees with a ceremony, which has been postponed until that can happen in person.” She hopes that will happen during the alumni weekend in 2021.

Meanwhile Ashley offers some advice for young athletes: “Keep working hard and making that extra effort because playing a sport and being successful are all about what you put into it.” •



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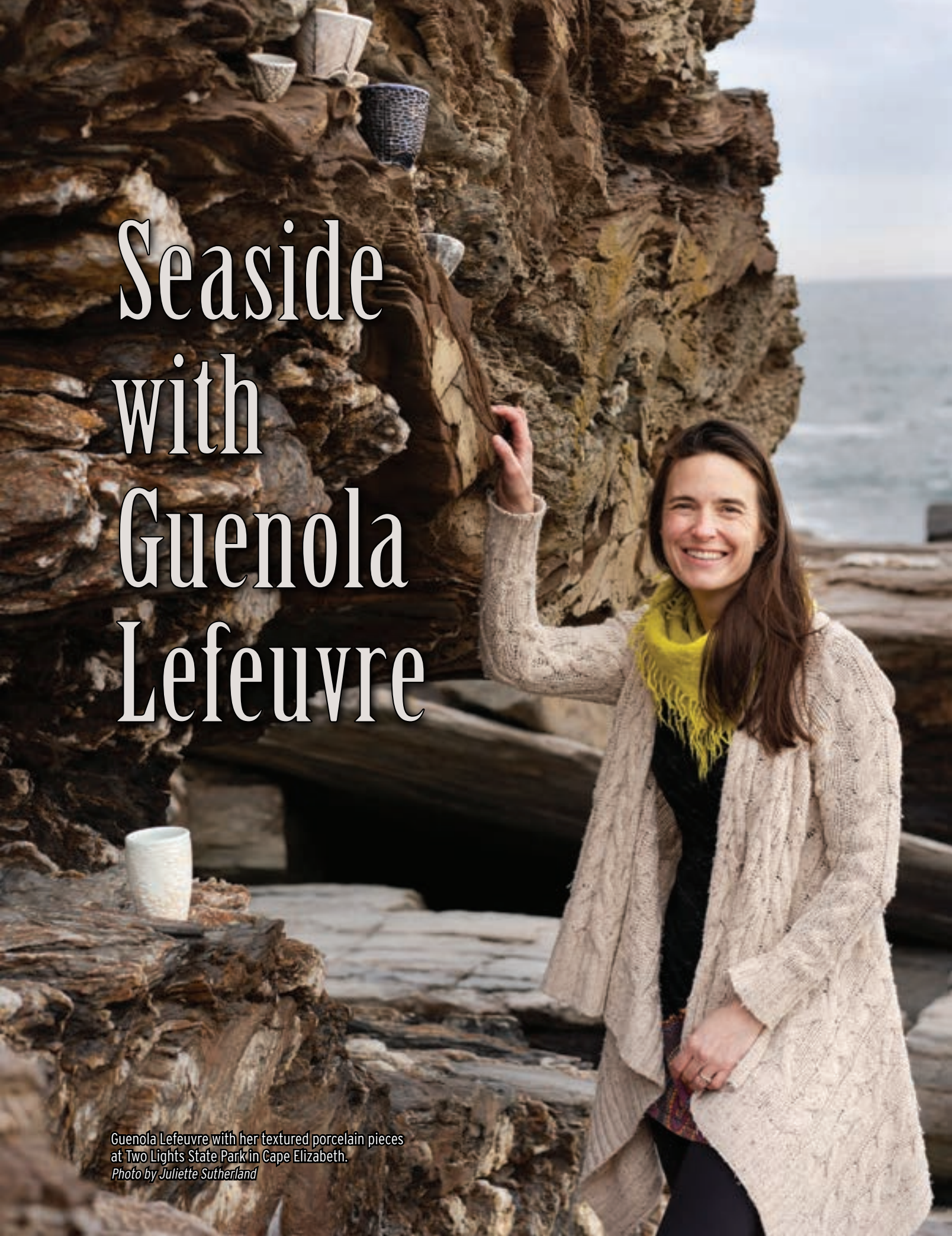


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Seaside with Guenola Lefevvre

Guenola Lefevvre with her textured porcelain pieces
at Two Lights State Park in Cape Elizabeth.
Photo by Juliette Sutherland



A Porcelain Artist in Her Element

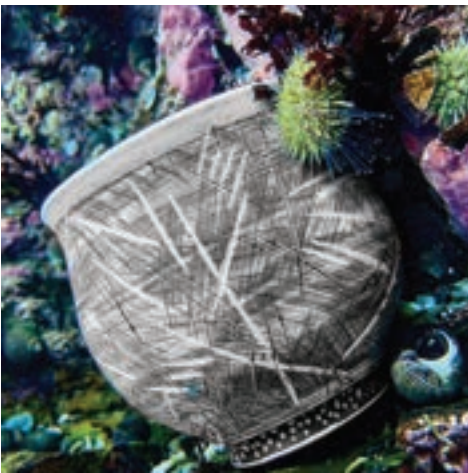
BY PAM FERRIS-OLSON

Guenola Lefevre is a pottery artist and an instructor at Portland Pottery. The 39-year-old Yarmouth resident specializes in porcelain clay, appreciating its translucent quality. The clay is not easy to work with. The textures that Guenola adds to her own porcelain pieces aren't easy on the clay either. The result can be to make the clay dry too fast or break. Some of the broken clay pieces find their way into her garden, while others she transforms into little clay hearts. Guenola places them near the entrance of local beaches for people to find. Guenola views the hearts as a small gesture, meant to bring a smile to the finder and "to connect with people without them knowing who I am."

A more intentional practice for Guenola is to carry her porcelain artwork to some coastline spot and connect each with the natural environment. She walks the coast looking for a place that seems

perfectly suited to photograph each individual piece. Guenola photographs her mugs, bowls, and other creations nestled into a crevice on a rock, in a bed of seaweed, or washing by the waves. She has even taken her pottery to Brittany and photographed her creations along the French coast. She explains the process this way: "I make my pottery, I glaze my pottery, and then I bring it out into nature and photograph it." Guenola shares the photographs on her Instagram account (@texturedporcelain), as a way to showcase her artwork.

Because she spends time scouring the coast looking for suitable photographic locations, Guenola notices plastic waste. She does her best to pick up what she can and take it home in her backpack to place in the trash. She finds lots of discarded rubber bands, the kind used to secure lobster claws and balloons. And she finds the plastic soles from shoes.





Above: Guenola Lefevre holding her pottery cup in the ocean. Photo by Shannon Bryan at FIT Maine



Opposite, top: Guenola carving a textured porcelain bowl at Portland Pottery.

Photo by Juliette Sutherland

Pottery photos by Guenola Lefevre



Unhappy as she is with the profusion of plastic waste in Maine's once-pristine ocean, this past winter she found contentment by taking a polar swim early in the mornings, before the day called to her to do other things. These were short-duration swims, under ten minutes, yet each was a race against the clock. Before she got too cold, it was a dash for the beach, get her towel to dry off, put on some warm clothing, and drink a hot beverage. Why do it? Because it brought her peace. "I focused on the beauty surrounding me. It's exactly what I needed."

In the swims, Guenola focuses on her breathing. Slow. Controlled. She is sure that her fingers are turning white even though she is wearing gloves. She's aware that her core body temperature is dropping, although she

wears a woolen knit cap to decrease the loss of body heat. She wears booties, too. Each morning this past winter, before 8 o'clock, this was Guenola's ritual as she took a swim along the coast near Portland. She decided last July that swimming was just what she needed to free her mind of COVID worries and to help her feel connected with her family thousands of miles away across the Atlantic.

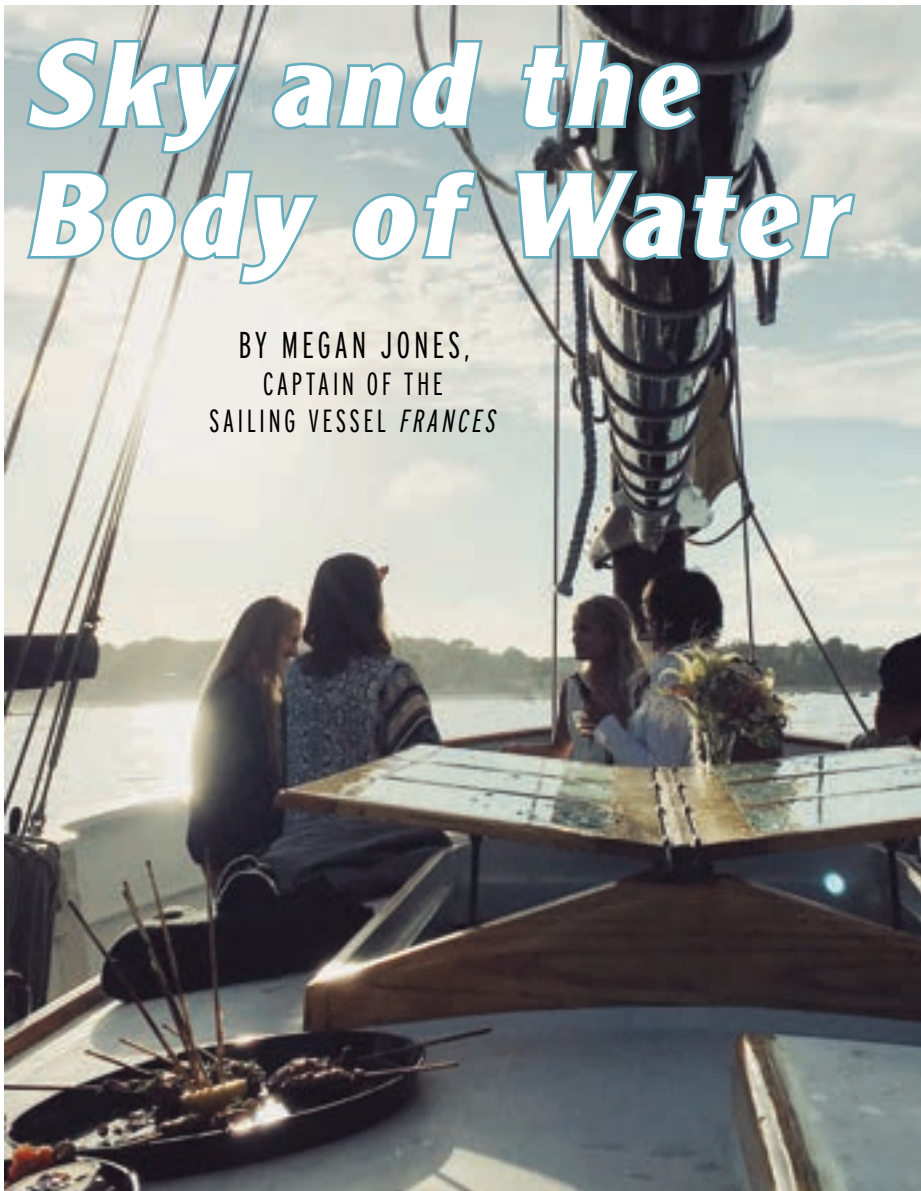
Every year for as long as she can remember, except in 2020, Guenola has traveled with her parents and sister to Brittany in France to visit her grandmother and extended family members. Guenola, who was born in Chicago, said that Brittany, a peninsula in western France bordered by the Atlantic to the west, reminds her of Maine, and vice versa. "They have similar coasts. The rocks are similar. The seaweed. The smells. The water—how cold the water is." These similarities—and the affordability of housing—convinced Guenola and her husband, who works for a large consulting firm based in Boston, to move to Maine five years ago. The couple were tired of living in an apartment. They wanted a house with land for a garden. Guenola has a green thumb and loves to grow vegetables. In the summers, in the balmy evenings, a gin-and-tonic in one of her textured porcelain mugs is one way Guenola defines happiness.

Guenola found ocean swimming reminded her of all the summers she'd spent with her family along the Brittany coast. Swimming there was as regular and dependable a feature of her summer days as the sun rising. "We'd get up in the morning and go for a swim. We'd decide what we were going to eat for lunch. We'd usually find some local seafood. We'd eat. Then we'd go for another swim, and then we'd think about dinner."

For more information about Guenola and her porcelain, visit *Textured Porcelain* at www.texturedporcelain.com. To listen to Guenola discuss her pottery, visit the *Women Mind the Water Artist Series* (on art and activism) at www.womenmindthewater.com.

Sky and the Body of Water

BY MEGAN JONES,
CAPTAIN OF THE
SAILING VESSEL *FRANCES*



Wool socks and velcro Texas. There is salt in every corner of my cheap Casio watch. It is 2010, and I am flying home from my first long offshore passage. The airport terminal is busy and loud in a way that is beyond comprehension when you come from being on the ocean, far from land. It is not to say that out there it was not loud, or that it was not busy. It is the busy of ultimate wilderness.

In this writing I recall my first passage down the North Atlantic. When I need to calm myself, I think of those vast, vast swells from the east rolling over from Africa, the water looking like mercury in the moonlight. The wave height so tremendous, and the wave period so long and consistent, it looked as though the whole of Earth's heart was beating, and I could see it. Every bit of it was alive.

Home on the pier in Portland in the summertime, I find great pleasure in drinking lots of espresso in the morning and checking my wind apps, watching the sky. I enjoy being observant of these things. I am coming to understand that this is a fortunate way to be. Daily looking skyward for my information, less so into a tablet.

Sailing is most about observation of elements and timely response to them. It is a dance of balance and form. When the wind fills the sails on a port tack, head to wind, I am sailing to the luff of the topsail. It is in the light quiver of the belly of this sail that I know the other headsails forward of the mast and our mainsail are fully powered. As we reach the approaching shoreline I start to play through our tack in my head. Are we getting lifted, or are we getting headed? I feather *Frances* as close to the wind as possible with as little variation to the rudder as can be managed. With a neutral rudder and good hull speed I throw the helm to port, forcing the bow through the wind. I start to spin the helm back as soon as I sense we have won the new tack.

I write all of this in response to a question I never know how to answer well. I get asked if I get bored of my work, if I get bored of the sailing. Usually the question surfaces on a light wind day. My answer, without question, is never. None of us know what is just around the corner. The

nature of sailing is to be constantly adjusting so when change does come, you are in a good position to receive it. It is a beautiful way to live, on this living breathing body of water beneath our hull.

A long answer to an easy truth.

I have been fortunate that my world has intersected with so many clever and talented people along the way. I am forever a student in this process. Traditional sail is reliant on those who learn its trade properly and with respect and carry it forward. There are goings-on of our every springs, which I affectionately call *Frances* projects. This year was a beautiful birdsmouth spar we built in a barn near Crescent Beach. As I am writing, we are in process of building lovely teak frames for port lights in our main cabin house. Both projects are led by talented friends who have a deep knowledge and respect for the craft. This vessel is a story with so many hands. It is my job to keep up with the writing, and in some instances such as this, have enough good fortune to land right on this page.

Photo by Megan Jones



Megan Jones is captain of Frances, the 74-foot British cutter berthed on the Maine State Pier in Portland. Megan operates the vessel seasonally for day sail and charter. She has been with Frances since her build and continues to steward the vessel through its summer sailing on the coast of Maine.

Maine Sailing Adventures is a woman-led and -run company. Megan is the co-builder, maintainer, sailor, hostess, and business manager. You can find more information on the vessel and its story at mainesailingadventures.net or follow @francesproject on Facebook and Instagram. •

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NANCY CHARLEBOIS,

Physical Therapist and Massage Therapist

BY MARY FRANCES BARSTOW

Nancy Charlebois is a beloved resident of Maine and member of the Maine allied health communities. At their practice, Jade Integrated Health, in Portland and Brunswick, Maine, Nancy and her husband John Charlebois provide physical therapy, massage, acupuncture, and herbalist expertise. For Nancy, her area of special focus is women's health, often working with women who are pregnant or who have recently given birth.

Over the years, many devoted patients have come to feel bonds of affection and gratitude for the help they have received from Nancy and her team. As many testify, she gives a lot of herself, thinking holistically about each patient. I recently had the pleasure of speaking with Nancy about her work, the career of physical therapy, and the path that led to Maine, 20 years ago.

MARY:

Where did you grow up and how did you find your way to Maine?

NANCY:

I grew up in Western Massachusetts, in Longmeadow, but I always wanted to live in Maine, since I was a little girl. I grew up coming here for a week or two in the summers and I loved it. It spoke to me.

So ever since I was probably five or six, I said I wanted to live in Maine. I went to undergraduate school in Massachusetts and then moved to Austin, Texas, with my husband for his graduate training. But after he finished school in Texas, we said, "It's time to go to Maine!" That's when we moved up to Portland. That was in 2001. It was a real dream, and it's definitely a dream come true. There was never any question in my mind that I would end up in Maine. It was just a matter of when. Now we're deeply rooted here. We're happy, and we have our family, our kids are here, and we're thrilled to be raising them in Maine.



MARY:

When you came to Maine, you and your husband John decided to settle in Portland and open up your practice?

NANCY:

Yes, we did. We came here not knowing anyone. Portland, we could see, was a great city to be in, and we thought that would be a great place to be and work. Now, we meet people easily through professional connections, which then, because Maine is small, quickly become personal connections, and vice versa. We feel really fortunate that the community welcomed us, both in terms of friends that we've made and professionals and patients who wanted the services that we offered.

MARY:

Do you work through the hospital or is this totally a private practice?

NANCY:

It's totally a private practice. We're an independent practice with two offices. One is in Portland and one is in Brunswick. We get referrals from all over. We get them

from providers who work in hospitals. We get them from other large practices in the area that aren't affiliated with the hospitals. And we get them through word of mouth.

MARY:

What is your main focus in your work?

NANCY:

Definitely women's health. I particularly love to treat pregnant and postpartum women. I think it's a phenomenal time of life for women, and they're really open to change and healthy lifestyle habits. It's just an energizing time to be working with women.

MARY:

Do you work with doulas before the birth, or do you work mainly after the birth?

NANCY:

Both. So sometimes a woman is referred to us by their OBGYN or their midwife because they're experiencing pain in pregnancy or some other complication with pregnancy, and we'll treat them through their pregnancy. And sometimes we'll treat them postpartum. If they have something that happens during labor and delivery or postpartum, then I'll treat any issues they have, whether it be related to their pelvic floor, diastasis recti, which is a separation in the abdominal wall. I often do postpartum home visits with new moms. I'll go out to their house because those first few weeks postpartum, it's difficult to get out the door. I'll do an evaluation with them and find out how they're doing postpartum and if they need any other resources in the community.

MARY:

What is the focus of your husband's work? You work together, correct?

NANCY:

Yes. He's an acupuncturist and Chinese herbalist.

MARY:

What would you say that you two find most gratifying about your practice?

NANCY:

I think the most gratifying part is that we are able to spend the time with our patients to look at them from a holistic viewpoint. For example, if someone comes in with hip pain, of course that's our primary focus. But we are also considering holistically what else is going on in their body or in their life. As needed, we can apply physical therapy or acupuncture so they're really successful and they walk out without hip pain. So, I think it's the gratification of seeing patients get better. And then having them perhaps return two or three or four years later, and maybe now it's not hip pain, but they have neck pain or they're pregnant. It means we've done a good job, and they recognize it and they want to come back. That is, patients come on and off through the years as they need to. We've definitely had some patients on and off through many years.

MARY:

Does someone have to be referred to you by a physician or can they walk into your practice or call to make an appointment?

NANCY:

They can call to make an appointment. In the state of Maine, we do not require a physician's referral. However, we also really value our relationships with physicians because they're part of the solution for their patient as well, and we like to have those open lines of communication. Patients can call us and make an appointment, but we always like to be communicating with their physician if they have one.

MARY:

Are you and your husband able to get away sometimes, or does having a busy practice mean it is hard to get away?

NANCY:

We have phenomenal people who work for us. We have managers who are great and whom we have confidence in, and we have providers who really are wonderful professionals. They do their job, and so it's not necessary that we be there all the time. And we do have three other acupuncturists and five other physical therapists [working at Jade Integrated Health].



MARY:

Does your practice offer personal counseling?

NANCY:

We do not have a counselor, but we do have a great network of counselors that we recommend and refer to regularly. And we do a lot of listening as well. So, we don't step outside of our scope of practice, but sometimes patients just need to be able to come in and share their story, and we're always happy to listen.

MARY:

Are there schools in Maine where people get training and a degree to go into the areas of physical therapy and acupuncture? Do you take interns from colleges in the Maine area?

NANCY:

Yes. We accept students from UNE, and it's part of their clinical experience. Usually we have a student intern for three months if we have one. They shadow and facilitate treatment with patients. And then with the acupuncture, yes, we have sometimes students coming from what used to be the New England School of Acupuncture. And they shadow our acupuncturists to learn more about clinically what goes on. During COVID, however, we have not taken on a student.

MARY:

For readers who may be interested in becoming a physical therapist, how many years of training does it take to get a degree?

NANCY:

To get a physical therapy degree, it is a doctorate in physical therapy. If you don't already have an undergraduate degree, it would be, I believe, a minimum of six years. If you have an undergraduate degree already in a health science, you probably add on one or two years to the curriculum.

MARY:

Do you find the profession to be physically trying?

NANCY:

I'm going to generalize. I think a lot of therapists and acupuncturists have good awareness of their own limitations. When I start feeling those limitations [or fatigue] coming on, I know I try to get extra self-care. Within our office, we can all receive treatment for free. If you're starting to feel like your shoulder is a little off from all the work you're doing, then you certainly can get PT or acupuncture with one of our staff. But I don't feel like it's physically as demanding as some people might think. I mean, we do use our body a lot, but all the exercise that our patients are doing, we're not doing all of it with them all the time.

MARY:

What made you go into this field?

NANCY:

In high school, when I started looking at potential careers, physical therapy was appealing because I was an athlete, and I was interested in the human body. It just felt like a natural fit. And I continue to learn about the human body. •



Photo by Melissa Mullen Photography

Sherri Parks and Pam Erickson

Her Voice **RISING**

A Program to Help Women Be Their Most Authentic Selves

BY LIZ GOTTHELF

There are many women, who, despite being brilliant and capable, aren't reaching their highest potential. They are trying to be good girls and are playing small. It's time for women to stop playing small, say Pam Erickson and Sherri Parks of the Southern Maine-based program of workshops, Her Voice Rising.

"We want women to play big, be awesome, and do what they were meant to do," said Sherri.

Through Her Voice Rising, Pam and Sherri lead one-on-one coaching sessions, group workshops, and online courses helping women to be their most authentic selves. What does it mean to be authentic?

"Honoring your word and allowing your own personal makeup and gifts to serve the world," explained Sherri.

What prevents women from being authentic? Sherri and

Pam refer to a "psychological glass ceiling." The psychological glass ceiling stems from beliefs, decisions, and patterns that women create at a young age and make up to protect themselves. In some cases, women may not even know they have created this ceiling, according to Sherri and Pam.

"We all learn habits of mind and speech that limit our ability and that create a glass ceiling," said Sherri.

For example, a mother may not do what she wants to do on Mother's Day. A seasoned worker may shy away from asking for a promotion or raise. A woman at a board meeting may not lean in to have her voice be heard, or may refrain from being big to avoid criticism.

Sherri and Pam founded Her Voice Rising in 2016 upon discovering a shared passion for mentoring other women and helping them to achieve success and become their authentic selves.

Pam has an extensive background in experiential education. She has led corporate trainings, women's retreats, and wilderness adventures, and she has founded a semester-long leadership and science program for girls. Sherri was an IT Executive and Vice President at a fortune 250 company while keeping a good, successful work/life balance in her marriage and as the mother of four children.

Her Voice Rising offers the Authenticity Program, a customizable 10-session program. It provides a supportive community to help women break those self-restricting barriers, shatter that psychological glass ceiling, step into their bigness, and discover their authentic selves.

"A lot of times, we don't really think of what we're capable of, until someone asks us," said Pam.

Through small group discussions, short lectures, music, movement, journaling, breathing exercises, meditation, and partner work, Her Voice Rising gives women the tools they need to live the life they dream of. Participants are taught not to live just from "the neck up." The idea is for people to have mindful experiences involving not just their head, but their whole body, mind, and spirit.

"We're showing up, rolling up our sleeves, and diving into this stuff," said Pam. "A lot of times women come in feeling powerless and leave feeling powerful," added Sherri.

What happens when women become more authentic? "We let our light shine, we feel more joy, and we attract more greatness into our lives. We are more successful, however we choose to define that," said Sherri. "And this change helps us be a light for others. It's important to add that all of us define this light in our own way. There aren't any comparisons about where you are on your journey versus where I am. It's without judgment."

One woman, after participating in the Authenticity Program, pursued a lifelong dream of opening a dessert shop in Belgium, said Sherri and Pam.

Another participant said in a written testimonial that the Authenticity Program gave her a place to conduct in-depth work on finding her true self, where she felt safe to rebuke the good-girl qualities expected of her. This shift changed her life, she said. She described being able to show up in a bigger and better way with her family and at her workplace. She said her life and work were better since she was "100 percent me" in both places. She even got a promotion after five years in her current role, which she attributed to her work with Her Voice Rising.

The endeavor to become authentic and reach one's own potential requires discipline and vulnerability. Life isn't always going to be perfect, said Sherri. Becoming authentic involves peeling away many layers. According to Sherri and Pam, it is a life-long journey. "It's not always easy, but it's worth it," said Pam.

To learn more about Her Voice Rising, their courses, and Movement and Music sessions, go online to www.hervoicerising.com or check them out on Instagram. •

Twelve Suggestions for Becoming Your Authentic Self

1. Honor your word with yourself and others.
2. Your mindset dictates most of your life. Understand the ways of your own mind. Your mindset can either create limitless possibilities or a psychological ceiling.
3. Ensure that you are intentional about where you are putting your energy.
4. Achieving goals requires action, and that action must be effective. Look for cause and effect. If you don't like the outcome, look at your actions—that is where your power is. Take responsibility for your part in a situation.
5. Assume the good intentions of others. Refrain from quick judgment. Put yourself in the shoes of the other.
6. Build each other up vs. down. When a friend/colleague says, in effect, "Let's share some gossip," don't fall into rumors or badmouthing. That negativity lowers your vibration and ripples out to the world. Instead, spend that energy expanding your optimism.
7. Pursue work, hobbies, goals, and dreams that bring you joy.
8. Build resilience in yourself.
9. Take space for yourself when you need it, in a meeting, in nature, in silence.
10. Honor confidentiality. When someone shares something deep and meaningful for them, hold it safely.
11. Be straight in your communication with others. Be willing to be changed by a conversation. Stand up for yourself. Also, be willing to be wrong. Extend and accept forgiveness.
12. Challenge your brain, your heart, your body, and your soul.



Floral Elephant-Patterned Harem Pants (One size, fits S-2XL), Steal Your State Vintage T (5 sizes, S-2XL), Rose Quartz Mala Necklace, Batik Scrunchies (around wrist). *Whether you're at a concert at your favorite outdoor venue, relaxing at home, or heading for a stroll on the pier, this classic good-vibe look will be your comfy casual favorite.*



The Indio Plunge Dress (2 sizes, fits S-2XL). Accessories: (Left / Middle / Right) Rose Quartz Mala Necklace, Mala Bracelets and Sterling Silver Earrings / Lucky Coin Zamak Necklace, Ornatte Wrapped Seaglass Bracelet and Batik Scrunchies / Beaded Gem Pendant Necklace and Simple Sterling Hoops. *Perfect for a casual day at the beach that can turn into date night out on the town, this versatile long dress is flattering for many body types. Pair it with a simple shawl or even a Falsa Blanket for an afternoon picnic!*



The Althea Mudmee Tie Dye Dress (One size, fits S-3XL). Middle model wearing the Rudraksha and Gemstone Mala Necklace. *This bestselling, artisan-made dress is a magical flowing garment which can flatter almost any body type—and it has pockets! Style this dress on its own with a fabulous statement necklace or wear it as a tunic with a pair of leggings or jeans.*

| STYLE |

MEXICALI BLUES

Mexicali Blues is a Maine-based, family-owned business that specializes in our own unique and eclectic brand of reasonably priced clothing, jewelry, and home decor from around the world. By responsibly sourcing and importing goods directly from artisans, we are able to pay them more and also pass on savings to our customers. We also give one percent of all sales to our “Global Giving, Sharing Smiles Program,” which benefits people here in the United States and in the communities where we source our goods. Shop online at www.mexicaliblues.com or at one of our five locations in Portland, Newcastle, Raymond, Freeport, and Bangor.



Penny Lane Pants (2 sizes, fits S-2XL), Ahana Flow Tank Top (One size, fits S-XL), Kamasan Artist Vest (One size, fits S-2XL), Lapis Mala Necklace, Sterling Silver + Gemstone Pendant and Rings, Sterling Silver Earrings, Mala Bracelets. *For an elevated bohemian ensemble, pair the Ahana Flow Tank Top with the easy lightweight Penny Lane pants. Top things off with the Kasaman Artist Vest—painted using traditional Balinese Batik methods that have been passed down for generations.*



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PERK UP YOUR PORCH

BY SARAH HOLMAN

Never were Mainers more hardy than during the winter of 2021. When the pandemic picked up speed in late November, what we already knew was confirmed: the only way to be social was (still) going to be to stay outdoors. Sales of firepits soared, we rediscovered wool blankets we'd forgotten, and all our warmest jackets smelled like woodsmoke. We learned to ski, skate, sled, slide. We even got used to eating meals inside plastic bubbles. We did what we had to do.

Finally, the weather is warming, and the vaccines are rolling. We may be masking up for months to come, but at least we can be on the porch in the sun instead of huddled around a fire.

So, how do we make the most of our porches and balconies for outdoor entertaining or just for ourselves? Experts weigh in:

PRIORITIZE OUTDOOR LIGHTING

Similar to indoor lighting, outdoor lighting falls into three categories: task, accent, and background. Task lighting should be used for a specific purpose, like illuminating a pathway or a seating area. Accent light draws attention to something, like a special plant, water feature, or ornament. Background lighting can define a boundary, like twinkle lights on a fence, or brighten a larger space, like pendant lights on a porch.

In any lighting scenario, a lower watt, golden bulb will feel softer and more appropriate after dark than a harsher white light. Dimmers are great for porches too, especially if you want to complement your electric lighting scheme with candles.

GET COLORFUL

A can of exterior paint can transform your porch. For centuries, porch ceilings in the south have been painted a color called "haint blue," a light blue-green shade thought to ward haints, otherwise known as ghosts, away from the home. According to Wikipedia, "The tactic was intended either to mimic the appearance of the sky, tricking the ghost into passing through, or to mimic the appearance of water, which ghosts traditionally could not cross."

The tradition of blue porch ceilings can be found all over the country, but there's no rule saying you have to choose blue. Try a sunny yellow or warm melon color. Painted floors are also an easy way to bring color outside. Pick a shade that complements your house paint or get creative with a checkerboard or striped pattern.



SWING AWAY

A front porch swing is a classic way to give your outdoor space a fresh new look and additional comfy seating. There are many styles available for purchase and just as many DIY tutorials online if you're looking for a weekend warrior project. However you acquire your swing, make sure to secure it from support beams in the ceiling with appropriate hardware. Don't want to commit to a swing? Try a hammock that can be removed from hardware anchors and stashed in a closet.

THROW A RUG DOWN

Outdoor rug options have increased in the past few years. Available in nearly every size, shape, and color combo, they're an easy, economical way to add color and pattern to any outdoor space, without committing to the permanence of paint.

SPRUCE UP WHAT YOU HAVE

You don't have to buy a new patio set to pull together a new look. Wicker and metal furniture can be painted, and new cushions (purchased or recovered) go a long way to swap your summer style. You can also rescue and repurpose old items. Faux-tique or the real deal, antique signs or single wooden-paned windows are a fun way to add character to your outdoor space. Added bonus: you can use them to hide a less-than-picturesque view or block prying eyes.

Yard sales and thrift shops are a great place to look for items, or spend a weekend crafting your own.

YOU CAN'T GO WRONG WITH FLOWERS

One of the quickest ways to create a summer-ready porch is adding planters, pots, and hanging baskets full of flowering annuals. Plant early with plenty of space to grow and you'll have full, bright, blooming containers by mid-summer. If tending to flowering plants seems like too much work, choose low-maintenance greenery like ferns and ivy.

SHATTERPROOF YOUR SOCIAL HOUR

There's nothing worse than worrying about or dealing with broken glass during an otherwise casual evening of alfresco entertaining. Save yourself and your guests by having a collection of acrylic drinkware and melamine dishware on hand. These outdoor pieces come in bright, seasonal colors and patterns and eliminate potential party stress.

Whether your porch is built for two or twelve, this is the year to make the most of what you've got with color, repurposed items, and plants! •



Photo by Patience Cleveland Photography

Breaking the Grass Ceiling: Women and Minorities Will Help Shape Maine's Cannabis Industry for the Better

By Susanne Pingree
Director of Marketing

Women are rapidly becoming the primary consumers of cannabis, surpassing men in some parts of the country. From young professionals and mothers, to executives and grandmothers, women are projected to represent 50 percent of the cannabis market by 2022. However, there is still work to do.

Nationally, only 37 percent of females within the cannabis industry are in leadership positions. At Wellness Connection of Maine, we are proud to have a leadership team which is 42 percent women and growing. Just as we've helped pioneer economic growth and positive change within Maine's cannabis industry over the last decade, we will do our part to increase women and minority led canna-businesses and create good jobs so that the professional side of this industry properly reflects the robust client demographic. Founded and led by strong female leaders, WCM's success was shaped by problem-solvers, multi-taskers and empathetic caregivers.

Reversing the Stigma

We are acutely aware of the historical stigma around women and marijuana. For too long it has been taboo for women to be open and honest about their safe consumption of cannabis. One major hurdle is to recognize a woman's profession in cannabis as legitimate, lucrative, and sustaining. If women can be respected as leaders in the industry, we believe women everywhere can safely use cannabis without having to constantly worry for their reputation.

EmpowHER

Take Jessica Coakley for example. She is a Mainer, a mother, a teacher to her young son, and an advocate for the healing power of cannabis. Coakley was injured during childbirth and became dependent on opiates. Cannabis fully restored her ability to function as a wife and mother. Or take Carol Hayden's personal story. She's a retired nurse in her late 70s who slipped and injured her wrist. Not wanting to ingest pain-relieving opiates, her physician suggested cannabis. It worked for Hayden, and as an added benefit she discovered that cannabis and CBD helped her sleep more soundly. We

passionately uncover and share stories like these because they serve as a mirror for others.

On the professional advocacy side of the industry, WCM partners with as many like-minded businesses led by women and minority groups as possible—we believe it is critical to advancing the industry. One example is Healing Harbors, a women-led company with a mission to care for people through the use of CBD. Like most ganja-preneurs, the owners came to cannabis on a unique path by way of the US Guard and big business, which has led to a very passionate and unique commitment to quality. Supporting small businesses statewide ensures that Mainers are exposed to a variety of new offerings to expand their industry knowledge.

Since opening our doors in 2011, WCM has served tens of thousands of women across every corner of Maine; lobbied for important reforms within the cannabis industry; engineered hundreds of new products in response to customer demand; and diligently educated the general public and the medical community about cannabis—all in an effort to undo decades of misinformation. •



Hostess Susan Shaw, left, along with Brenda Squibb, Laura MacKay, and Laura Evans sample a variety of treats brought to share. The annual event is one way these avid gardeners usher in the growing season.

| GARDENING |

MOTHER'S DAY PERENNIAL EXCHANGE: A Spring Tradition of the Best Kind

STORY AND PHOTOS BY LYNETTE L. WALTHER



Top: Dottie Hokkanen arrives with a smile full of sunshine and a box overflowing with daffodils to exchange in a pre-COVID event.

Bottom: Sylvan Cartwright, a gardener-in-waiting, joins in to sample treats and enjoy the day. The Mother's Day perennial exchange is a time-honored tradition for a group of Mid-Coast gardeners.

Through it all—births, kindergarten, high school and college graduations, and family triumphs and tragedies—a group of avid gardeners have come together each year on Mother's Day for more than three decades. On a spring day, this close group of mothers, daughters, and now some granddaughters gather at the home of Susan Shaw in Camden. They reconnect, have a pause in their busy lives, enjoy each other's company, and sample some delectable treats in Susan's glorious gardens. But most importantly, these women come together to swap plants.

"Cynthia Anthony and I started this tradition when Owen was a baby. He is turning 35 on April 3," says Susan of the origin of the annual event. "None of us had much money to splurge on plants. Though, yes, we did anyway. Our gardens had grown, and we did have enough to share. I had some delights that my mom had shared with me from her Northern New Jersey garden. I had a passion for old fragrant roses and herbs.

"Cynthia and I invited friends and made a few snacks to share," Susan recalls. "Her sister, Janice Anthony, already had amazing gardens and intriguing plants to share. Though a few



The perennial exchange gathering gives participants the opportunity to tour the colorful seasonal display—like these hellebores and more in Susan Shaw's gardens.

of us thought we should try an exchange in the fall, it didn't catch on. Somehow Mothers' day seemed the best. Though it is not always mothers, or women. When it was a smaller group, we each took a number and had time to enjoy watching what everyone chose first. Now, you know how it works!"

The snack table is now groaning with hand-baked and freshly prepared treats. One by one, the participants arrive, each laden with their plants for exchange that day. As they gather there is time for socializing, catching up on news, admiring the tableau of Susan's spring garden, and of course discussing new plants before the real fun begins.

At the appropriate time, Susan calls the assemblage to order. She then gets the ball rolling by introducing the plants she has in offer for the exchange. She tells us what the plant is and usually adds the correct botanical name. She tells us if the plant flowers and if so, what color the flowers are and what time of the season to expect them. She tells us how big the plant gets, whether it likes full sun or partial shade, and other pertinent growing information.

Then she repeats that process with each of the other 10 or 12 plants she has to exchange. This process of identifying and describing the plants for exchange goes on to the next person. Granted the process takes quite a while to get through all the offerings, and it is frequently interrupted with specific questions.

This is serious business, and everyone wants to know all they can about what's there for the choosing. When all of the participants have gone through their offerings, it is not uncommon to see the others start to migrate toward the specific plant up for swap that they most desire. At this point Susan tells everyone it is time to "Select your first plant!" A somewhat orderly scramble ensues as everyone goes after the plant they have their heart set on.

Fortunately, some plant exchangers offer multiples of the



Top: Everything from vegetable seedlings, to perennials, to shrubs and trees is offered up for exchange at a long-standing Mother's Day perennial exchange in Camden. *Bottom:* Susan Door takes her turn to describe one of the plants she has brought to the exchange. Each plant gets an introduction, often with advice on how and where to grow it.

The Mother's Day exchange is where many novice gardeners go away with more than just some new and novel perennials to add to their gardens.

dozen or so plants they have brought to the exchange, and that's a good thing when those are especially desirable choices. After checking that the first round is completed, Susan then calls for a second selection to be claimed, and on and on until nearly all the plants have been re-distributed to their new owners. Extras always find good homes, either with those assembled or to be offered up at one of the many upcoming non-profit plant sales that attendees might be working with.

Hardly a closed society, newcomers are welcome, and long-standing participants in the plant exchange often bring a new neighbor or family member to take part in the event. Over the years the attendance has grown, motherhood not being a prerequisite. And don't get the idea this is a group of plant snobs conversing mainly in Latin (although many are quite comfortable tossing around botanical names effortlessly, like the hostess Susan Shaw who is a daylily hybridizer of national acclaim). The Mother's Day exchange is where many novice gardeners go away with more than just some new and novel perennials to add to their gardens. They get the opportunity to learn the lifetime's worth of practical plant knowledge from seasoned gardeners.

While their children have all grown now, and these days more often their grandchildren accompany them to the event, these perennial-exchange "earth mothers" remain true to their calling. Over the years their plant offerings have in some cases become more sophisticated and rare. At the event, one might encounter the uncommon double bloodroot or trillium, a choice hybrid hosta, heirloom tomato seedlings, or other plants rarely found at a garden center. But just as likely will be the tried-and-true garden standbys. The only plants not welcome at the event are weeds.

Though the onslaught of COVID last spring put a slight wrinkle in last year's event, it still went on, only a little different. "We wore masks, stood apart, with our plants, on our upper lawn, which has a larger space, while we explained our plants," Susan says. "So, there was more space to walk during each round of choosing plants."

At the end of the day, everyone goes home with at least a dozen new plants and warm memories of a treasured Mother's Day perennial exchange. It's a tradition that promises to grow as the years go by! •



Top: Laura Evans introduces one of her offerings to those gathered. After everyone gets the opportunity to describe their plants, the selection process begins. Behind Laura are from left: Dottie Hokkanen, Laura MacKay, and Susan Shaw. *Bottom:* Dogtooth violets and guinea hen flowers are just a few of the surprises to be discovered in the gardens of perennial exchange hostess Susan Shaw of Camden.

Dr. Joseph Marfisi:

Non-invasive Facial Procedures Can Take the Place of Plastic Surgery

A chiropractic specialist in York, Maine, Dr. Joseph Marfisi has over 30 years' experience treating patients with a range of medical and cosmetic concerns. His practice is based at the Hampton Valley Health Center, Inc., and York Facial Spa. Here, Dr. Marfisi talks about how he settled in Maine and about his practice:

"A health condition brought me to New England, for a heart operation. So, that led me here. I decided to stay to continue my care while I recovered. I found the people are extremely friendly. And the first thing that caught my eye in Maine was the beautiful views of the lighthouse in York Beach.

"Before, I practiced for many years in the south Florida region, and in 1997, I started creating a technique to do microcurrent treatments on the face.

"Microcurrent was developed about 60 years ago to treat a condition called Bell's Palsy, a neurological disorder affecting the face, causing one part to droop. Doctors found that treating a patient with microcurrent helped to rehabilitate and tighten the muscles up, eliminating the drooping.

"They realized that one side effect of microcurrent therapy is actually beautification and tightening of the skin. The patients were now not only looking better—they were looking younger.

"I learned about the therapies, of course, while getting my medical and chiropractic education, but I learned more about the technique in the late '90s.

"Then I took it to the next level. Microcurrent is the electrical current most characteristic of the human body. So, I was able to manipulate the current and create three phases, which increase the amplitude and the width of the wave form of the electrical current. I created all my own technique for giving the microcurrent treatment. And I've been working on it for the last 11 years and making it a better, more profound treatment.

"We do a thorough examination of the head and neck, make a diagnosis and a plan for treatments, for the drooping of the eyelids, neck, cheeks, and jowl lines. We work on tightening everything. The muscles have weakened. They've lost their elasticity, and the microcurrent helps rebuild it.

"Usually, after we do an examination and diagnosis, we give a demo of the microcurrent to see if the person likes it. Within 30 minutes, the patient starts seeing results and makes a commitment to get treatment. Usually, treatment is between 8 to 12 treatment sessions. Each session lasts about an hour.

"Once patients do the complete initial treatment sessions—and as long as they do the follow-up sessions, every four to six weeks—the improvement can last. People can maintain the change on their face without having any kind of surgical intervention. And there are absolutely zero side effects. The beauty of it is that there's no downtime. There's no surgery. There's no bruising and no side effects. No anesthesia.

"I get a lot of patients with a drooping neck. The muscle is called the platysma muscle. It surrounds the neck. That's the first thing to weaken as we get older, for both men and women. The sagging jowl is another common issue.



"And of course, the eyelids. Often people right away want to go to a plastic surgeon to fix sagging eyelids. They don't realize that the results of that procedure generally last only five years. Then the procedure must be redone. With microcurrent, once you have the lift and maintain it with the follow-up sessions, it maintains the muscle tension and muscle rigidity. So, you have nice tight muscles around the eyes.

"I think my youngest patient was 35, and my oldest, I believe, was 86.

"Regarding costs, in some cases, insurance may cover the treatment. Medicare/Medicaid does not. The retail cost is \$350 to \$400 per session. We do have a program for treatments at a discounted rate, and we offer financing through United Medical Credit, which can possibly help finance our patients who don't have insurance.

"The electrical-current machines advertised on TV are not the same as what we use. What I use is called the bi-phasic system. You have an amplitude and the width and frequency of the microcurrent. So, you have constant changing in different phases within the treatment.

"I find doing nonsurgical facelifts extremely gratifying. It's one of the few things I can do that the patient sees the change almost instantaneously, and it just gets better and better. Everyone who comes into our office is smiling. They're happy to be there. They can see the changes, and it's really a rejuvenating effect." •



EASY CHICKEN PRIMAVERA



BY JIM BAILEY, THE YANKEE CHEF



Photos courtesy Jim Bailey

Primavera literally means “springtime” in Italian, and Easy Chicken Primavera should be as fresh and springy as beautiful flowers. This recipe is not only super easy to make, but also flexible enough for innumerable substitutions, including shrimp, scallops, pork, and a wide array of vegetables. I cut my “California blend” packet of vegetables (a combination of cauliflower, broccoli, and carrots) in half, by the way, to ensure that all the ingredients mingle well.

INGREDIENTS

- 6 oz. (about 1 1/2 cups) fettuccini
- 1 boneless, skinless chicken breast
- 2 tablespoons butter or margarine
- 1 1/2 cups frozen California blend vegetables, thawed*
- 3/4 cup frozen peas
- 1 cup milk (whole, 2%, or skim works)
- 3/4 cup grated or shredded Parmesan cheese
- 1/2 teaspoon each garlic powder and black pepper
- Salt to taste

DIRECTIONS

- Cook fettuccini according to package directions. Strain and leave in colander without rinsing while continuing with recipe. We don't rinse pasta because it keeps the starch on the outside of the pasta, enabling any sauce to immediately “stick.”
- Add butter to a large skillet over medium heat. When melted, add chicken breast and cook until completely done throughout. (See NOTE.)
- Turn off heat and transfer chicken to a cutting surface to cool enough to handle. In the meantime, with the butter and brown bits of chicken still in pan (called *fonds*), turn heat back on to medium heat. Add all vegetables and cook for about 5 minutes until the water has mostly evaporated.
- Dice the chicken into bite-sized pieces or to your liking. Add to vegetables. When ready, add milk, cheese, and seasonings. Bring to a boil around the edges, stirring almost constantly once it begins to scald. After about 4 to 5 minutes, when the mixture has thickened, add pasta. Combine very well and serve hot.

NOTE: You can also simply dice the chicken before cooking, too.

**As noted above, “California blend” is a packaged mixture of cauliflower, carrots, and broccoli. Try other vegetable blends as well. The more colorful, the closer to what the name “primavera” alludes to.*

MOTHER'S DAY

BY SHELAGH TALBOT

Mother's Day, pretty much as it exists now, is a highly promoted commercial holiday for the day set aside for mothers. Everyone scrambles to do the right thing for their mom—flowers, phone calls, and luncheons out at a nice restaurant are the usuals. The rarities can sometimes be the personal touches, the special, heart-touching gifts—the wonderful handmade cards, the wilted posies offered in chubby wet hands, the amazing breakfasts in bed you would never dream of making for yourself. Those are some of my happiest memories, and I'm sure a lot of moms out there treasure similar ones.

This event got its start long ago, I daresay long before writing cards was invented. The Egyptians had a special day for the goddess Isis, mother of Osiris. The Greek goddess Rhea was celebrated as the mother of Zeus every spring, and the Romans had their Cybele; she was known to them as the “great mother.” The festivals honoring these women lasted several days. It wasn't until after the Romans occupied England that the early Christians took their spring rites for Cybele and Mother Nature and turned them into honoring the mother church, Mary, the mother of Jesus, as well as mothers in general. They called it “Mothering Sunday,” and the date they chose was the fourth Sunday of Lent. It became a day of feasting with cakes and sweetmeats after the long self-denial period of Lent. It was, we hope, also a day of rest for those hard-working moms during the Middle Ages.

Then in early 1900s in the United States, Anna Jarvis conceived of Mother's Day, when her own mother passed away. She wanted to honor mothers for their sacrifices in raising children. With the backing of a large mercantile establishment (Wanamaker's in Philadelphia), she sent five hundred fragrant white carnations to her church in West Virginia to honor all the attending moms. The celebration at Wanamaker's was similar, with mothers receiving white carnations to pin on their jackets. The whole event was successful, and Anna was determined to see it become a national holiday. She started a massive letter-writing campaign, and in 1914, President

Woodrow Wilson signed a document stating that the second Sunday in May would henceforth be remembered as Mother's Day.

In only about six years, Mother's Day became a commercial event, with florists, candy-makers, and card designers all hopping on the lucrative bandwagon. Anna was disgusted and renounced the whole thing. She even stated publicly that she regretted pushing the idea in the first place. Eventually, all these elements have morphed together and became the Mother's Day we know now. These days it is a popular holiday in 140 countries across the globe.

Fast forward to some personal memories of Mother's Day: When I was in third grade, I had a friend named Greta, and on occasion she would invite me to her house for lunch. Located right next to the school, it was a low-slung Cape-style house with a shabby barn attached. I never noticed the shabbiness because inside the house were her mother and seven of her siblings. In that rollicking household every day was Mother's Day. Each child from age 4 to 14 had a special assignment, be it setting the table, bringing the food, or washing the dishes. And all these chores were done without moaning or grouching! The atmosphere may have been noisy, but it was a happy sound. It made me realize that these kids honored their mother every day, not just for one day a year.

I also knew the Friday before Mother's Day, each of those kids would make cards or help each other make cards. These cards were more precious than gold to their smiling and patient mom; that's what my little friend told me. I had always made cards for my mother, so I understood. Years later I contacted Greta and found that she had eight children of her own. She also ran a tight ship like her own mother did. And she, too, now looked forward to hand-made cards on Mother's Day. I agree—some of my favorite treasures are the carefully hand-made cards from my own daughters. Bring on the crazy breakfast in bed, the wrinkled cards, and the wilted posies any time. Those are the special gifts that get tucked in my heart to stay! •



QUESTIONABLE ADVICE

BY L.C. VAN SAVAGE

Do you ever think you're too self-critical? These last couple of months, I think I've been coming down on myself for every little mistake . . . just beating myself up. How do I shake out of it?

—Lori

This is a tough one. We all have feelings of self-doubt and even self-hatred from time to time—I think it's called “being human.” It's when these feelings don't go away that we should really look hard at them. I personally think we need outside assistance with things like this—therapists. They don't fix things—they guide and teach us how to cope and recognize and rearrange. He or she will help you to understand why you've started to berate yourself unnecessarily. And always remember, if you don't feel comfortable with one therapist, there are no rules that demand you stay with him or her. Keep trying new ones until you find the right one for you. Help is on the way!

How do I convince my daughter to get the vaccine? She keeps putting it off, saying she's low risk, so other people should get it before her.

—Rayna

Her excuse is incredibly noble and self-sacrificing, but it's baloney. Your daughter is not putting it off because she wants to give her vaccination to someone else who's far more worthy. She's likely not getting the vaccination for purely self-serving reasons. No. From all I've read there's plenty to go around, so let's find out if your daughter maybe has a fear of needles (the vaccination is almost completely painless, btw). Or what else is going on with her? It can't be that she thinks the vaccination harms people because I think there have been just a few cases of people feeling temporarily ill afterwards. And she knows she's “low risk”? Seriously? How? No one is. Her dramatically and foolishly giving up her shot so “others may get it instead” won't fly. No one likes a martyr. She is putting herself and every other person with whom she comes in contact at great risk. Not cool. Hardly noble.

I've been living in Portland for nearly a year now, without making any friends. But I feel like I'm getting enough social activity through my job and by talking with old friends over the phone. Is that healthy?

—Katelyn

Why would that not be “healthy”? Sounds as if you're fighting isolation like the rest of us. But look, you want to make a friend, you have to be a friend. Portland is alive with clubs and organizations, causes and gatherings. Figure out what you love to do best, click onto Google, and find out where in Portland people do the sorts of thing you love to do. Surely you don't work 24/7. Find the time to join these gatherings-of-like-mind and go to the meetings. You'll make friends, especially if you become a volunteer somewhere. They'll find a slot for you and soon you'll be inundated with loads of friends. I promise. And actually, as we've all learned, a few good and true ones make all the difference.

Do you have any suggestions for how a woman in her mid-20s can learn to cook on a budget?

—Cassie

For starters, if you're on a budget do not spend a small fortune on cookbooks. Google was invented for just this sort of situation. Just punch in a question, and you'll find how-to advice and recipes for people who want to learn and are not wealthy. I just did—I asked Google to tell me “how to learn how to cook on a budget” and bingo! Good suggestions galore, such as use a slow cooker, make a meal plan using the grocery store flyer, make and freeze extras for low-cost meals of leftovers, go vegetarian, and embrace the spirit of experimentation, using one new, affordable ingredient each session. If you don't own a computer, the library is good, with people at hand to help. And btw, while you're in that library, ask the nice people there to direct you to books that will teach you to cook and to do it inexpensively. You're in your 20s? Perfect. You're starting young. You'll be able to do this part of life for another 80 years.

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